



INSIDE THIS ISSUE

CLICK ON THE STORY YOU WANT TO READ

Save 75% on WeightWatchers® through ThriveOn
Wellness Your Way is Back for 2024!

Understanding and Managing Congenital Heart
Defects

Exploring Heart Disease and Treatment Options

Black History Month Lunch & Learn: Celebrating
Diversity and Inclusion



SAVE 75% ON WEIGHTWATCHERS® THROUGH THRIVEON

INCLUDING THE DIABETES PROGRAM

Did you know you can join WeightWatchers for 75% off through ThriveOn? Whether you're interested in healthy habits and weight health, or you're looking for support with diabetes, WeightWatchers has a program for you. Visit [WW.com/fcc](https://www.weightwatchers.com/fcc) to join.

Meet the WeightWatchers Diabetes Program—it's proven to help you lose weight, lower blood sugar, and enjoy life. Here's how it works:

1. Eat healthier, without the guesswork

Your WeightWatchers customized nutrition plan is built for you, including a list of ZeroPoint® foods that takes your preferences and diabetes into account. These nutrient-rich foods are less likely to impact blood sugar levels, so you can enjoy them without

measuring or tracking.

2. Nutrition, simplified

Living with diabetes can feel like non-stop number crunching. WeightWatchers makes it easier by simplifying complex nutrition info into a single, easy-to-understand number—a food's Points value.

3. 24/7 support

WW's exclusive social network, Connect, means you never have to go it alone. Join the Living with Diabetes group to share tips and recipes, celebrate milestones, and meet other members on a similar journey.

4. The WW app + your CGM

The WW app includes blood-sugar, food, and exercise tracking; tips for what to eat anytime; and tools to track your progress. **You can even sync the WW app with select CGMs.**

Visit [WW.com/fcc](https://www.weightwatchers.com/fcc) today to join for as little as \$4.87 per month. Employees and benefits-enrolled spouses/domestic partners are eligible!



WELLNESS YOUR WAY IS BACK FOR 2024!

VISIT [FCCTHRIVEON.COM](https://www.fccthriveon.com)

Wellness Your Way is ThriveOn's main incentive program. Take control of your well-being and earn incentives along the way. The program encourages you to know your health status and supports you to make changes to optimize your health and well-being.

Employees and benefits-enrolled spouses/domestic partners are able to choose how they participate in activities and incentives year-round.

HOW DO I EARN INCENTIVES?

You are able to complete one, a few, or all incentives. You must be registered and track all activities at fccThriveOn.com to earn incentives.

- Complete the Online Health Assessment and Annual Physical to earn a Deductible Reduction in 2025. *Note: Enrolled spouse/domestic partner must also complete both activities to earn the incentive.*
- Complete a Biometric Screening to earn \$200.
- Complete up to 4 Well-Being Activities to earn \$200 (\$50/each).
- Earn Gym Membership Reimbursement up to \$150 per quarter.

Learn more and start earning today by logging in to fccThriveOn.com or [click here](#) to watch a short video about ThriveOn's Wellness Your Way program.

Questions? Attend one of our upcoming townhalls for a brief presentation and to ask a ThriveOn staff member your questions. Simply [click here](#) or on the date/time below to join each session.

All sessions will take place on Teams.

- [Thursday, February 8 at 3pm](#)
- [Monday, February 12 at 10am](#)
- [Thursday, February 15 at 12pm](#)
- [Tuesday, February 20 at 9am](#)



UNDERSTANDING AND MANAGING CONGENITAL HEART DEFECTS

CAUSES, TREATMENT, AND RESOURCES

Congenital heart defects, present at birth, encompass abnormalities in the heart's structure or function. These defects may involve heart valve issues, atrial and ventricular septa defects, stenosis, heart muscle abnormalities, and other potentially dangerous conditions. Currently, over [2.4 million](#) Americans live with some form of congenital heart defect (CHD), and approximately 40,000 children are born with a heart

defect in the U.S. each year. Fortunately, most of these cases are treatable, even in severe instances.

Despite affecting a significant number of infants, the exact cause of most heart defects remains unknown. While presumed to have a genetic component, only a few genes have been directly linked to heart defects. This implies that a combination of genetic and environmental factors likely contributes to the development of these defects.

Some individuals with congenital heart defects may have a specific genetic syndrome, accompanied by other health issues. The likelihood of passing on this genetic condition to their children can be as high as 50 percent. The severity of these conditions varies, leading to children experiencing less or more severe health problems than their parents.

Environmental factors during pregnancy, such as infections or exposure to certain drugs, can also cause heart defects. However, if the defect is environmentally induced, the chances of passing it on to the next generation are no higher than average.

Treatment for congenital heart defects varies. While some individuals may only [need regular visits to a cardiologist](#) and observation, others may require [surgery](#) or [cardiac catheterization](#) to mitigate the effects of the defect or repair it. Even when treated in childhood, the condition may change over time, necessitating additional medical interventions.

The American Heart Association offers [resources](#) for parents caring for a child with a congenital heart defect. Additionally, 2nd.MD was introduced for those enrolled in the medical plan. You don't have to wait for months or travel long distances to speak with a leading specialist about a concerning diagnosis like congenital heart defect or alternate treatment options. [2nd.MD](#) connects you to the experts for a second opinion from the comfort of your home.



EXPLORING HEART DISEASE AND TREATMENT OPTIONS

2ND.MD HOUSE CALLS WEBINAR SERIES

Navigating decisions about your health can be a daunting task, whether you're faced with choosing between treatment options or comprehending a diagnosis. Fortunately, as a member enrolled in our health plan, you have a valuable resource at your fingertips – [2nd.MD](#). This platform seamlessly connects you to leading physicians who specialize in more than [120 subspecialties](#), covering a vast array of conditions.

As part of their commitment to your well-being, 2nd.MD hosts monthly webinars that provide an opportunity for you to delve into various health topics with expert specialists. These sessions not only offer valuable insights but also allow you to interact actively. When you register, you can submit questions that the specialist will address during the live event. In the spirit of American Heart Month, their upcoming webinar in February will focus on heart health. Heart disease, often lurking silently, can lead to severe events like heart attacks or failure. Understanding your current risk level, recognizing common symptoms, and taking proactive steps are crucial for maintaining heart health.

Empower yourself in making informed medical decisions – 2nd.MD is your gateway to expert opinions from the comfort of your home. Importantly, these services are confidential and come at **no additional cost** to you and eligible family members, forming a valuable part of your benefits.

To explore the lineup of future webinars, [click here](#). Secure your spot for the upcoming webinar on "Heart Disease Symptoms, Causes, and Treatment Options" scheduled for February 15th at 1:00 PM by [registering here](#). Your journey to better health starts with knowledge, and 2nd.MD is here to guide you every step of the way.

BLACK HISTORY MONTH LUNCH & LEARN: CELEBRATING DIVERSITY AND INCLUSION

FEBRUARY 14TH AT 12 PM

The Franklin County Board of Commissioners Office of Diversity, Equity & Inclusion will be hosting a lunch and learn in honor of Black History Month on February 14th at 12 PM. The discussion will be [streamed through Facebook Live](#) and feature Phyl Flanagan (Justice, Equity & Belonging Program Manager, YWCA) and Nicole Sutton (Black Heritage Special Collections Librarian, Columbus Metropolitan Library).