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REDUCED DEDUCTIBLE DEADLINE APPROACHING

AUGUST 31ST DEADLINE

ThriveOn's Wellness Your Way program offers a unique opportunity to earn a reduced deductible for 2025, making healthcare more affordable and accessible. This benefit lowers your out-of-pocket expenses, allowing you to focus on maintaining your health and enjoy peace of mind. How to Earn a Reduced Deductible:

1. Complete the Online Health Assessment
2. Get an Annual Physical with Your Primary Care Provider

Both tasks must be completed to receive the reduced deductible. If a spouse/domestic partner is enrolled in the health plan, they must also complete the assessment and physical by the August 31 deadline.

STEPS TO COMPLETE:

1. **Online Health Assessment:** Log in to your ThriveOn account at fccThriveOn.com. If you haven't registered, [click here for instructions](#).

2. **Annual Physical:** If you wish to earn credit for your biometric screening while at your annual physical, you must bring the [Biometric Screening form](#) to your appointment.

DO I NEED TO SUBMIT PROOF?

If you are enrolled in the health plan, you do not need to submit anything additional to get credit for your annual physical. If you are not enrolled in the health plan and are completing this step in anticipation of enrolling in the health plan, you will need to submit a form from your PCP. This [form and instructions on how to submit](#) it can be found here. A reduced deductible isn't the only incentive available. Employees and their enrolled spouses/domestic partners can earn incentives through the Wellness Your Way program. Learn more in the [2024 Incentive Guide](#). Start earning today by logging into fccThriveOn.com.



CANCER SCREENINGS AND PREVENTION

UNDERSTANDING YOUR RISKS

According to the [American Cancer Society](#), a substantial portion of cancers could be prevented, particularly those caused by tobacco use and other unhealthy behaviors. Excluding non-melanoma skin cancers, at least 42% of newly diagnosed cancers in the U.S. are linked to modifiable risk factors. This means that roughly 840,000 new cases in 2024 could potentially be avoided.

The pandemic had a potentially devastating impact on preventive health, especially for cancer. [The National Cancer Institute](#) reported that the pandemic led to a sharp decline in recommended cancer screenings, which may have resulted in some early cancers going undetected. While the long-term effects of these delays won't be fully understood for years, it's possible that cancers which were missed could be larger and more advanced when they are eventually detected.

Understanding your cancer risk is crucial for effective prevention and early detection. Your risk can be influenced by several factors, including genetics, lifestyle, and environment:

- **Genetics:** Family history plays a significant role in cancer risk. Certain genetic mutations can increase susceptibility to specific types of cancer. If you have a family history of cancer, consider discussing genetic counseling with your healthcare provider. Genetic tests can identify mutations that might increase your risk, enabling more targeted prevention and monitoring strategies.
- **Lifestyle:** Your daily habits significantly impact your cancer risk. Tobacco use, excessive alcohol consumption, poor diet, and physical inactivity are linked to higher cancer risk. Adopting a healthy lifestyle—such as eating a balanced diet, engaging in regular physical activity, quitting smoking, and limiting alcohol—can help reduce your risk of developing cancer.
- **Environment:** Environmental factors, such as exposure to certain chemicals or pollutants, can also influence cancer risk. Being aware of your environment and taking steps to minimize exposure to known carcinogens, such as using protective equipment in hazardous work environments or reducing exposure to harmful substances, can contribute to cancer prevention.

HEALTH COACHING: A PARTNER IN PREVENTION

Are you concerned about your nutrition? Thinking about quitting smoking? Struggling to stay motivated in making healthy choices? Health coaching can be a powerful tool in cancer prevention, helping you adopt and sustain behaviors that lower your cancer risk.

Working one-on-one with a trained health coach, you can develop a personalized plan to improve your lifestyle and reduce cancer risk factors such as poor diet, tobacco use, and physical inactivity. Your coach

will help you identify specific changes that align with your health status, medical conditions, and personal goals, guiding you every step of the way toward healthier living.

By registering on the web portal at [fccThriveOn.com](#) and completing the Online Health Assessment, you will gain access to Health Coaching options tailored to your unique needs. This support can be a crucial element in your cancer prevention strategy, empowering you to make and maintain the healthy choices that can significantly reduce your risk.

