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

The annual Franklin County 5k & ThriveOn Challenge is back with new and exciting opportunities! Be sure to register by July 31st to receive swag.

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).

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.

Visit runsignup.com/franklincounty5k to learn more and sign up today. Check out our [training guide](#) for all things 5k, from picking the right gear and pre-race snack to a training calendar and post-race stretches.

For questions, contact ThriveOn at 614-525-3948 or ThriveOn@franklincountyohio.gov.

Preventing Burnout with EAP Consultant, Tammie Yancey



WorkLife balance can be difficult, and many people feel pressured to work faster, harder and longer hours. This can lead to burnout, resulting in decreased productivity and dissatisfaction, among other things. Join Franklin County's EAP Consultant, Tammie Yancey, to explore causes of burnout and potential solutions, as well as ideas to decrease the likelihood of experiencing burnout.

Join on Tuesday, July 25 from 9-10am or Wednesday, July 26 from 1-2pm. [Click here](#) for links to join.



Q2 Gym Reimbursement Due Tomorrow (July 14)

Did you know that you can receive up to \$25/month toward the cost of your gym membership? Eligible memberships include boutique-style studios, personal training, at-home/virtual memberships (i.e., Peloton), and more! If you're not sure if your membership qualifies, contact ThriveOn – we're here to help!

Just use your membership on 8 different days each month and then submit your proof of payment and proof of visits. [Click here](#) for more information and to complete your reimbursement request. Quarter 2 requests (for April, May, and June) are due tomorrow (July 14).

NURSE'S NOTES



From your United
Healthcare Health
Engagement Nurses,
Carmen and Therese.

Safe Fun in the Sun - July 2023

Summer is finally here! Many of us love spending time outdoors enjoying the sunshine but we must remember to protect our skin and eyes from the damaging UVA and UVB rays of the sun. Prolonged, unprotected exposure to the sun can cause damage to the eyes and vision problems, premature aging of the skin, skin cancer and may even suppress our immune system.

Here are some tips to minimize your risks while enjoying the sun this summer:

- **Cover up** - wear proper clothing, a hat and sunglasses for eye protection.
- **Seek shade** – avoid direct sun exposure during the peak times of 10am – 2pm.
- **Use sunscreen** – apply at least 30 minutes prior to sun exposure, make sure the amount used covers your skin adequately and reapply frequently (at least every 2 hours).
- **Choose the right sunscreen** – pick a sunscreen that is broad spectrum (shields from both UVA and UVB rays), is at least SPF 15, and is water resistant.
- **Stay hydrated** – drink plenty of water to minimize the chance of heat-related illnesses like heat exhaustion and heat stroke.

By taking these precautions, you can safely enjoy the summer months outside! If you notice any skin or vision changes or experience any problems after being in the sun, please be sure to contact your healthcare provider.



Nurse Carmen, RN



Nurse Therese, RN

As a member of the Franklin County Cooperative, you have access to several confidential and free resources to help you thrive in your everyday life. This includes private conversations with Franklin County's dedicated Health Engagement Nurses, Therese Lentz, RN and Carmen Long, RN. Your conversations with Therese and Carmen are confidential and at no cost to you. They are available for things such as finding a primary care physician, support and education for disease prevention and management, and helping you achieve your personal health goals.

Call the Onsite EAP & Health Engagement Nurse Support Line at 614-525-6773 or email Therese_Lentz@uhc.com or Carmen_Long@uhc.com.

Phone: 614-525-3948

Email: ThriveOn@franklincountyohio.gov

ThriveOn
Your Health and Wellness Program