



## IN THIS EDITION:

- Reach Your Financial Well-Being Goals with Enrich
- Spread Kindness on Random Acts of Kindness Day (and every day)!
- Celebrate Black History Month
- Schedule Your Biometric Screening - Onsite Screenings Begin in March
- Nurse's Notes - How Your Health Engagement Nurses Can Help You



## Reach Your Financial Well-Being Goals with Enrich

Are you planning to buy a car or home? Or maybe you're worried about saving for retirement or your child's college fund? No matter what your financial goals are, Enrich Financial Wellness is here to help. Available through ThriveOn, Enrich helps you take charge of your financial well-being and reach your financial goals, one step at a time.

With Enrich you can take a financial checkup and receive customized recommendations, learn about your money personality, utilize budget and savings tools, and complete courses on an array of topics. You can even earn a \$50 Well-Being Activity incentive through ThriveOn's *Wellness Your Way* program for completing an Enrich assessment and course.

In addition, employees and enrolled spouses/domestic partners have free, unlimited access to 1:1 financial coaching via phone or chat. This resource can help you evaluate all your options and understand the pros and cons so that when you go to make financial decisions you feel confident in doing so.

Log in to your wellness portal at [fccThriveOn.com](http://fccThriveOn.com), click on Wellness Hub, and then click on the Enrich Financial Wellness card to get started.

# Make kindness the norm. ❤️

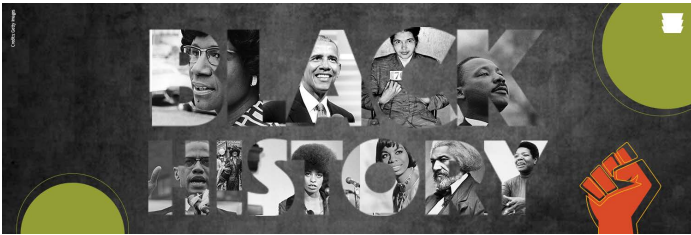
## Spread Kindness on Random Acts of Kindness Day (and every day)!

**"No act of kindness, no matter how small, is ever wasted." – Aesop**

Kindness promotes happiness. Not only for the recipient, but for the giver too. Practicing kindness on a regular basis can help with stress, anxiety, depression, and possibly even some chronic conditions. Plus, it's contagious! If people see you being kind or doing a random act of kindness, they're more likely to do the same.

Random Acts of Kindness Day is tomorrow (February 17th)! We challenge you to celebrate by engaging in a random act of kindness. It can be as simple as taking the extra 5 seconds to hold the door for the person behind you, checking in with a friend that you haven't talked to in a while, or any of the other ideas on the list below.

- Thank a teacher
- Smile at a neighbor
- Send a thank you note
- Shop local
- Check in with a senior
- Ask someone about their day
- Donate used books to a library
- Cook a meal for someone
- Pick up trash on the ground
- Write a positive message on a sticky note for someone else to find
- Celebrate someone else's accomplishment



## Celebrate Black History Month

Black history is American history. Every February since 1976 we celebrate the rich history and culture of the Black community. But the origins of Black History Month date back to 1915, when Carter G. Woodson co-founded the Association for the Study of Negro Life and History (ASNLH), now known as the [Association for the Study of African American Life and History](#) (ASALH). That group sponsored a national “Negro History Week” in 1926. They selected the second week of February to coincide with the birthdays of Abraham Lincoln, who formally abolished slavery, and Frederick Douglass, a famed abolitionist who escaped from slavery. This week-long celebration took hold across the country and by the late 1960s it had evolved into Black History Month on many college campuses. Then, in 1976, President Gerald Ford officially expanded the week into a month and recognized Black History Month. [Click here](#) to learn more about the origins of Black History Month.

Back in 1926, Carter G. Woodson realized the importance of selecting an annual theme for Black History Month to help focus the attention of the public. Since 1976, American presidents have followed suit by endorsing the annual theme. This year's theme focuses on [Black Resistance](#) and explores how “African Americans have resisted historic and ongoing oppression, in all forms, especially the racial terrorism of lynching, racial pogroms and police killings.”

During Black History Month (and all year-long), take time to do the work and educate yourself and others about Black history. As Gerald Ford said in 1976, “seize the opportunity to honor the too-often neglected accomplishments of Black Americans in every area of endeavor throughout our history.” Utilize the resources below to learn about Black history and particularly Black resistance and the continued struggle for racial justice.

