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MEET VALERIE SCHENK-GREIL

YOUR ONSITE EAP CONSULTANT THROUGH OPTUM

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.

Among these resources is the opportunity for confidential consultations with Franklin County's Onsite EAP Consultant, Valerie Schenk-Greil. Valerie is dedicated to helping you navigate various aspects of your life, from achieving work-life balance to addressing family concerns, managing mental health challenges such as depression and anxiety, dealing with stress, legal or financial concerns, and more. Your conversations with Valerie are entirely confidential and come at **no expense to you**.

To connect with Valerie, you can reach out via the Onsite EAP and Health Engagement Nurse Support Line at **614-525-6773**, email her at valerie.schenk-greil@optum.com, or conveniently [book an appointment here](#).

But the support doesn't end there. As a member, you also gain access to monthly group training sessions covering a diverse range of mental health topics. To explore this month's offerings and register for webinars, visit bewell.franklincountyohio.gov. Take advantage of the resources available to you and empower yourself to thrive with the Franklin County Cooperative.

GET TO KNOW VALERIE

Want to learn more about Valerie? She brings over a decade of experience to her practice, holding licenses in mental health and addiction since 2007. Having lived in Columbus for the past decade, Valerie has a deep love for the community. She enjoys outdoor activities, going to the beach, Pilates, and rooting for the Buckeyes. Additionally, she actively supports organizations helping K-9 working dogs retire with their handlers.



TAKE CHARGE OF YOUR HEALTH

SCHEDULE YOUR BIOMETRIC SCREENING TODAY!

Know your health and optimize your well-being! Employees and enrolled spouses/domestic partners can earn \$200 through Wellness Your Way by completing a biometric screening at your PCP office, an onsite event, or a WorkHealth clinic. Visit fccThriveOn.com for details.

WHAT IS A BIOMETRIC SCREENING?

A biometric screening measures basic physical characteristics like height, weight, blood pressure, blood sugar/a1c, and cholesterol levels, providing a current snapshot of your overall health. It also identifies potential health conditions such as diabetes, heart disease, or hypertension that could develop in the future. *HINT: You can complete your biometric screening for \$200 and earn credit toward your reduced deductible by combining it with your annual physical with a PCP at the same time!*

You have three options for completing a biometric screening:

- **At Work:** Schedule your screening conveniently through the ThriveOn portal at [fcccThriveOn.com](https://fccc.thriveon.com). To schedule an onsite appointment:
 - Log into your ThriveOn portal at [fcccThriveOn.com](https://fccc.thriveon.com).
 - Click on the card that says 'Onsite Biometric Events' and follow the prompts.
- **At Your Physician's Office:** You can also complete a biometric screening by getting a routine exam with your family physician. You will need to download and print an Authorization form and Biometric Screening form to take with you to your appointment. [CLICK HERE](#) to download all required forms. Completed forms must be submitted by 12/31/24 to earn this incentive.
- **At Any OhioHealth WorkHealth Location:** Schedule an appointment at any OhioHealth WorkHealth location. Visit [OhioHealth.com/WorkHealth](https://ohiohealth.com/workhealth) to find a location near you. You will need to download and print an Authorization form and Biometric Screening form to take with you to your appointment. The clinician will submit the results for you. [CLICK HERE](#) to download all required forms.

If you have any questions or need further assistance, contact ThriveOn at **614-525-3948** or ThriveOn@franklincountyohio.gov.

[Download Biometric Screening Forms](#)

CELEBRATING WOMEN IN THE WORKPLACE

INTERNATIONAL WOMEN'S DAY

International Women's Day (IWD) is celebrated annually on March 8, honoring women's achievements and advocating for gender equality. [Dating back to the early 1900s](#), IWD emphasizes social, economic, cultural, and political accomplishments.

While the "glass ceiling" is commonly seen as the main barrier to women's advancement, a case study done by leanin.org suggests the true obstacle lies at the first step up to manager, termed the "broken rung." Fixing this is crucial for achieving workplace gender equality. Women, especially women of color, remain underrepresented across the corporate pipeline. Encouragingly, there has been progress at the executive level, with the proportion of women in senior positions rising 11% since 2015. However, advancement is slower at the manager and director levels, resulting in a sparse pipeline for top positions.

For every 100 men promoted from entry-level to manager, only 87 women are promoted. This gap is widening for women of color, compounding their disadvantage. Microaggressions against women, particularly those from marginalized identities, are pervasive in the workplace, undermining their contributions and risking talent loss. Addressing the broken rung and combating microaggressions are essential steps toward achieving gender equality and fostering an inclusive workplace culture.

Research by [Lean In](https://leanin.org) revealed that women demonstrate equal commitment and ambition for career advancement as men at all stages. Flexible work arrangements, particularly for women working remotely or in hybrid setups, facilitate career pursuit, with one in five crediting flexibility for job retention. Moreover, such arrangements often alleviate fatigue and burnout.

As we celebrate International Women's Day, let's honor past achievements while recognizing the ongoing journey towards true gender equality. Despite significant progress, persistent obstacles like the 'broken rung' and microaggressions continue to hinder us, especially impacting marginalized communities. Scroll to the next page to join Maven for a webinar on unrealistic expectations placed on women, March 12 at 12pm.

ATTEND AN UPCOMING WEBINAR

Join us every month for a series of engaging educational webinars brought to you by Franklin County Cooperative and ThriveOn, featuring a diverse range of topics including nutrition, financial support, health-related discussions, and much more from our trusted vendors.



UPCOMING WEBINARS

Healthy Lifestyle Programs

Back to Basics: Nutrition Fundamentals

Tuesday, March 5-26 | 12-12:30pm | Complete 3 of 4 sessions for credit

This program teaches nutrition basics, including macro and micronutrients, to help you make healthy food choices with confidence. We're surrounded with social media, celebrities and diet companies sharing nutrition misinformation. Learn the truth behind the fundamentals of nutrition, how to fuel our bodies for a lifetime and how to support you and your family's health with balanced nutrition. Register your [ThriveOn](#) account to complete up to 4 Well-Being Activities and earn \$50 for each activity you complete (up to \$200).

[REGISTER NOW >](#)

Maven

Maven Moments: Unrealistic expectations placed on women today

Tuesday, March 12 at 12pm

A thought-provoking discussion on the challenging world of unrealistic expectations placed on women today. Gain valuable insights from our Maven experts on effective strategies allowing you to rise above societal pressures and embrace your full potential.

[REGISTER NOW >](#)

EAP Group Sessions

Get the Best of Stress

Wednesday, March 27 from 1-2pm

In this training, participants will learn stress basics and coping strategies for the workplace, including stress hardiness for healthy management. Attendees will also gain tools to reduce stress levels and enhance understanding of personal and organizational stress factors.

[LEARN MORE >](#)

Phone: 614-525-3948
Email: ThriveOn@franklincountyohio.gov

ThriveOn
Your Health and Wellness Program