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## Have a Happy & Safe 4th of July!

ThriveOn would like to wish you a happy and safe 4th of July! Columbus has no shortage of Independence Day celebrations, from fireworks and parades to festivals and more! Check out some of our recommendations below.

- [Red, White & BOOM!](#) | July 3 starting at 10am | Downtown along the Scioto Mile
- [Picnic with the Pops: Patriotic Pops and Soul](#) | July 1 at 8pm | Columbus Commons
- [Hilliard Freedom Fest](#) | July 1 starting at noon | Municipal Park
- [Granville Independence Day Celebrations](#) | July 1 through July 4
- [Whitehall Independence Day Celebrations](#) | July 3 from 6-10pm
- [New Albany 4th of July Parade, 5k, Festival, and Fireworks](#) | July 4 starting at 8am
- [Short North Doo Dah Parade](#) | July 4 starting at 11am
- [Worthington Family Picnic and Fireworks](#) | July 4 starting at 5pm



## Leave Fireworks to the Experts

Did you know that a sparkler burns at 1,200 degrees Fahrenheit? In 2017, [over 12,000 people were injured](#) badly enough to require medical treatment after fireworks-related incidents, with over 1,000 resulting from small devices like firecrackers and sparklers. Not to mention that fireworks start an average of 18,500 fires each year. That is why it is recommended that you leave fireworks to the experts. However, if you choose to use them, be sure to follow these [safety tips](#):

- Never allow young children to handle fireworks
- Older children should use them only under close adult supervision
- Never use fireworks while impaired by drugs or alcohol
- Wear protective eyewear
- Never hold lighted fireworks in your hands
- Never light fireworks indoors
- Use them away from people, houses and flammable materials
- Never point or throw fireworks at someone else
- Only light one device at a time and maintain a safe distance
- Never ignite devices in a container
- Do not try to re-light or handle malfunctioning fireworks
- Soak spent and unused fireworks in water for a few hours before discarding
- Keep a bucket of water nearby
- Never use illegal fireworks



## Register for the 5th Annual Franklin County 5k & ThriveOn Challenge

The annual Franklin County 5k & ThriveOn Challenge is back with new and exciting opportunities!

New this year!

- \$150 Columbus Running Company gift card given away to 5 in-person participants
- The small, medium, and large agency with the highest percentage participation will receive a healthy breakroom makeover

**Who?** All Franklin County Cooperative employees and dependents (spouses/domestic partners and children) are welcome to participate.

**What?** 5k run/walk for everyone from the competitive runner to casual walker. Participate in-person on race day or partake in the virtual race.

**When/Where?** The in-person race is Sunday, October 8th at 10am at Wolfe Park. The virtual race can be completed anywhere you like and at any time between October 8th and October 19th.

**Will there be swag?** During registration, participants will have the option to choose if they want to receive swag. In-person participants must pick up their swag in person on the morning of the race. Virtual participants will be asked to pay a \$5 fee to cover the cost of shipping the swag directly to your home.

**Can I earn an incentive for participating?** Yes! All employees and benefits-enrolled spouses/domestic partners can earn a \$50 Well-Being Activity incentive through ThriveOn's Wellness Your Way program by participating in-person or submitting your virtual results.

Visit [runsignup.com/franklincounty](https://runsignup.com/franklincounty) to learn more and sign up today. Be sure to sign up by July 31st if you wish to receive swag!

For questions, contact ThriveOn at 614-525-3948 or [ThriveOn@franklincountyohio.gov](mailto:ThriveOn@franklincountyohio.gov).



## What is an Annual Physical and Why is it Important?

Many serious health problems don't have symptoms and are only found during a doctor's exam, which is why an annual physical is so important. When you establish with a Primary Care Provider (PCP), they know your medical history, can monitor chronic health conditions and manage your medications. Having a PCP is also important for when minor illnesses and injuries arise.

At your annual physical, your PCP will discuss your medical history, perform a physical exam and any necessary lab tests, discuss immunizations and age- and gender-appropriate screenings, as well as any health risk factors you may have and potential interventions. [Click here](#) to learn more about the basics of an annual physical and what to expect.

Your Franklin County Cooperative health plan covers one annual physical per calendar year. That means you don't have to wait a full 12 months between annual physicals.

Schedule your annual physical today to gain all the health benefits and to help earn your Reduced Deductible incentive for 2024.

Don't have a PCP? Contact your Health Engagement Nurses, Therese Lentz and Carmen Long, for assistance finding a provider that meets your needs. Call 614-525-6773 or email [therese.lentz@uhc.com](mailto:therese.lentz@uhc.com) or [carmen.long@uhc.com](mailto:carmen.long@uhc.com).

Reminder! You must also complete the Online Health Assessment at [fccThriveOn.com](https://fccThriveOn.com) to earn the Reduced Deductible incentive for 2024. If you have a spouse/domestic partner on your health plan, they must also complete the requirements to earn the incentive. Log in to [fccThriveOn.com](https://fccThriveOn.com) to check your progress toward earning the Reduced Deductible incentive for 2024.