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Learn About Your New Family Forming Benefits!

The Franklin County Cooperative health plan now offers access to enhanced Family Forming benefits. We know that not everyone follows the same path to building a family. And not every journey follows the expectation of 'want a baby, get pregnant, have a baby, return to work'. Our benefits now provide aspiring and expecting parents' equitable access to various resources that can support them on their unique path to parenthood, including:

- Fertility & Infertility: \$30,000 combined lifetime maximum for all medical and pharmacy expenses.
- Adoption & Surrogacy: \$30,000 combined lifetime maximum benefit for adoption and surrogacy services.
- Maternity: programs and resources support your maternity journey.

If you're interested in learning more about these Family Forming benefits, visit our [BeWell site](#). You can also join us for a live Family Forming Benefits Webinar Session next week. Register by clicking one of the links below.

- [Wednesday, February 15 at 2:00pm](#)
- [Thursday, February 16 at 11:00am](#)



What is Your Employee Assistance Program (EAP)?

Have you heard of something called Employee Assistance Program (EAP) but wondered what it is or how to utilize it? You're not alone! Join Tammie Yancey, Franklin County's EAP Consultant, for an informative discussion about what EAP is, how it can help you, and how you can utilize these free resources.

- Tuesday, February 14th from 10-11am
- Thursday, February 16th from 1-2pm

[Click here](#) to learn more and for links to join each session.



Winter-Time Activities

In case you haven't heard, Punxsutawney Phil saw his shadow and has predicted 6 more weeks of winter. Check out some of these winter-time activities to keep busy (and warm) while we wait for spring to arrive.

- \$1 Admission to the National Veterans Memorial & Museum on President's Day | [Click here](#) to learn more
- Visit COSI to see Pterosaurs: Flight in the Age of Dinosaurs exhibit | Ends March 5 | [Click here](#) for details
- Do a winter-themed craft with your kids | [Click here](#) for 23 ideas to get your started
- Go tubing at one of the nearby ski resorts:
 - [Snow Trails](#)
 - [Mad River Mountain](#)



Black adults are 2X as likely

as White adults to
die from preventable
heart disease.

cdc.gov/heartmonth



Protect Your Heart Health During American Heart Month

Visit heart.org to
learn more.

Heart disease, a form of Cardiovascular Disease (CVD), has been the number one cause of death in the United States for more than 90 years. Some people are at a higher risk for CVD, including African Americans. Having high blood pressure, high cholesterol, and smoking, as well as older age and family history also put you at a higher risk for CVD. But the good news is, there are things you can do to reduce your risk.

Heart-healthy tips for eating well:

- Eat a variety of fruits and vegetables (fresh, frozen, canned, or dried) without high-calorie sauces or added salt/sugar
- Eat mostly fiber-rich whole grains
- Choose leanest cuts of meats
- Eat fish at least twice a week, focusing on varieties that contain omega-3 fatty acids (e.g., salmon and trout)
- Incorporate heart-healthy fats in moderation (e.g., nuts and avocados)
- Limit the intake of saturated and trans-fat (e.g., butter) and replace them with monounsaturated and polyunsaturated fat (e.g., olive oil and walnuts)
- Limit food and beverages with added sugars
- Choose low sodium foods and prepare meals with little or no salt

Heart-healthy tips for exercising regularly:

- Take the stairs instead of the elevator or escalator
- Park further away than you normally would and walk the extra distance to your destination
- Stand up when you're on a phone call
- Take your dog or kids for a walk to the park
- Take the long way to the bathroom or water fountain
- Propose a walking meeting
- Catch up on household chores

More heart-healthy tips:

- **Stay Hydrated:** In addition to water, other beverages like milk, juice, and herbal teas as well as many fruits and vegetables contribute to overall hydration
- **Manage stress:** Stress is inevitable, but taking steps to manage your stress can lessen the negative effects
- **Get Adequate Sleep:** Avoid using a phone or tablet before bed as they can impair sleep quality
- **Limit Alcohol Consumption:** The American Heart Association advises one or two drinks per night, if at all, to avoid the harmful effects that alcohol can have on cardiovascular health

In addition to taking steps to reduce CVD risk, it's important to know the signs and symptoms of a cardiac event and what to do, just in case. Heart attack symptoms can differ for men and women, but the most common for both is chest pain.

Symptoms in Women:

- Chest pain, but not always
- Pain or pressure in the lower chest or upper abdomen
- Jaw, neck or upper back pain
- Nausea or vomiting
- Shortness of breath
- Fainting
- Indigestion
- Extreme fatigue

Symptoms in Men:

- Squeezing chest pressure or pain
- Jaw, neck or back pain
- Nausea or vomiting
- Shortness of breath

If you think you or someone else is having a heart attack, don't hesitate to call 911 immediately.

If you have elevated blood pressure and/or are interested in learning more about heart health and reducing your risk for CVD, reach out to your United Healthcare Health Engagement Nurses, Therese and Carmen by phone at 614-525-6773 or email at therese.lentz@uhc.com or carmen.long@uhc.com.