

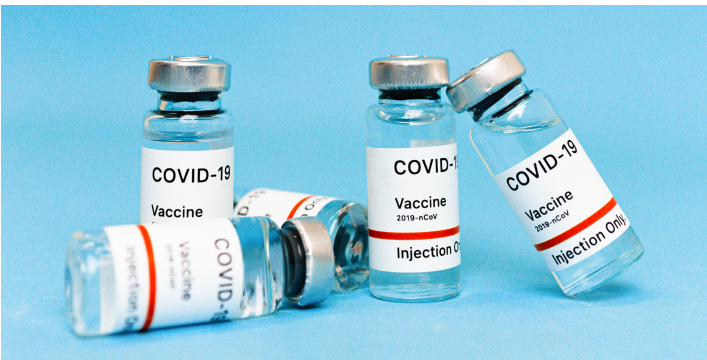


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MARK YOUR CALENDAR

- **Friday, December 9:** Last day to log your Mindfulness Challenge activity at fccThriveOn.com.
- **Saturday, December 31:** Deadline to complete Biometric Screening and Well-Being Activities to earn your *Wellness Your Way* incentives. [Get started here.](#)



Get Boosted for the Holidays

To help you stay healthy this holiday season, ThriveOn has partnered with OhioHealth to bring COVID-19 booster clinics to the Franklin County Government Center. All clinics will be held in JSB (A) on the 1st floor (369 S. High St.). Schedule your appointment today at fccThriveOn.com.

- Thursday, December 15 from 9am-1pm

Boosters are available and free to all Franklin County Cooperative employees and spouses/domestic partners.

Can't make it to the onsite clinic on December 15? No problem! There are countless ways to get your COVID vaccine/booster in the community. [Click here](#) or visit vaccines.gov to find a location near you.



Seasonal Affective Disorder

Have you noticed yourself feeling more lethargic, down, or irritable in recent weeks? So have millions of other Americans and it's possible you are impacted by something called Seasonal Affective Disorder (SAD). Many people go through short periods of time where they feel sad or not like their usual selves, and sometimes these periods align with the seasons changing. Most commonly people start to feel "down" when the days get shorter in the fall and winter and begin to feel better in the spring, with longer daylight hours. SAD can be especially prevalent in states like Ohio where the winter months are dominated by cloudy days with the rare bout of sunshine. [Click here](#) for more information about SAD, including signs and symptoms.

If you think you may be dealing with SAD, you're not alone and there are things you can do to help.

- Get as much sunlight as possible.
- Try light therapy.
- Talk with your doctor about vitamin D.
- Get some exercise.
- Talk to an expert.
- Connect with friends.

[Click here](#) for more information about each of these tips. And don't forget, your Employee Assistance Program is here to help, whether you want to talk to an expert or explore self-help resources.

- [Click here](#) to schedule an appointment with Franklin County Cooperative's Onsite EAP Consultant, Tammie Yancey.
- Call 800-354-3950 to be connected with a mental health clinician, 24/7.
- Visit liveandworkwell.com (access code: EAP) to explore self-help resources.



Don't Leave Money on the Line - Earn Your ThriveOn Incentives Today!

There's less than one month left to earn your 2022 ThriveOn Incentives, including the \$200 Biometric Screening incentive and \$50 Well-Being Activities. Read below for more information on how you can earn some extra cash by completing these incentives before the December 31, 2022, deadline.

Biometric Screening Incentive (\$200)

There are two options left to earn the \$200 Biometric Screening incentive.

- OhioHealth Work Health – schedule an appointment at a location near you ([click here](#) to see all locations). Take the [Biometric Screening Results Form](#) with you to your appointment. The clinician will submit the form on your behalf once your results are in!
- With your primary care provider (PCP) – schedule an appointment with your PCP. Take the [Biometric Screening Results Form](#) with you to your appointment. It is your responsibility to ensure the form is submitted by the December 31 deadline. We recommend having your doctor's office send the results to you so that you can send it in yourself.

Well-Being Activity Incentive (up to \$200)

You can earn \$50 for each Well-Being Activity you complete (up to 4 activities or \$200 total). Below are some activities that we recommend!

- Complete an on-demand wellness workshop: Choose from several topics, including [Food is Medicine](#), [Spine Wellness](#), and [more](#). Watch the videos and answer the questions along the way to earn your incentive!
- Complete 2 financial well-being courses: Pick a couple financial topics that interest you, read the corresponding material, and answer the question to earn your incentive!

Be sure to check fccThriveOn.com to see which incentive(s) you still have left to complete and for more information about completing Well-Being Activities.

MEASLES



is **highly contagious** and spreads through the air when an infected person **coughs or sneezes**.



It is so contagious that if one person has it, **9 out of 10 people** of all ages around him or her will also become infected if they are not protected.

Measles Outbreak in Central Ohio

You may have heard about the Measles outbreak currently happening in Central Ohio. Measles is dangerous- it is very contagious and results in 1 in 5 unvaccinated people being hospitalized. The good news is that Measles is a vaccine-preventable disease. Given the current outbreak, it is very important that all children ages 12 months and up be vaccinated ASAP.

- Getting vaccinated – The MMR vaccine is available from your family doctor, Columbus Public Health and many local clinics and health centers. [Click here](#) for a list of MMR vaccination locations throughout Central Ohio.
- Signs & Symptoms – [click here](#) to access an FAQ from Columbus and Franklin County Public Health about Measles, including information about the signs & symptoms, prevention, treatment, and more.

For more information about Measles, including a list of potential exposure sites, [click here](#) or visit the Columbus Public Health website.

Attend 'Managing Family & Relationships' with Tammie Yancey



Making intimate relationships work is a far more difficult task than we generally recognize. With the holidays it can be even more difficult. Join Franklin County Cooperative's Onsite EAP Consultant, Tammie Yancey, to learn how to better manage family and relationships, not just during the holiday season, but year-round. In this session you will identify the key ingredients to building good relationships, overcoming blockages to effective communication, and ways to manage and nurture relationships in our busy lives.

- Wednesday, December 14th from 10-11am
- Thursday, December 15th from 1-2pm

[Click here](#) for more information, including links to join and the workbook materials.