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STRESS MANAGEMENT AND SELF-CARE FOR A HEALTHIER LIFE

UTILIZING YOUR EWS RESOURCES

In the fast-paced world we live in, managing stress and prioritizing self-care are crucial for maintaining a healthy and balanced life. Stress is a common part of life, but even the most relaxed individuals can feel overwhelmed at times. Here are some strategies to help safeguard against stress:

- 1. Be Realistic and Optimistic** - Accept that you can't do everything perfectly. Focus on doing your best and maintain a positive outlook by celebrating small personal and professional accomplishments.
- 2. Set Boundaries** - Avoid the urge to be constantly available. Prioritize your tasks by categorizing them into "must-dos," "should-dos," and "don't-need-to-dos." Delegate tasks when possible to reduce your workload.

- 3. Take Time for Yourself** - Ensure you carve out time for personal relaxation. Turn off email notifications and decline extra shifts or social invitations if they encroach on your downtime.
- 4. Limit Distractions** - Multitasking can reduce productivity. Instead, schedule specific times to check emails and social media. Create a focused work environment by blocking off time for uninterrupted work and signaling to others not to disturb you.
- 5. Take Breaks** - Short breaks throughout the day can refresh and recharge you. Engage in activities you enjoy, like walking, watching a video, or reading a book, to improve your mood and well-being.
- 6. Get in Touch** - A solid support system is crucial. Talking to friends, family, or coworkers can help you manage stress and maintain mental health.
- 7. Maintain Healthy Habits** - Regular exercise, adequate sleep, and balanced meals improve your resilience to stress. Exercise boosts your energy and mood, healthy eating maintains your energy levels, and quality sleep enhances productivity and focus.
- 8. Embrace Laughter** - Laughter has numerous health benefits, including improved mood and relaxation. It can also strengthen relationships and defuse conflicts, contributing to overall stress reduction.
- 9. Utilize Emotional Wellbeing Solutions (EWS)** - Asking for help is normal and can be incredibly beneficial. Utilize resources like counseling services, mental health apps, or support groups. Reaching out for help when you need it can provide valuable support and improve your ability to manage stress effectively.

WHAT IS EMOTIONAL WELLBEING SOLUTIONS (EWS)?

Emotional Wellbeing Solutions (EWS) provides confidential support for a variety of everyday

challenges, accessible 24 hours a day, 7 days a week. This service is available to benefits-eligible employees, their dependents, and household members, even if they aren't enrolled in the medical plan.

COMPREHENSIVE SUPPORT SERVICES

Face-to-Face and Virtual Counseling - EWS offers eight counseling sessions per problem per year. These sessions can be conducted face-to-face or virtually, ensuring that you can choose the most convenient method for you. The counseling is provided by a network of clinicians, part of Optum's larger network of 150,000 clinicians, who offer goal-oriented support tailored to your needs.

Digital Self-Care Tools - At [LiveandWorkWell.com](https://www.liveandworkwell.com), you can access a suite of digital self-care tools and resources, including [Talkspace](#) and the [Self Care by AbleTo](#) app. These tools offer solutions and clinical techniques to help manage stress, anxiety, and other concerns, all in one convenient location. Whether you need quick tips or comprehensive support, these digital tools are designed to fit into your lifestyle and help you maintain emotional well-being.

WorkLife Services - Balancing work and personal life can be challenging. EWS offers WorkLife services to support you with parenting, childcare, eldercare, chronic conditions, and even pet care. WorkLife specialists provide educational materials and no-cost referrals to verified resources, helping you manage various aspects of your life more effectively.

HOW TO ACCESS EWS

For more information on EWS and the mental health resources available to you, visit [LiveandWorkWell.com](https://www.liveandworkwell.com) and use the access code **EAP**. Additionally, you can call the 24/7 EWS Helpline at **1.800.354.3950** for immediate support.

Emotional Wellbeing Solutions (EWS) is your partner in managing stress and promoting self-care. With a range of services and resources available 24/7, EWS is here to support you and your family in achieving a healthier, more balanced life. Take advantage of these offerings to enhance your emotional well-being and navigate life's challenges with confidence.



EARN YOUR REDUCED DEDUCTIBLE BY AUGUST 31

VISIT [FCCTHRIVEON.COM](https://www.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](https://www.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.) Head to [fccThriveOn.com](https://www.fccthriveon.com) to get started.

