



May 16, 2024

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SIGN UP FOR A FREE MEAL KIT AND COOKING DEMONSTRATION

HOSTED BY YELLOWBIRD

ThriveOn has partnered with YellowBird Food Shed once again to provide a unique meal kit and cooking demonstration experience, completely free to you! Join Maddie Bidwell, Registered Dietitian & Benji Ballmer, Owner of YBFS, to learn how to make your very own asparagus pasta with fresh spring alliums and savory cannellini bean sauce! Use fresh Ohio produce -grown with organic practices- and the cleanest non-GMO or local products to create a satisfying and healthy meal that everyone will enjoy. Increase your knowledge and awareness of local produce, cook along, and feed your family with this innovative & fun Meal Kit Demo!

HOW IT WORKS:

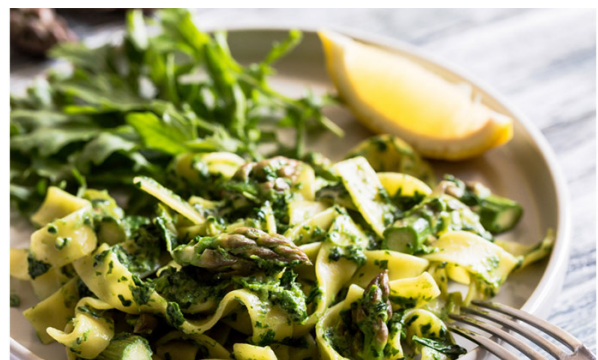
1. [Sign up by May 24th](#) to receive a free meal kit with the ingredients to make asparagus pasta.
2. Receive your free meal kit the week of May 29th.
3. Watch the pre-recorded cooking demo that will be sent out on May 29th.
4. Cook along and enjoy a delicious and healthy meal with your family!

Cost: \$0.00 (JUST ENTER COUPON CODE **THRIVEON2024** AT CHECKOUT) One Recipe Box is provided per household each year. (Watch the cooking demo and complete the feedback survey to receive a code for a second free box in 2024.)

Meal kits will be delivered on 5/29, 5/30, and 5/31. You will receive an email the week of deliveries with more information, including your delivery date. This cooking demo will be prerecorded and will be shared with you in a separate link on May 29th, 2024. When you receive your meal kit it will contain all the necessary ingredients and a recipe card for you to refer to. You can prepare all your produce for the recipe and click the cooking demo link when you are ready to create your meal!

[Order Meal Kit](#)

[Registration Instructions](#)



Asparagus Pasta
with Spring Alliums

Prep Time: 20 minutes
Cook Time: 15 minutes
Total Time: 35 minutes



PROTECTING YOUR SKIN DURING THE SUMMER

WITH SUPPORT FROM CANCERBRIDGE

As the weather turns warmer and the sun becomes more inviting, many of us look forward to spending time outdoors, soaking up the sunshine. However, it's important to remember that prolonged exposure to the sun's rays can increase the risk of skin cancer. So, as we embrace the arrival of summer, it's important to prioritize skin protection and learn how to prevent skin cancer effectively.

With [over 5 million](#) cases diagnosed in the United States each year, skin cancer is America's most common cancer. Fortunately, skin cancer is also one of the most preventable cancers.

HOW TO REDUCE YOUR RISK OF SKIN CANCER

Most skin cancers are caused by too much exposure to ultraviolet (UV) rays. These rays can come from the sun, tanning beds, and sun lamps. Even though skin protection tends to be emphasized more during the summer months, it's crucial to recognize that shielding yourself from UV rays is essential throughout the year. UV rays can reach you on cloudy and cool days, and they reflect off of surfaces like water, cement, sand, and snow. In the United States, UV rays are strongest between 10 am and 4 pm. By checking the UV index, you can determine how much precaution to take. The [CDC](#) recommends protecting your skin if the UV index is at a 3 or higher.

There are several ways you can protect your skin outdoors including:

- Stay in the shade.
- Wear clothing that covers your arms and legs.
- Wear a hat with a wide brim to shade your face, head, ears, and neck.
- Wear sunglasses that wrap around and block both UVA and UVB rays.
- Use a broad-spectrum sunscreen with a sun protection factor (SPF) of 15 or higher.

Some may find it tempting to visit a tanning salon, hoping to achieve a summer glow, or believing it's safer than sunbathing. However, indoor tanning actually exposes users to high levels of UV rays and over time too much of this exposure can cause skin cancers, cataracts, and cancer of the eye.

A tan doesn't signify good health; it's the skin's response to UV exposure, indicating damage rather than wellness. Any change in skin color after UV exposure (whether it is a tan or a burn) is a sign of injury, not health.