PREVENTION AND WELLNESS RESOURCES

CancerBridge recognizes that cancer affects each individual uniquely, shaping their treatment choices and overall journey. To address these diverse needs, CancerBridge offers personalized guidance and resources tailored to the specific requirements of each patient and their families. They provide access to cancer experts and evidence-based health information on cancer support, prevention, and early detection. Wellness resources are accessible through the [CancerBridge member area](#).

Username: franklincounty

Password: mycancerbridge

In addition, CancerBridge hosts monthly webinars that cover a range of important topics, including nutrition, physical activity, and tobacco cessation. These resources are designed to support and empower individuals as they navigate their cancer journey.

TAKE ACTION TODAY

Don't wait—schedule your life-saving cancer screening today. Consult your doctor to understand your risk level and arrange your preventive screenings. Additionally, making healthy decisions pays off! Completing your preventive mammogram, pap smear, or colonoscopy earns you a \$50 Well-Being Activity incentive through the ThriveOn Wellness Your Way program. Download the Wellness At Your Side app or log in to [fccThriveOn.com](#) to get started. (Connection code: **ohwellness**)

Prioritizing your health and staying up to date with cancer screenings can make a significant difference in your life. Take proactive steps towards prevention and embrace the resources available to you.



JOIN THE FRANKLIN COUNTY 5K & THRIVEON CHALLENGE

REGISTER BY OCTOBER 13TH

There is still time to join in on the Franklin County 5k and ThriveOn Challenge! While in-person registration is at maximum capacity, you can still participate by signing up as a virtual participant. This option allows you to enjoy the event solo or with your family, all from the comfort of your own neighborhood or favorite park. Virtual registration is available until October 13th, so you have plenty of time to get involved. If you'd like to sign up as a virtual participant or volunteer, click the icon below.

[REGISTER FOR THE 5K](#)

Incentives: Employees and benefits-enrolled spouses/domestic partners are eligible to receive a \$50 Well-Being Activity incentive for participating in the 5k and \$50 for receiving your flu vaccine onsite through ThriveOn's Wellness Your Way program.

For more information about the 5k, including a race timeline, visit runsignup.com/franklincounty. If you have any questions, please contact ThriveOn at ThriveOn@franklincountyohio.gov or by phone at 614.525.3948

ATTEND AN UPCOMING WEBINAR

Join us every month for a series of engaging educational webinars brought to you by Franklin County Cooperative and ThriveOn, featuring a diverse range of topics including nutrition, financial support, health-related discussions, and much more from our trusted vendors.

EAP

EAP Group Session: Mindfulness

Friday, August 23 from 1-2pm

Mindfulness practices, such as meditation, have become more mainstream in recent years. This training program uses lecture, guided meditation exercises, written exercises and group discussion as an introduction to how mindfulness practices can be incorporated into one's routine and help improve overall health.

[JOIN THE MEETING >](#)

[DOWNLOAD WORKBOOK >](#)

Healthy Lifestyle Programs

Wellbeing Leadership Forum

Wednesdays, September 4-18 from 12-1pm

These forums support you as a leader on critical wellbeing topics. Join fellow Franklin County Cooperative leaders to share challenges, successes, and ideas to enhance your wellbeing and that of your teams. Topics include recognition, healthy boundaries, and what you can control.

[REGISTER WITH OHIO HEALTH >](#)

Food is Medicine: Vitamins & Minerals

Wednesdays, September 4-25 from 11-11:30am

Micronutrients, did you know they support every organ system in the body? Over the course of this program, learn about the vitamins & minerals that power our bodies, how they benefit us and how to optimally fuel up.

[REGISTER WITH OHIO HEALTH >](#)

CancerBridge

2024 Kitchen Series: Ditch the Mess - One Pot Meals

Thursday, September 5th, 2024 at 11am

Streamline your cooking with Chef Michael Carnahan and Dietitian Cameron Stauffer in 'Ditch the Mess - One Pot Meals.' Discover how to create delicious, fuss-free dishes with minimal cleanup, making mealtime easy without sacrificing taste or nutrition.

[REGISTER WITH CANCERBRIDGE >](#)