COMPLETE UP TO 4 WELL-BEING ACTIVITIES

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

Deadline: December 31, 2024. Learn more about activities offered at [fccThriveOn.com](https://www.fccthriveon.com).

EARN GYM MEMBERSHIP REIMBURSEMENT

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

Deadline: Varies by quarter. Visit [gymreimbursement.franklincountyohio.gov](https://www.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](#).



CELEBRATING OUR HEALTH ENGAGEMENT NURSES

MEET NURSE THERESE AND NURSE BRITTANY

May is National Nurses Month, a time to honor and celebrate the vital contributions of nurses to the health and well-being of our communities. As members of the Franklin County Cooperative, you have access to the invaluable support and expertise of our dedicated Health Engagement Nurses, Therese Lentz and Brittany Meszaros.

MEET THERESE LENTZ AND BRITTANY MESZAROS

Therese and Brittany are your Health Engagement Nurses through UnitedHealthcare, here to assist you with a wide range of health-related topics. Their role is pivotal in helping you make informed health care decisions, navigate UnitedHealthcare's tools and resources, and find appropriate wellness programs and services. Whether you need health education, support for managing chronic conditions like diabetes or heart disease, or assistance in finding health care providers that meet your needs, Therese and Brittany are here to help.

Therese Lentz

Nurse Therese brings over 35 years of experience, specializing in cardiovascular disease, prevention, and wellness. Her extensive background equips her with the knowledge and skills to provide exceptional care and guidance. Outside of her professional life, Therese is a family-oriented individual, married with two sons and a daughter, all married, and a proud grandmother of five. She enjoys live music, sporting events, beach outings, and quality time with family and friends.

Brittany Meszaros

Nurse Brittany boasts over 33 years of experience with a focus on cardiovascular disease, case management, and leadership. Her career has spanned various critical care environments, including cardiac and stress labs. Brittany is also a dedicated family person, married with two adult sons. She enjoys traveling, running, hiking, biking, and attending concerts. Brittany is enthusiastic about her work with the Franklin County Cooperative and is committed to providing the best support possible.

CONFIDENTIAL AND FREE SUPPORT

Your conversations with Therese and Brittany are entirely confidential and free of charge. They are here to ensure you have the support you need to thrive in your everyday life. To speak with either of them, you can call the Onsite EAP and Health Engagement Nurse Support Line at **614.525.6773**.

As we celebrate National Nurses Month, let's take a moment to appreciate the dedication and expertise of Therese Lentz and Brittany Meszaros. Their commitment to our health and well-being is truly invaluable, and we are grateful for the difference they make in our lives.

NURSE'S NOTES

FROM YOUR  **UnitedHealthcare** HEALTH ENGAGEMENT NURSES
May 2024

Make No Bones About It, Musculoskeletal Health Is Important Too!

Regardless of age, many of us have aches and pains. Muscles and ligaments support bones and joints, which in turn, supports healthy posture and reduces the risk for injury or pain. Many of us sit at desks or have strenuous physical jobs in which strong bone and joint health is important to manage.

Your UnitedHealthcare benefits include **Kaia, Massage Therapy, and Specialist Management Solutions** to help you care for your musculoskeletal health.

- **Kaia** is a digital-first approach to physical therapy that offers a better way to help you manage aches and pains in your back, neck, shoulder, hip, and knees, all from the comfort of your own home with no appointment required. All this is available 24/7 at no extra cost to you! Visit StartKaia.com/uhc to learn more about this personalized, digital pain relief program.
- **Massage Therapy** benefit offers up to 15 in-network visits per year at \$20 copay per visit. For more information call 877-440-5983.
- **Specialist Management Solutions (SMS)** is a program offering exclusive end-to-end support from orthopedic nurses, specific to a full range of musculoskeletal conditions. SMS nurses discuss treatment options and how your benefits are applied, provide holistic advocacy and assist in selection of high-quality providers. Call 877-440-5983 for more information.

Your UnitedHealthcare Health Engagement Nurses are available to help you and your family with many healthcare situations such as finding a primary care physician, support and education for disease prevention and management, and helping you achieve your personal health goals. See more information about Nurse Therese and Nurse Brittany, including how you can contact them below!



CONTACT

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CONTACT

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