- [Black History Month Programs with Columbus Metropolitan Library](#)
- [Things to Do, Read, Watch, and Listen to expand Black history knowledge](#)
- [Explore the virtual National Museum of African American History & Culture](#)
- [Black History books for kids of all ages](#)

# Wellness *your* Way

## Schedule Your Biometric Screening - Onsite Screenings Begin in March

A biometric screening measures some basic physical characteristics like your height and weight, blood pressure, blood sugar/a1c and cholesterol levels. It provides a current snapshot of your overall health and risk factors for potential health conditions such as diabetes, heart disease, or hypertension, that could develop down the road.

ThriveOn's *Wellness Your Way* program provides a \$200 incentive for getting a biometric screening and knowing your numbers. You have three options to get a biometric screening in 2023:

1. **Onsite at work:** Onsite screenings will begin in late March. Schedule an appointment through the wellness portal at [fccThriveOn.com](#). You do not need to bring anything with you or submit any forms.
2. **With your Primary Care Provider (PCP):** Schedule a routine visit with your PCP. Download the [biometric screening form](#) and take it with you to your appointment. Submit the completed form to [ThriveOnWellness@ohiohealth.com](mailto:ThriveOnWellness@ohiohealth.com) by the December 31, 2023 deadline to receive credit.  
  
HINT! Schedule your appointment as an annual physical so you can complete your biometric screening (for \$200) and your annual physical (for the reduced deductible) at the same time!
3. **OhioHealth WorkHealth:** This option is like visiting a lab. To find a WorkHealth location near you, visit [OhioHealth.com/WorkHealth](#). Schedule an appointment by calling 614-566-9675. Download the [biometric screening form](#) and take it with you to your appointment. The clinician will submit the form on your behalf once your results are in.

To learn more about the *Wellness Your Way* program and other incentive opportunities available to you, download the [2023 Incentive Overview Brochure](#) or log in to your wellness portal at [fccThriveOn.com](#).

# NURSE'S NOTES



From your United  
Healthcare Health  
Engagement Nurses,  
Carmen and Therese.

## February 2023 - How Your Health Engagement Nurses Can Help You

As your Health Engagement Nurses, we cover a lot of territory as we help employees and families with their health and wellness concerns. Below is an overview of some of the ways that we can assist you:

- **1:1 and group health education, disease prevention and wellness promotion.** This includes individual nurse consultations/calls or you may see us at your agency for an event.
- **Navigating UHC and ThriveOn wellness tools and resources.** There are so many options on the UHC app/website or through ThriveOn. It can be confusing and overwhelming, but we're here to provide guidance.
- **Finding a doctor or specialist.** Finding a new doctor that meets your needs can be an undertaking, so we can help you with that process.
- **Referrals to clinical, community and ThriveOn wellness programs.** There are a multitude of programs through ThriveOn and in the community to help you manage health issues. We can refer you to the appropriate place based on your unique needs and goals.
- **Managing chronic conditions.** These include high blood pressure, diabetes, high cholesterol, heart disease and asthma, to name just a few.
- **Education and support for health care decisions and lifestyle changes.** We can support you with weight loss, healthier eating, physical activity ... all those things that help us achieve better health!

Our final message to you is this - Come to us with your questions and concerns about anything! If we are not able to directly assist you, we will get you to the person or resource that will provide the support and help you need. We look forward to talking with each of you this year!



Nurse Carmen, RN



Nurse Therese, RN

As a member of the Franklin County Cooperative, you have access to several confidential and free resources to help you thrive in your everyday life. This includes private conversations with Franklin County's dedicated Health Engagement Nurses, Therese Lentz, RN and Carmen Long, RN. Your conversations with Therese and Carmen are confidential and at no cost to you. They are available for things such as finding a primary care physician, support and education for disease prevention and management, and helping you achieve your personal health goals.

Call the Onsite EAP & Health Engagement Nurse Support Line at 614-525-6773 or email [Therese\\_Lentz@uhc.com](mailto:Therese_Lentz@uhc.com) or [Carmen\\_Long@uhc.com](mailto:Carmen_Long@uhc.com).

Phone: 614-525-3948

Email: [ThriveOn@franklincountyohio.gov](mailto:ThriveOn@franklincountyohio.gov)

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Your Health and Wellness Program