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## WeightWatchers

### Reach Your Goals with a Subsidized WW Membership

We've partnered with WeightWatchers to connect you with a science-backed, modern approach to healthier living. Leveraging the latest nutrition and behavior change science, WeightWatchers' experts are always working to improve the program. The WW app is packed with handy tools, including:

- A barcode scanner that makes choosing groceries a snap.
- A restaurant database to help you track meals at your favorite places.
- 11,000+ mouth-watering recipes to inspire you at home.

Become a member today! All employees and enrolled spouses/domestic partners can join for as low as \$9.75 per month. Sign up at [WW.com/FCC](http://WW.com/FCC).

Living with diabetes? WeightWatchers has a clinically tested Diabetes-Tailored Plan.

Already a WeightWatchers member? Sync your current account or call WeightWatchers customer service at 866-204-2885 to apply the discount.



### Four Weeks Left to Earn Your Reduced Deductible Incentive

The August 31 deadline to complete the Reduced Deductible incentive and earn a lower healthcare deductible for 2024 is quickly approaching! To earn the incentive, both employee and benefits-enrolled spouse/domestic partner must complete both activities below by August 31.

1. **Complete the Online Health Assessment at [fccThriveOn.com](http://fccThriveOn.com)** – 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** – Schedule your appointment ASAP. It can take several weeks to get an appointment.

Tips for completing your annual physical:

- Download the [biometric screening form](#), take it with you to your appointment, and submit it to [ThriveOnWellness@ohiohealth.com](mailto:ThriveOnWellness@ohiohealth.com) to also receive \$200 for completing a biometric screening.
- You can complete your exam with any primary care physician, nurse practitioner, or physician's assistant.
- Your copay for an annual physical is \$0!
- Your benefits cover one annual physical per calendar year, meaning you don't have to wait a full 12 months between exams.



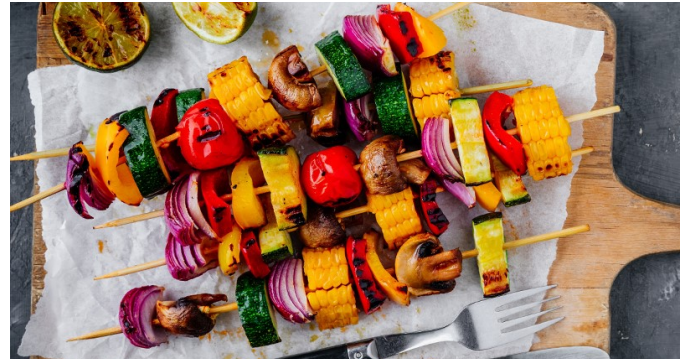
## [Breastfeeding Support with Maven](#)

There's no wrong way to feed your baby — whether you choose formula-feeding, breastfeeding, or a combination. But the truth is, breastfeeding can be really hard. Maven can help you on your breastfeeding journey with support from Lactation Consultants and a supportive online community. You can even seek providers that share a similar background or community.

Maven is here to help with the care and support you need, when you need it (yep, even at 2am). Get access to on-demand and unlimited coaching and education with lactation consultants who can support you to reach your goals. [Click here](#) to learn more about how a Lactation Consultant can play a pivotal role in the maternity journey.

As a Franklin County Cooperative member, you have free access to Maven. You can also receive a free breast pump through your health plan. Just call the number on the back of your United Healthcare ID card (1-877-440-5983) for a list of in-network breast pump suppliers.

[Click here](#) to learn more about Maven and the other programs and resources available to support you on your parenthood journey, including adoption/surrogacy, fertility, breastfeeding, and more.



## [Kebabs with Hummus Meal Kit & Cooking Demo](#)

ThriveOn is partnering with YellowBird Food Shed to provide a unique meal kit and cooking demonstration experience, completely free to you! Here's how it works:

1. [Sign up](#) by August 13 to receive a free meal kit with the ingredients to make kebabs with hummus.
2. Receive your free meal kit the week of August 21.
3. Watch the pre-recorded cooking demo that will be sent out on August 23rd.
4. Cook along and enjoy a delicious and healthy meal with your family!

This experience is limited to one meal kit per household per year. [Click here](#) for step-by-step registration instructions.



## [Get Out and Explore Columbus](#)

There is no shortage of things to do this weekend in Columbus! Check out the list below for fun and exciting activities for the whole family.

- [Dublin Irish Festival](#) | August 4-6 from 11am-8pm
- [Ohio State Fair](#) | Daily until August 6
- [Community Concerts with Columbus Symphony](#) | Daily from 7pm-8pm until August 6
- [Free Library Days at National Veterans Memorial and Museum](#) | August 4-6 from 10am-5pm