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INTRODUCING BLOOM

[SUPPORTING YOU IN GROWING KIDS' MENTAL WELL-BEING.](#)

The Franklin County Cooperative and ThriveOn are introducing Bloom: Supporting You in Growing Kids' Mental Well-Being, a curated set of online resources created by On Our Sleeves, the movement for children's mental health at Nationwide Children's Hospital. These resources help support caregivers and parents in growing their kids' mental well-being across a variety of situations. And it's all hosted on a private site, so you can feel comfortable exploring the topic of kids' mental health.

[WHY ARE WE OFFERING BLOOM?](#)

We know parents are concerned about their children's mental health and that this concern can impact their engagement with work and their own personal mental well-being.

- Half of working parents say they have missed work at least one day a month because of issues related to their child's mental health.
- Children's mental health occupies 1/3 or more of parents' mindshare while at work.
- Parents report being very to **extremely concerned** about their child's emotional health and development or behavior in the past two years.

[HOW DO I LEARN MORE?](#)

To begin your journey with Bloom [CLICK HERE](#) and register your account using code **BLFC01**. Or head to BeWell.franklincounty.gov for more information.



USPSTF LOWERS RECOMMENDED AGE FOR BREAST CANCER SCREENING

[REGISTER FOR A MOBILE MAMMOGRAM](#)

The [United States Preventive Services Task Force](#) has stated regular mammograms to screen for breast cancer should start younger, at age 40 with women ages 40-74 being screened every other year. Previously the USPSTF had said that women could start screenings as young as 40, with a stronger recommendation that they get the exams every two years from age 50 through 74.

The nudge toward earlier screening is meant to address two vexing issues: the increasing incidence of breast cancer among women in their 40s – it's risen 2% annually since 2015 – and the [higher breast](#)

[cancer death rate among Black women](#) compared to white women. Age 40 is when mammograms should start for women, transgender men, and nonbinary people at average risk. They should have the X-ray exam every other year, according to the new guidance from the USPSTF.

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 receive 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 July 3 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 to schedule through MyChart. Please call at least two weeks in advance to schedule.



2024 THRIVEON WELLNESS YOUR WAY PROGRAM

VISIT [FCCTHRIVEON.COM](https://fccthriveon.com)

Take control of your well-being and earn incentives with the 2024 ThriveOn Wellness Your Way program. The program encourages you to know your health status and supports you to make changes to optimize your health and well-being. Employees and spouses/domestic partners are able to choose how they participate in activities and incentives year-round.

HOW DO I EARN INCENTIVES?

You are able to complete one or all incentives at fccthriveon.com. You must be registered and track all activities you complete to earn incentives.

COMPLETE THE ONLINE HEALTH ASSESSMENT AND ANNUAL PHYSICAL

Earn: Deductible Reduction in 2025

Deadline: August 31, 2024 (Employee and enrolled spouse/domestic partner must complete both activities to earn the deductible reduction.)

COMPLETE UP TO 4 WELL-BEING ACTIVITIES

Earn: \$200 (\$50 per activity)

Deadline: December 31, 2024. Learn more about activities offered at fccThriveOn.com.

EARN GYM MEMBERSHIP REIMBURSEMENT

Earn: Up to \$150 per quarter (\$50 per month)

Deadline: Varies by quarter. Visit gymreimbursement.franklincountyohio.gov to learn more.

COMPLETE A BIOMETRIC SCREENING

Earn: \$200

Deadline: December 31, 2024

You have three (3) options to complete your biometric screening:

- 1. AT WORK:** Biometric screenings will be offered at various Franklin County Cooperative locations. Log in to fccThriveOn.com, scroll down to the 'take action' section, and click the box that says Onsite Biometric Events to schedule your appointment.
- 2. 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.
- 3. AT ANY OHIOHEALTH WORKHEALTH LOCATION:** Schedule an appointment at any OhioHealth WorkHealth location. Visit 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.

Start earning today by logging into fccThriveOn.com or learn more about the ThriveOn Wellness Your Way program by [watching this video](#).



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. Register for WeightWatchers [Summer Solutions: Maximizing Wellness During Summer Months](#) webinar. All Franklin County Cooperative benefits-eligible employees and benefits-enrolled spouses/domestic partners can join WeightWatchers for as low as \$4.87/month. Learn more and sign up at ww.com/FCC.

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

From the ground up, 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 >

CancerBridge

2024 Exercise Series: Aging and Weight Lifting

Thursday, May 9th, 2024 at 11am (EST)

This webinar will identify age related changes and how incorporating strength training can significantly improve your ability to function and perform in all aspects of life.

REGISTER NOW >

EAP Group Sessions

How to Simplify Your Life

Friday, May 31 from 1-2pm

Participants in this program will explore personal barriers to simplicity by examining inner beliefs, pressures, and excuse-making. Learning includes defining values, decluttering, streamlining, fostering supportive relationships, and creating an action plan.

CLICK TO JOIN >

DOWNLOAD THE WORKBOOK >