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# FAMILY

## HEALTH & FITNESS DAY

### Get Outside for Family Health & Fitness Day

Celebrated the second Saturday of June each year, Family Health & Fitness Day is an opportunity for local community members to get out and discover all the health benefits provided by their local parks and recreation department.

Park and recreation departments nationwide offer year-round opportunities for families and individuals to move, connect, and engage in activities that promote health and wellness. In fact, living close to parks and other recreation facilities is consistently related to higher physical activity levels for both adults and youth.

Here in Franklin County, we are fortunate to have countless parks to enjoy! This Family Health & Fitness Day, we encourage you to check out a new local park or a fan favorite. Go for a walk, enjoy a picnic, kayak, or just sit and enjoy all that nature has to offer.

- [Franklin County Metro Parks](#)
- [City of Columbus Parks](#)
- [Ohio State Parks](#)

**WW** WeightWatchers

**"How I feel about myself has changed so much since joining WeightWatchers."**

WW MEMBER  
ADAM Y.  
**-70 LB<sup>^</sup>**

<sup>^</sup>People following the WW program can expect to lose 1 to 2 pounds per week.

### Men's Health with WeightWatchers

According to the [Centers for Disease Control and Prevention](#) (CDC), 40% of men aged 20+ are obese, 52% have high blood pressure, and the leading cause of death for men is heart disease. Luckily, these things can all be impacted by healthy lifestyle changes, such as exercise, healthy diet, and stress management. With 60 years of experience, WeightWatchers can help anyone, including men, make lifestyle changes and improve health. Take it from WeightWatchers member, Mike J. who has lost 36 pounds\* – "Since joining WeightWatchers, I have more energy and that's benefiting both my children and my career. I'm able to live my life and still take care of myself. It's unbelievable to see how I've changed, physically and mentally."

ThriveOn subsidizes the cost of WeightWatchers memberships for employees and spouses/domestic partners. Join today for as low as \$9.75 per month (over 50% off the retail price). Sign up at [WW.com/FCC](http://WW.com/FCC). If you sign up by 7/31 you will receive a \$25 credit to spend in the WW Shop, plus free shipping!

\*People following the WW program can expect to lose 1-2 lbs/wk.



## LGBTQIA+ Family Building Journeys

In celebration of Pride Month, our family-building benefit partner, Maven, is hosting a webinar on exploring all paths to parenthood for LGBTQIA+ prospective parents.

**Wednesday, June 28 from 12-12:45pm.**

[Click here](#) to sign up today!

Maven has also created the following resources to support you on your family building journey:

- [How Maven supports members through surrogacy](#)
- [How Maven supports members through adoption](#)
- [LGBTQIA+ Family Building Guide](#)

As a reminder, Maven provides free, 24/7 virtual access to reproductive and family health content and support via unlimited video appointments, messaging, and classes. [Click here](#) to learn more about how Maven can support you on your family building journey.



## Give Blood, Give Plasma, Share Life, Share Often

Did you know that every 2 seconds someone in the U.S. needs blood and/or platelets? Wednesday, June 14th is World Blood Donor Day. It's a reminder that the need for blood is universal, but access to blood is not. Regular donations are needed all over the world to ensure individuals and communities have access to safe and quality-assured blood and blood products. Every donation is a life-saving gift!

[Click here](#) or call 1-800-RED-CROSS to find a blood drive near you and schedule a donation appointment. Not sure if you can donate blood? [Click here](#) to view the requirements. If you aren't able to donate blood, you can still help by [volunteering](#) to staff an upcoming blood drive in your community.



## Navigating Financial Stress

Join Enrich Financial Wellness on **Wednesday, June 21st at 2pm** to discuss the various ways that financial stress can appear in our lives, as well as practical steps you can take to manage and navigate it. Walk away with tips to take control of your financial well-being. Follow the instructions below to register for the webinar.

1. Log in to your wellness portal at [fccThriveOn.com](http://fccThriveOn.com)
2. Click 'Wellness Hub' at the top of the page
3. Select the card that says 'Enrich Financial Wellness'
4. At the top of the page, hover over 'Topics', and then select 'Webinars' from the drop down menu
5. There is a banner about the upcoming webinar at the top of the page. Click 'Register Now' and then follow the steps to complete your registration

ThriveOn offers free access to Enrich Financial Wellness for all Franklin County Cooperative employees and spouses/domestic partners. Through Enrich you can access a variety of financial courses, tools/calculators, and one-on-one financial coaching. You can even earn a \$50 Well-Being Activity incentive by completing the Enrich Financial Wellness Checkup and a course. Follow the instructions above to access your Enrich account and get started.

# Survey

## ThriveOn Wants Your Feedback

ThriveOn is dedicated to providing programs and resources that support the unique needs, goals, and interests of our employees and their families. We need your help to ensure our programs remain relevant and impactful. Please [click here](#) and take about 15 minutes to provide your feedback to ThriveOn. Whether you consistently participate in ThriveOn programs or have never participated before, we want to hear from you! Your answers are 100% anonymous.

We thank you in advance for your time and for your continued support of the ThriveOn program.