



September 26, 2024

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STAY AHEAD OF FLU SEASON

PROTECT YOUR HEALTH WITH A FLU VACCINE

As flu season approaches, getting vaccinated is one of the most important steps you can take to protect your health. Every year, the flu can lead to serious health complications, missed work, and increased healthcare costs.

WHY GET THE FLU VACCINE?

- **Protect Yourself and Others:** The flu spreads quickly in places like work, schools, and public areas, leading to missed work, sick kids, and less productivity. By getting the flu shot, you protect yourself, your coworkers, your children, and your community. It's especially important for those who are more at risk, like young kids, older adults, and people with health issues.
- **Stay Healthy During Flu Season:** The flu can cause severe symptoms, including fever, body aches, and fatigue. In some cases, it can lead to hospitalization. The flu vaccine significantly reduces your chances of contracting the virus or experiencing severe illness if you do get sick.

- **Reduce Healthcare Costs:** Getting the flu can lead to doctor visits, hospital stays, and increased healthcare costs. By getting a flu shot, you can save on potential medical expenses related to flu treatment and recovery.
- **Quick and Convenient:** Getting vaccinated is easy and takes just a few minutes. It's a small action that can have a big impact on your health and well-being throughout flu season.
- **Well-Being Activity Incentive:** You can earn a \$50 Well-Being Activity incentive just for getting your flu shot. Only vaccines received between 1/1/2024 – 12/31/2024 are eligible.

WHERE TO GET YOUR FLU VACCINE

You can receive your flu vaccine at multiple convenient locations. Some options include:

- **On-site flu vaccine clinics:** All Franklin County Cooperative employees, spouses/domestic partners, and dependent children 16+ can get a flu vaccine at one of our [convenient flu clinics](#). You do not have to be enrolled in the health plan to receive a flu vaccine at an on-site clinic. No appointments needed, walk-ins only. Be sure to bring your insurance card.
- **Local pharmacies:** Pharmacies covered under the health plan include CVS, Kroger, Meijer, Rite Aid, Walgreens, or Walmart pharmacy.
- **Your healthcare provider:** Schedule an appointment with your primary care physician to get your flu shot.

HOW TO EARN A WELL-BEING ACTIVITY INCENTIVE

You can earn a \$50 Well-Being Incentive for getting your flu shot this year. Only vaccines received between 1/1/2024-12/31/2024 are eligible.

- **Onsite Event:** Everyone who attends an onsite event will automatically receive credit.
- **Pharmacy/PCP Office:** If you are enrolled in the health plan, your vaccination will be

automatically reported, and credit should appear in your account within 45-60 days. If you are not enrolled in the health plan, or if you do not see the credit after 60 days, you can submit proof of your flu vaccine to receive credit. Acceptable proof includes a photo or copy of your pharmacy receipt or MyChart immunization history, which must show your name, date of birth, the location where the vaccine was administered, and the date of service. Submit your proof by emailing it to ThriveOnWellness@OhioHealth.com or faxing it toll-free to **888.255.0214** by December 31, 2024.

If you decide to go to a pharmacy or healthcare provider you can also receive the most recent COVID-19 vaccine at the same time as your flu vaccine.

OTHER WAYS TO PROTECT YOURSELF FROM THE FLU

Aside from getting the flu vaccine, there are additional steps you can take to reduce your risk of getting the flu:

- **Wash your hands frequently** with soap and water, especially after coughing, sneezing, or touching public surfaces.
- **Avoid close contact with people who are sick.** If you're sick, stay home to avoid spreading the virus.
- **Cover your mouth and nose** with a tissue or your elbow when you cough or sneeze.
- **Clean and disinfect frequently touched surfaces** like doorknobs, keyboards, and phones to kill germs.
- **Maintain a healthy lifestyle** by eating a balanced diet, staying physically active, getting enough sleep, and managing stress. A healthy immune system can help you fight off infections better.

For frequently asked questions or specific details about when and where flu vaccines will be available to employees, check out the [2024 Flu Vaccine Schedule](#).

By getting the flu vaccine this year, and following these additional prevention tips, you can protect yourself and others while staying healthy and productive throughout the flu season.



