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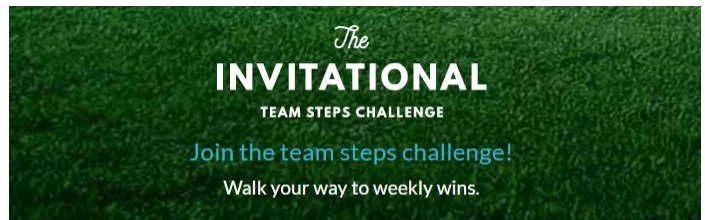


Free Summer Memberships at Planet Fitness for Teens

Regular physical activity has many benefits, especially for kids and teens. According to the [CDC](#), it can help adolescents improve cardiorespiratory fitness, build strong bones and muscles, control weight, reduce symptoms of anxiety and depression, and reduce the risks of developing health conditions. Despite the known benefits, in a 2017 study, only 26% of high school students participated in the recommended 60 minutes of physical activity per day on all 7 days of the week.

To help teens everywhere stay active, Planet Fitness is offering free memberships to teens ages 14-19 this summer. By signing up, teens can utilize one of over 18 Planet Fitness Clubs in Central Ohio (or thousands across the country). As a bonus, teens can help win a grant for their school and/or participate in a video contest for a chance to win a scholarship.

[Click here](#) for more information about the Planet Fitness High School Summer Pass.



The Invitational Steps Challenge

The Invitational Steps Challenge starts Wednesday, May 24th! Start stepping your way to better health today by joining the challenge at fccThriveOn.com. Registration closes Tuesday, May 23rd.

The Invitational is a five-week, teams-based steps challenge. You can sync your fitness device ([click here](#) for instructions) or log your steps manually. If running or walking isn't your preferred type of exercise, download this [activity chart](#) to help you calculate steps for many other activities, including biking, swimming, and rowing.

With *The Invitational* you can gain all the mental and physical health benefits of being physically active, as well as earn a \$50 Well-Being Activity incentive!

How to register: Visit fccThriveOn.com.

How to earn your incentive: Track your steps for at least 5 of 7 days for 4 of 5 weeks.



Updated COVID-19 Coverage

In March 2020 the Department of Health and Human Services (HHS) declared the COVID-19 National Public Health Emergency (PHE). The emergency declaration included certain requirements for health plans regarding the coverage of COVID-19 treatment/prevention and certain plan administration policies.

The PHE will end effective May 11, 2023, which will result in changes to your health plan. [Click here](#) to learn about the changes taking effect May 12, 2023.

We continue to encourage hand washing, staying home if sick and keeping up to date on vaccinations as important steps in reducing your chance of COVID-19 infection.



Food is Medicine: A Deep Dive into Gut Health

Gut health is a hot topic these days. With this webinar series you will understand what is behind gut health and why it has become the focus of disease prevention and overall well-being. You'll learn the difference between pre, pro and post-biotics and why fiber is so important to overall gut health.

Sessions are **Thursdays from May 18 – June 1st from 12pm-1pm**. Attend 2 of the 3 sessions to earn a \$50 Well-Being Activity incentive through ThriveOn's *Wellness Your Way* program. [Click here](#) to register.



Supporting Women Through Menopause

Menopause can be a difficult and confusing time. Maybe you've thought to yourself "will the symptoms ever go away?" or maybe you've had trouble alleviating the symptoms that you do have. Get answers to these questions on **Friday, May 19th from 12-12:30pm**. Join OhioHealth's Stephanie Costa, MD, for an informative discussion on *Supporting Women Through Menopause*. Dr. Costa is an OBGYN with 25 years of experience. She will be discussing what menopause is and why it happens, common symptoms, tips for alleviating symptoms, and more. This session is being provided just for Franklin County Cooperative members. [Click here](#) to register.



