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## EARN CASH BACK FOR YOUR GYM VISITS

**Q1 DEADLINE APRIL 19, 2024**

Did you know that you can receive up to \$50/month toward the cost of your gym membership? Eligible memberships include boutique studios, personal training, at-home/virtual memberships, and more!

If you're not sure if your membership qualifies, contact ThriveOn – we're here to help! All you have to 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 1 - March 31, 2024) requests are **due by Friday, April 19th**.

## TAKE CONTROL OF YOUR HEALTH

### A GUIDE TO PREVENTIVE CARE

In today's fast-paced world, prioritizing our health is more important than ever. Preventive care measures, such as regular screenings and biometric evaluations, play a crucial role in maintaining wellness and detecting potential health issues early on.

### THE IMPORTANCE OF BREAST HEALTH

Annual mammograms are crucial for the early detection of breast cancer, significantly increasing the chances of successful treatment and better outcomes for patients. Detecting abnormalities like tumors or calcifications early on allows for prompt intervention, potentially preventing the cancer from spreading or becoming more difficult to treat. While recommended particularly for women aged 40 and above and those identified as high risk, it's important to note that breast cancer can affect individuals of all ages and risk levels.

For your convenience, ThriveOn and the Franklin County Cooperative are sponsoring mammography screenings offered by The James Mobile Mammography Unit. Employees and enrolled spouses/domestic partners can complete a mammogram at the Government Tower (corner of Mound St & High St) on May 15 from 9am – 4pm or at JFS Northland (1721 Northland Park Ave) on May 22 from 9am-4pm.

**Eligibility criteria:** *Not pregnant, not nursing, asymptomatic or it's been five years or more since a breast cancer diagnosis. You must be 35 years of age or older. Women between ages 35-39 must have a written prescription from their doctor.*

In addition to the health benefits, completing a mammogram also offers financial incentives. Participants can earn a \$50 Well-Being Activity incentive through ThriveOn's Wellness Your Way

program. Please call the Mobile Mammography Department to schedule an appointment at **614-293-4455** or head to [cancer.osu.edu](http://cancer.osu.edu) to schedule through MyChart. Please call at least two weeks in advance to schedule.

### SCHEDULE A BIOMETRIC SCREENING TODAY!

In addition to breast health screenings, biometric screenings are essential for understanding one's overall health status and identifying potential future health risks. These screenings measure basic physical characteristics such as height, weight, blood pressure, blood sugar/a1c, and cholesterol levels, offering a comprehensive snapshot of an individual's well-being. Additionally, they can detect conditions like diabetes, heart disease, or hypertension in their early stages.

Employees and enrolled spouses/domestic partners can earn \$200 through ThriveOn's Wellness Your Way program by completing a biometric screening. Login to your ThriveOn portal at [fccThriveOn.com](http://fccThriveOn.com) to sign up for an onsite screening at work or [download forms](#) for your screening at your physician's office or OhioHealth WorkHealth. If you have any questions or need further assistance, contact ThriveOn at **614-525-3948** or [ThriveOn@franklincountyohio.gov](mailto:ThriveOn@franklincountyohio.gov).



## EMBRACING NATURE'S BENEFITS

### ENHANCE YOUR HEALTH AND WELL-BEING THROUGH COLUMBUS PARKS

Did you know that Columbus Recreation and Parks Department operates [410 parks](#) throughout the Greater Columbus Region, providing 14,069 acres of parkland to the residents and visitors of Columbus? These parks contain many amenities and provide access to 230 miles of regional trails, 170 playgrounds and 20 nature preserves. Nature walks offer numerous benefits for both the body and mind, making them a wonderful way to engage with the natural environment while promoting overall well-being. Aside from the obvious physical health

benefits, this low-impact form of exercise can provide mental health, cognitive, immune system, and social benefits.

**Physical Health Benefits:** Walking is a low-impact form of exercise that can be enjoyed by people of all ages and fitness levels. Just [30 minutes every day](#) can increase cardiovascular fitness, strengthen bones, reduce excess body fat, and boost muscle power and endurance. It can also reduce your risk of developing conditions such as heart disease, type 2 diabetes, osteoporosis, and some cancers.

**Mental Health Benefits:** Spending time in nature has been shown to reduce [stress, anxiety, and depression](#). The sights, sounds, and smells of the outdoors can have a calming effect on the mind, promoting relaxation and a sense of well-being. Nature walks provide an opportunity to disconnect from the stresses of daily life and reconnect with the natural world.

**Cognitive Benefits:** Walking in nature can also boost cognitive function and creativity. Research from the [National Institutes of Health](#) has shown that exposure to green spaces can enhance attention and focus, improve memory, and stimulate creative thinking. Nature walks offer a break from the constant stimulation of technology and urban environments, allowing the brain to recharge and rejuvenate.

**Immune System Support:** Spending time outdoors exposes the body to fresh air and sunlight, both of which are essential for overall health. Sunlight is a natural source of vitamin D, which plays a key role in [immune function](#), bone health, and mood regulation. Fresh air helps to oxygenate the blood and strengthen the immune system, reducing the risk of illness and disease.

**Social Connection:** Nature walks can also be a social activity, providing an opportunity to connect with friends, family, or fellow nature enthusiasts. Walking and exploring together fosters a sense of camaraderie and belonging, strengthening social bonds and promoting [positive relationships](#).

Whether you prefer the tranquility of a paved pathway or the adventure of a rustic trail, there's something for everyone to enjoy. A great place to find this tranquility is the Scioto Mile, which is in the running for the [2024 USA Today 10 Best Readers' Choice Award for Best Riverwalk](#). Let the country know Columbus has the best Riverwalk! [Vote daily through noon on Monday, April 8.](#)



# 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.



## CancerBridge

### **2024 Self-Care Series: Building Beyond Habits**

*Thursday, April 11, 2024 at 11am*

There's a difference between habits, routines, and rituals. Learn this difference and how to employ all three for your health and wellness goals.

[REGISTER NOW >](#)

### **2024 Support Series: Hereditary Colon Cancer and High Risk Genetics**

*Thursday, April 18, 2024 at 11am*

This presentation will cover the basics of Hereditary Colon Cancer; what it is, risk factors, signs, and symptoms, how it is treated, and complications. It will also address specific High Risk Genetic components of the disease as well.

[REGISTER NOW >](#)

## Healthy Lifestyle

### **Wellbeing Leadership Forum**

*Thursday, April 4-18 | 12-1pm | Complete 2 of 3 sessions for credit*

These forums are designed to support what's coming up for you as a leader around critical wellbeing topics. Join fellow Franklin County Cooperative leaders to share challenges, successes, experiences and ideas to best support your own wellbeing and the wellbeing of your teams. Topics include leading with healthy boundaries, dealing with difficult emotions, and building trust in yourself and your team.

[REGISTER NOW >](#)

## EAP Group Sessions

### **Substance Abuse Disorder in the Workplace**

*Tuesday, April 23 from 1-2pm*

Employees will receive information on the negative effects of substance use and how to seek help. They'll also learn to recognize signs, examine commonly abused drugs, and access resources for assistance, fostering a safer, more productive work environment.

[CLICK HERE TO JOIN THE MEETING >](#)

# UPCOMING WEBINARS

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**ThriveOn**  
Your Health and Wellness Program