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Quarter 1 Gym Membership Reimbursement Due Tomorrow

Did you know that you can receive up to \$25/month toward the cost of your gym membership? Eligible memberships include boutique-style studios, personal training, at-home/virtual memberships (i.e., Peloton), and more! If you're not sure if your membership qualifies, contact ThriveOn – we're here to help!

All you must do is use your membership on 8 different days each month. Proof of payment and visits is required. [Click here](#) for more information and to complete your reimbursement request today. Quarter 1 (January, February, and March) requests are due TOMORROW (Friday, April 14th).



Schedule Your Mammogram

Today is the day to schedule your mammogram. ThriveOn has partnered with The James Mobile Mammography Unit to bring mammography screenings to you! Plus, you can receive a \$50 Well-Being Activity incentive through ThriveOn's *Wellness Your Way* program for completing your routine mammogram (visit fccThriveOn.com to learn more).

Throughout May, the James Mobile Mammography Unit will be at several Franklin County Cooperative locations. Please call 800-240-4477 to schedule an appointment.

- Thursday, May 11 from 9am – 1:30pm at Government Tower (on the corner of Mound St & High St)
- Monday, May 15 from 9am – 1:30pm at JFS West
- Thursday, May 18 from 9am – 1:30pm at JFS Northland
- Wednesday, May 31 from 9am – 1:30pm at JFS East

Eligibility criteria:

- Not pregnant
- Not nursing
- Asymptomatic or it's been five years or more since a breast cancer diagnosis
- Ages 40 years or older
- Ages 35-39 with a written prescription from your doctor



mycancerbridge.com ♦ (855) 366-7700

Cancer Basics 101 with CancerBridge

Join CancerBridge to learn more about the basics of cancer. What is cancer? How do you diagnose cancer? How are some cancers treated? Each cancer is unique. This session will help you feel more confident with terminology and a high-level understanding of cancer as a disease.

Thursday, April 20th at 11am. [Click here](#) to register.

Have you or a loved one been diagnosed with cancer? Whether you have just a couple questions or you want on-going support throughout your cancer journey, CancerBridge is here to help. Oncology nurses can answer your questions about treatment plans, what to expect, and how to navigate each step along the way. This service is available to employees and their immediate family members, including parents, in-laws, partners, children, and siblings. Call CancerBridge at 855-366-7700 to connect with an oncology nurse today.



Saturday, April 22
10 a.m. – 2 p.m.
 DEA TakeBack.com




National Take Back Day

Too often, unused prescription drugs find their way into the wrong hands. That's dangerous and often tragic. In fact, most opioid addictions start with prescription pills found in medicine cabinets at home. But simply throwing your prescription drugs in the trash is dangerous to the environment. That's why it's important to safely dispose of your unused medications. [Click here](#) to learn about the safe disposal of unused medicines.

Saturday, April 22nd is National Take Back Day. From 10am-2pm, you can safely and anonymously dispose of unneeded medications at locations all around Central Ohio - [click here](#) to find a collection site near you.

Franklin County is fortunate to be home to several permanent drug drop-off locations that can be utilized all-year long. For a complete list of those permanent sites, [click here](#).



Is there anything my coach can't help with?

A health coach can help you sleep better, have a healthy pregnancy, protect the well-being of your family and more.

How a Health Coach Can Help You Achieve Your Goals

Wouldn't it be great if you had a personal coach to customize a program just for you? Well, you do! From a helpful push to a dose of tough love, WebMD Health Coaches are here to support you. A health coach can be your guide, your teammate, or your cheerleader - whatever it is that you need to get motivated. They're trained professionals, ready to support you whatever your goal - whether you want to lose a few pounds, sleep better, quit tobacco, or get some help managing stress. Health coaching is a series of confidential, one-on-one conversations that provide personalized support, planning, and motivation to help you incorporate healthy choices into your daily life. You get to direct the conversation around what's important to you.

Don't want to talk on the phone? That's ok! Now you can work with your coach via secure chat. Health coaching is 100% confidential, you have free unlimited access through your ThriveOn program, and you can stop at any time. You can even earn \$50 Well-Being Activity incentives through ThriveOn's *Wellness Your Way* program by completing health coaching sessions.

Still not sure if coaching is right for you? [Click here](#) to watch a short video about health coaching and what to expect. Visit fccThriveOn.com to get started on your health coaching journey today!



We Want to Hear Your ThriveOn Success Story!

Has participating in ThriveOn positively impacted your life? Maybe ThriveOn helped you develop a new healthy habit or reach one of your well-being goals. Whatever it might be, if you've had a great experience, we want to hear from you! Your story might just be featured in an upcoming ThriveOn Thursday newsletter. [Click here](#) to submit your ThriveOn success story today!