Find Your Sleep Hygiene Routine

One of the best things you can do for your well-being is to consistently get a good night's sleep. Sleep plays an important role in physical, mental, and emotional health. It can be hard to develop a healthy sleep hygiene routine. Many things get in the way of a consistent bedtime, like our social lives, family commitments, jobs, and even devices. Follow the tips below to find your sleep hygiene routine and experience better ZZZs!

- **Digital detox.** Perhaps the hardest and yet most important thing to do for your sleep is to limit your use of devices and screens before bed. Smartphones, tablets, and TVs emit blue light, which affects your circadian rhythm. For an hour before bedtime, replace screens with a book, soft music, a knitting project, or journaling.
- **Consistency is key.** Aim to go to bed and wake up around the same time every day.
- **Eat right, sleep tight.** While it's wise to avoid food right before bed, eating certain foods throughout the day can help you sleep well at night. Such foods include kiwi, tart cherries, fatty fish, nuts, and rice. Learn more [here](#)! Be sure to avoid caffeine after noon as well.
- **Move it.** When you think about sleep aids, you probably don't think about movement. But there is a link between sleep quality and exercise. For example, yoga and other meditative movements have been shown to alleviate stress. Aerobic exercise improves blood pressure, which aids in sleep. Even resistance training has been shown to improve sleep quality. Just don't exercise too close to bedtime. Learn more [here](#)!
- **Cool down with a warm bath.** In addition to being cozy, a warm bath before bed can help you sleep. In the bath, your blood circulates more efficiently to your extremities. This allows your body heat to transfer from your core to the environment, regulating your body temperature and cooling you down. Lowering your body temperature helps you fall asleep. Learn more [here](#)!
- **Keep your room cool and dark.** It's important to eliminate distracting lights while you sleep and researchers suggest keeping your room anywhere from 60 to 67 degrees Fahrenheit. Learn more [here](#).

NURSE'S NOTES



From your United
Healthcare Health
Engagement Nurses,
Carmen and Therese.

Getting Ready for Summer Fun by Protecting Your Skin and Eyes

May 2023

We all love spending time outside during the summer and it is a great way to support well-being for you and your family. The following health tips will help you make the most of your summer while keeping your skin and eyes healthy!

- Your skin can burn even on a cloudy day. Use a broad-spectrum sunscreen of at least SPF 30.
- Reapply sunscreen every 2 hours as it is not waterproof and can sweat off.
- Don't forget lip balm with SPF for your lips!
- Avoid direct sunlight and seek shaded areas, especially during the hours of 10am to 4pm.
- Skin cancer is common so self-exams are important.
- For people with darker complexion, it is also important to check your nails, hands, and feet ([How to check your nails for melanoma - aad.org](#)).
- Use "ABCDE" to help you remember what to look for ([What to look for: ABCDEs of melanoma - aad.org](#)).
 - **Asymmetry** – the shape of one half does not match the other.
 - **Border that is irregular** – borders of early melanoma can be uneven, notched, or scalloped.
 - **Color that is uneven** – a variety of colors can be a warning sign.
 - **Diameter** – look out for anything larger than the eraser on a pencil.
 - **Evolving** – the mole has changed in size, shape, elevation, or color.

It's also important to protect your eyes! Wear UV blocking sunglasses and broad brimmed hats. Doing so can slow cataract development and progression. [Cataract Prevention: 6 Diet & Lifestyle Tips \(webmd.com\)](#)

[Click here](#) for more helpful information about your skin, sun safety, and signs of skin cancer.



Nurse Carmen, RN



Nurse Therese, RN

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. This includes private conversations with Franklin County's dedicated Health Engagement Nurses, Therese Lentz, RN and Carmen Long, RN. Your conversations with Therese and Carmen are confidential and at no cost to you. They are available for things such as finding a primary care physician, support and education for disease prevention and management, and helping you achieve your personal health goals.

Call the Onsite EAP & Health Engagement Nurse Support Line at 614-525-6773 or email Therese_Lentz@uhc.com or Carmen_Long@uhc.com.

Phone: 614-525-3948

Email: ThriveOn@franklincountyohio.gov

ThriveOn
Your Health and Wellness Program