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Pawsitive Lifestyle: Embracing Wellness Through Canine Companionship

Saturday, August 26th is National Dog Day. So how can you embrace wellness through your canine companion?

1. Turn up the dial on the exercise meter. Dogs love activity and so does your body.

Engage in longer [hikes](#), jogs, and additional outings, including off-leash runs at a [dog park](#), will be greatly appreciated by both your body and your furry friend.

2. Fight boredom. It is important for both humans and our canines to have mental stimulation. Teaching new tricks, going to new environments, or trying new puzzles are great ways to help you both.

3. Stop and smell the world. Dogs need to be dogs, and that means allowing them time to explore the world. Let dogs embrace their senses through odor exploration. Engage them in scent activities like tracking and games. Nature exposure, from [city park](#) strolls to wilderness hikes, offers numerous benefits such as improved attention, reduced stress, better mood, and increased empathy and cooperation, benefiting both dogs and humans.

4. Quality time. Just like humans, dogs value the time spent with those they love the most. Spending time with loved ones helps in reducing stress, boosts productivity, and improves your mental and physical health.

5. Pawsitive Communication. Enhance relationships through clear communication, using visual signals, fostering empathy, understanding, and trust for humans and furry companions.

Critical Conversations: A Call for Action on Improving Maternal Health Outcomes

COSI, JOHN GLENN GIANT
SCREEN THEATER

AUGUST
23

333 WEST BROAD
STREET

DOORS OPEN AT 4:30PM

COLUMBUS, OH



Franklin County

**BOARD OF
COMMISSIONERS**

1803



A Call for Action on Improving Maternal Health Outcomes

The maternal mortality rate in the United States is up nearly 60% in recent years, and Black women experience a maternal mortality rate that is more than twice that of White women. The Franklin County Board of Commissioners invites employees to attend Critical Conversations: A Call for Action on Improving Maternal Health Outcomes and screening of the film *Aftershock* at COSI in the John Glenn Giant Screen Theater on Wednesday, August 23.

- 4:30 PM: Doors Open
- 5:00 PM: *Aftershock* screening
- Discussion and Q&A session to follow

This award-winning documentary follows the tragic cases of two mothers

who lost their lives shortly after giving birth, and the screening will be followed by a discussion and Q&A session with Commissioner Crawley and the mother of one of the women featured in the movie. [Click here to register.](#)

Featuring, Franklin County Commissioner Erica C. Crawley, Jessica Roach, Chief Executive Officer and Co-Founder of ROOTT, (Restoring Our Own Through Transformation), and Shawnee Benton Gibson, Co-Founder and CEO of Spirit of a Woman Leadership Development Institute and Co-Founder, ARIAH Foundation.

Hope in Bloom Event on August 31st

Franklin County Public Health and community partners are hosting the first Hope in Bloom Event: Embracing Remembrance, Recovery and Resiliency on August 31st from 4-7 PM. This is a family friendly event and there will be kids activities, music, food and other family-friendly activities.

[Click here for additional details.](#)

Admitting a substance use disorder takes courage. Call the confidential **Substance Use Treatment Helpline** at **1-855-780-5955** to access support, resources, and treatment options that will empower you to regain control of your life.

There is Hope. The Substance Use Treatment Helpline is here for you, guiding you toward a healthier, happier future. Take the important first step on your recovery journey by calling **1-855-780-5955** or visiting [Live and Work Well](#) today.



COVID Cases on the Rise – Know Your Vaccination, Testing, and Treatment Options

Science has shown that vaccines and boosters are the best method of protecting yourself, your family, and your community against COVID-19 infection, serious illness, and death. Everyone 5 years and older is eligible to get a free COVID-19 vaccination and a free booster shot (including the new omicron booster).

COVID-19 Vaccine-100% coverage at in-network medical and pharmacy providers. Coverage at out-of-network medical providers is subject to applicable deductibles, coinsurance, and balance billing.

Test kits:

- Where to purchase: Any **In-network** pharmacy
- How much is covered: 100% of the cost (up to \$12), up to **4 test kits**, per member, per month.

Treatment – Coverage at in-network and out-of-network providers is subject to applicable copays, deductible, coinsurance, and balance billing.

Wellness *your* Way

Two Weeks Left to Earn Your Reduced Deductible Incentive!

Don't forget to earn you reduced deductible incentive for 2024! The August 31 deadline to complete your incentive is quickly approaching. To earn the incentive, both employee and benefits-enrolled spouse/domestic partner must complete both activities below by August 31.

1. Head to fccThriveOn.com to Complete the Online Health Assessment – the assessment takes about 10-15 minutes. Upon completing and submitting the assessment you should automatically receive credit on your account.
2. Complete an Annual Physical with your Primary Care Provider.

If you are unsure what is left to complete:

- Log onto fccThriveOn.com
- Scroll down to the Incentives dashboard and click on **Continue** in the Earn Your Reduced Deductible Section
- Click on **Earn Your Reduced Deductible** and then click **Earning Details**
- Completed activities will be marked as DONE with a green check mark.

Phone: 614-525-3948

Email: ThriveOn@franklincountyohio.gov

ThriveOn
Your Health and Wellness Program