COMING OCTOBER 2024: NEW SCREENING PROGRAM

GET AHEAD OF YOUR HEALTH THROUGH GENETICS

The future of healthcare is just around the corner, and Franklin County Cooperative is excited to help you take control of your health in a whole new way. Imagine unlocking valuable insights hidden in your DNA—insights that could help you live a healthier, longer life. This October, we're introducing the myGeneticsScreen test, a cutting-edge screening program available at no cost to you.

WHY YOUR GENES MATTER

Your genes hold the key to understanding your health in ways you might never have imagined. This screening will look for three inherited conditions that could increase your risk for serious diseases:

- **Hereditary breast and ovarian cancer syndrome:** Linked to a higher risk of breast, ovarian, and other cancers.
- **Lynch syndrome:** Increases the risk of colon, endometrial, and other cancers.
- **Familial hypercholesterolemia:** Leads to high cholesterol and increases the risk of heart disease.

WHY SHOULD YOU GET SCREENED?

1. **Early Detection Saves Lives:** Finding out your risk early means you can take steps to reduce or even prevent these conditions.
2. **Proven Interventions:** There are effective ways to manage these risks, and the earlier you know, the more options you have.
3. **Take Control:** While less than 2% of people have these conditions, 90% of those who do aren't identified until after testing.

The myGeneticScreen test is available to employees, as well as benefits-enrolled spouses, domestic partners, and dependents aged 18 and older at no additional cost through the Franklin County Cooperative health plan.

READY TO TAKE THE NEXT STEP?

It's never too early to start learning about your genetics and how they can help shape your future. Visit the [myGeneticsScreen Knowledge Hub](#) to learn more and get prepared.

As we continue to innovate our health offerings, it's important to stay connected. Make sure you're registered with UnitedHealthcare (UHC) if you're enrolled in our health plan, so you can participate in new programs that support your health and well-being. If you don't have a UHC account yet, you can easily register at [myuhc.com](#).

Stay tuned for the official announcement in October 2024!

TRY THE CALM APP

MANAGE YOUR WELLBEING

We're excited to announce access to a new wellness support app: Calm. The world-renowned mindfulness and meditation app, is now available to you for free through your Emotional Wellbeing Solutions Program. This app replaces Self-Care by AbleTo and offers a wide range of tools to help you manage stress, improve sleep, and live more mindfully. Whether you're dealing with day-to-day stressors or seeking calm amidst the busyness of life, Calm provides resources you can turn to anytime, anywhere.

Calm's tools are tailored to fit your needs. You can explore short mindfulness exercises for those quick moments of stress relief, or dive into in-depth courses that help you build a lasting mindfulness practice. The app's wide variety of content is designed to support your mental well-being through the ups and downs of life, including high-stress periods like the election season we are in.

If you already have the Calm app, you can link your subscription by following a few quick steps when you click on the button below.

Remember, your mental health is important every day, not just during stressful times. Take advantage of this new resource to help manage your well-being and make Calm a regular part of your routine. If you have any questions or need assistance with registration reach out to ThriveOn@franklincountyohio.gov or **614.525.3948**.

GET STARTED WITH CALM

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 Group Session

How to Beat Fatigue and Sleep Better

Wednesday, October 30 from 1-2pm

Not only is sleep important to our health, but not getting enough sleep can cause significant safety risks. This session explores the importance of sleep, the sleep cycle, tips to overcome the barriers to a good night's sleep and simple ways to develop good sleeping habits.

JOIN THE MEETING >

DOWNLOAD THE WORKBOOK >

Healthy Lifestyle Programs

Fitness 101

Tuesdays, October 1 – November 5 from 12:30-1pm

From the ground up, explore the basic components of exercise techniques and how to fuel an active body while learning how to create a safe, well-rounded exercise routine that works for you! This program has something for everyone no matter your level of fitness confidence. Attend 4 of 6 sessions to earn a \$50 Well-Being Activity incentive!

REGISTER WITH OHIO HEALTH >

BMI Federal Credit Union

Emergency Funds

Thursday, November 7 at 11:00am

As a Franklin County Cooperative employee, you now have access to the comprehensive collection of unique products and services from BMI Federal Credit Union. An emergency fund can help soften the impact of an unexpected expense. Learn how to get started and ways to determine your savings goal.

REGISTER WITH BMI >