HOW TO IDENTIFY MELANOMA

Our cancer support partner, [CancerBridge](#), has a mnemonic to help you know the signs of skin cancer.

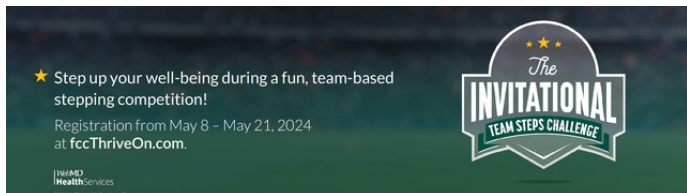
[Know your ABCDEs:](#)

- **Asymmetry** - One half doesn't match the appearance of the other half.
- **Border irregularity** - The edges are ragged, notched, or blurred.
- **Color** - Uneven or multiple shades of tan, black, brown, red, pink, white, and/or blue.
- **Diameter** - The size of the mole is greater than 6 mm (1/4 inch), about the size of a pencil eraser. Any growth of a mole should be evaluated.
- **Evolution** - There is a change in the size, shape, symptoms (such as itching or tenderness), surface (especially bleeding), or color of a mole.

*CancerBridge provides access to cancer experts and evidence-based health information focused on cancer support, prevention, and the importance of early detection screenings. **The CancerBridge service is available to all employees and their immediate family members.** For your convenience, CancerBridge is available Monday through Friday from 8 a.m. to 8 p.m. (ET). Call Toll-Free at **855.366.7700**.*

As you look forward to summer and outdoor activities, remember to protect your skin from the sun. Skin cancer is preventable with simple measures like seeking shade, avoiding unnecessary UV rays, wearing protective clothing, and using sunscreen. Learn about [melanoma detection](#) and utilize resources like CancerBridge for support this summer. To find an in-network dermatologist head to [myuhc.com](#).

MORE SUN SAFETY TIPS



JOIN THE INVITATIONAL STEPS CHALLENGE!

REGISTER BEFORE MAY 21

Take the first step towards a healthier lifestyle by signing up for the Invitational Steps Challenge, starting May 22nd and running through June 25th. Registration is open until May 21st, so don't miss out!

WHAT IS THE INVITATIONAL & HOW DOES IT WORK?

The Invitational is a teams-based steps challenge. You will be part of a five-person team that competes against a new team each week. You can create your own team, join an existing team, or be randomly assigned to a team.

Weekly rounds start each Wednesday and end on Tuesday. You can sync your fitness device or enter your steps manually. Just be sure to enter/sync your steps for each round by the following Wednesday. Team matchups are based on performance, for more fair competition. The team that takes the most steps each week wins! For instructions on how to sync your fitness device, [click here](#).

In addition to participating using your computer or tablet, you can use the Wellness At Your Side app from WebMD Health Services to register and track your steps during the challenge. Download the app from the Apple App Store or Google Play Store, then enter your connection code: **ohwellness**.

DO ACTIVITIES OTHER THAN WALKING/RUNNING COUNT?

Absolutely! If walking or running isn't your thing, we've got an [activity chart](#) to help you calculate steps for other exercises like biking, swimming, and rowing.

HOW DO I EARN THE \$50 WELL-BEING ACTIVITY INCENTIVE?

In order to complete the challenge and earn the incentive, you must participate for at least 4 of 5 weeks by tracking your steps at least 5 of 7 days each of those weeks.

Start stepping your way to better health today by joining the challenge at fccThriveOn.com!

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.

Healthy Lifestyle

Fitness 101

Thursday, May 9 – June 13 | 12-12:30pm | Complete 4 of 6 sessions for credit

Explore the basic components of exercise techniques and how to fuel an active body while learning how to create a safe, well-rounded exercise routine that works for you! This program has something for everyone no matter your level of fitness confidence.

[REGISTER NOW >](#)

BMI

Financial Wellness Toolkit

Tuesday, May 21 at 11am

This toolkit is a collection of personal finance resources. It is divided into six parts that can be used together or individually as your guide to financial wellness.

[REGISTER NOW >](#)

WeightWatchers

Maximizing Wellness During Summer Months

Thursday, May 16 at 1pm

Summer fun can really disrupt our routines—but WW experts are here to share secrets for staying healthy and balanced all season long. Discover practical strategies to stay on track during the busy summer months.

[CLICK TO JOIN >](#)

CancerBridge

Using Visualization for Calm and Clarity

Thursday, May 23rd, 2024 at 11am (EST)

Learn to use your power of imagination for relaxation and resilience by exploring different visualization practices.

[REGISTER NOW >](#)