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## COMBATTING THE FLU WITH QUALITY SLEEP

### ALONG WITH YOUR FLU SHOT

With flu season approaching, it is important to take precautions outside of your yearly flu vaccine to combat the illness. One of the most powerful tools at your disposal to strengthen and protect your immune system is sleep.

Sleep is vital for a strong immune system. During sleep, the body produces immune cells and cytokines that fight infections and inflammation, enhancing its ability to ward off illnesses effectively. These specialized components play a pivotal role in enhancing the

body's ability to fend off a range of illnesses, including the flu.

If you're seeking ways to optimize your sleep for better immune function, start by establishing a regular sleep schedule. This helps regulate your body's internal clock and promotes a consistent sleep-wake cycle. Creating a pre-bedtime routine can signal to your body that it's time to wind down, making it easier to fall asleep and stay asleep throughout the night.

When it comes to preparing for sleep, remember that stimulants like caffeine, alcohol, and nicotine should be avoided in the hours leading up to bedtime. Instead, consider incorporating relaxation techniques into your evening routine, such as meditation or light reading, to help calm your mind and ease into sleep.

Equally important is curating a sleep-conducive environment. Ensure your sleep space is comfortable, dark, and quiet, minimizing disruptions that could disturb your rest.

According to the esteemed **American Academy of Sleep Medicine**, maintaining a consistent sleep regimen is key for promoting a strong immune response. On average, adults typically require seven to eight hours of sleep each night to not only awaken energized but also to reinforce their immune functions. However, the quantity of sleep is not the only factor to consider, the quality of sleep matters just as much.

Recent research has uncovered some fascinating nuances that underscore the importance of sleep for our overall well-being:

- Getting fewer than six hours of sleep per night consistently has been linked to 10x the risk of developing dementia.
- Ensuring you get a restful night's sleep before receiving a vaccine can increase your body's immune response to the vaccine, potentially leading to greater protection against the targeted illness.
- Experts suggest that brief naps, lasting less than 30 minutes and taken before 3 pm, can offer the body benefits without interfering with your ability to fall asleep at night.
- While the temptation to catch up on missed sleep over the weekend is strong, maintaining a consistent sleep schedule throughout the week, including weekends, is more conducive to overall sleep health.
- Limiting your caffeine intake to under 200 mg per day can help prevent sleep disturbances and promote a smoother transition into restful sleep.
- Maintaining a relatively consistent wake time is also vital for optimal sleep. Deviating by more than an hour from your usual wake-up time can disrupt your body's internal clock and require several days to readjust, potentially leading to sleep disturbances.

So, as the flu season approaches, remember that nurturing your immune system involves more than just getting a yearly vaccine.

## 50 SPOTS LEFT IN 5<sup>TH</sup> ANNUAL FRANKLIN COUNTY 5K & THRIVEON CHALLENGE



SUNDAY, OCTOBER 8<sup>TH</sup> | 10:00 AM

The annual Franklin County 5k & ThriveOn Challenge is back with new and exciting opportunities. There are only 50 in-person spots left so [register today!](#)

### *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 8<sup>th</sup> at 10am at Wolfe Park. The virtual race can be completed anywhere you like and at any time between October 8<sup>th</sup> and October 19<sup>th</sup>.

Visit [runsignup.com/franklincounty5k](https://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 by emailing [ThriveOn@franklincountyohio.gov](mailto:ThriveOn@franklincountyohio.gov).



## THE IMPORTANCE OF REGULAR CHECK-UPS

### REDUCE YOUR RISK OF GETTING SICK

Regular health check-ups and screenings play a pivotal role in maintaining your well-being and preventing potential health issues. These proactive measures provide numerous benefits that contribute to a healthier and longer life.

### Regular check-ups can help find potential health issues before they become a problem.

When you see your doctor regularly, they can detect health conditions or diseases early. Early detection gives you the best chance for getting the right treatment quickly, avoiding any complications. By getting the correct health services, screenings, and treatment you are taking important steps toward living a longer, healthier life.

Health professionals also use check-ups to monitor vaccinations, ensuring immunity against preventable diseases. Beyond physical health, these appointments provide a platform for discussing concerns, receiving guidance on health-related matters, and building a strong patient-doctor relationship. By investing in regular health assessments, individuals empower themselves to make informed decisions and take proactive steps towards a healthier future.

## REDUCED DEDUCTIBLE DEADLINE IS TODAY!

### August 31, 2023 Deadline

The August 31<sup>st</sup> deadline to complete the Reduced Deductible incentive and earn a lower healthcare deductible for 2024 is here! You are encouraged to **check your incentive status today!** Simply log in to your account at [fcccThriveOn.com](https://fccc.thriveon.com) and scroll down to the "Incentives" section on your dashboard. You will see "Earn Your Reduced Deductible" and a percentage of completion. If it says 100%, you are good to go! If it says anything less than that, click on "Continue", click "Earn Your Reduced Deductible", and then click "Earning Details" to see what steps are missing.

1. **Complete the Online Health Assessment at [fcccThriveOn.com](https://fccc.thriveon.com)** – the assessment takes about 10-15 minutes. Upon completing and submitting the assessment you should automatically receive credit on your account.
2. **Complete and Annual Physical with your Primary Care Provider**

- It can take **30-60 days** for credit to be processed and added to your account. Please rest assured, if your appointment is completed prior to the 8/31 deadline, that is what matters, even if credit does not appear on your account until several weeks later. If your appointment was more than 30 days ago and you do not have credit, email [ThriveOn@franklincountyohio.gov](mailto:ThriveOn@franklincountyohio.gov).