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REFLECTING ON HISPANIC AND LATINE HERITAGE

BROUGHT TO YOU BY  MAVEN

During National Hispanic Heritage Month, it's especially important to celebrate the different identities and cultures that make up the Hispanic and Latine communities—and understand the barriers to care facing these groups.

WHAT DOES IT MEAN TO BE HISPANIC OR LATINE?

“Hispanic” refers to people in the Americas and Spain who speak Spanish or are descended from Spanish-speaking communities. “Latine,” “Latinx,” “Latino/a” describes any person with ancestry in Latin America. This definition includes Brazil and Haiti but excludes Spain. People who are Hispanic

may also be Latine and vice versa, but this is not always the case and differs from person to person. The Hispanic and Latine community includes families from many countries with different cultural backgrounds and traditions.

HOW MAVEN CAN HELP

Maven's care model already has a profound impact on members of Hispanic and Latine communities. Hispanic/Latine Maven members are more likely to report that Maven helped them better manage their anxiety and depression during pregnancy and that Maven helped them avoid the emergency department or in-person care during pregnancy.

ACCESS THROUGH MAVEN

Maven provides whole-person care that allows you to meet with 35+ types of providers, including:

- Culturally humble care with 24/7 access to a worldwide network of providers.
- Providers who understand your individual and cultural needs, including language and race.
- A dedicated Care Advocate who can ensure that you receive the care you need, when you need it.
- Nutritionists to discuss a heart-healthy diet for fertility or pregnancy.
- OB-GYNs to talk through any pregnancy symptoms you're having.
- Fertility Awareness Educators to learn more about preconception and fertility.

Franklin County Cooperative members have free access to Maven. Join today!

[Explore Maven](#)

[Read More](#)



YELLOWBIRD COOKING DEMO

BLACK BEAN BURGERS WITH A SIDE SALAD

ThriveOn is partnered with YellowBird Food Shed to provide a unique meal kit and cooking demonstration experience, completely free to you! Join Maddie Bidwell, Registered Dietitian & Benji Ballmer, Owner of YBFS, to learn how to [make your very own black bean burgers!](#) Use fresh Ohio produce -grown with organic practices- and the cleanest non-GMO products to create a satisfying and healthy meal that everyone will enjoy. Increase your knowledge and awareness of local produce, cook along, and feed your family with this innovative & fun Meal Kit Demo!

HOW IT WORKS:

1. Sign up by October 8th to receive a free meal kit with the ingredients to make black bean burgers.
2. Receive your free meal kit the week of October 16th.
3. Watch the pre-recorded cooking demo that will be sent out on October 18th.
4. Cook along and enjoy a delicious and healthy meal with your family!

Cost: \$0.00

(JUST ENTER COUPON CODE **THRIVEON45** AT **CHECKOUT**)

Only One **FREE** Recipe Box for Members Per Year

(Charges will be applied for any additional recipe box that you choose to have delivered)

This cooking demo will be prerecorded and will be shared with you in a separate link on **October 18, 2023**. When you receive your meal kit it will contain all the necessary ingredients and a recipe card for you to refer to. You can prepare all your produce for the recipe and click the cooking demo link when you are ready to create your meal!

PANTRY BASICS: FROZEN AND CANNED FOOD

EARN A \$50 WELL-BEING ACTIVITY INCENTIVE

Attend “Pantry Basics: Frozen and Canned Produce” an upcoming Healthy Lifestyle Program starting on October 5th from 5:00 PM - 5:45 PM to earn a \$50 Well-Being Activity Incentive. Join this 3 week program and attend 2 out of 3 sessions to earn the incentive.

Different Healthy Lifestyle Programs can be completed twice for up to \$100. Deadline is December 31, 2023.

[Sign Up](#)



FRANKLIN COUNTY ANNUAL 5K: VOLUNTEERS NEEDED!

CALLING ALL VOLUNTEERS

Are you ready to make every step count? Join us as a volunteer for our upcoming Franklin County 5k & ThriveOn Challenge! Our annual 5K is always a huge success, but that wouldn't be possible without all our amazing volunteers! This year's event is fully booked for in-person participation but individuals still wishing to participate can volunteer or [sign up for the virtual 5k](#).

When/Where? The in-person race is Sunday, October 8th at 10am at Wolfe Park. The virtual race can be completed anywhere you like and at any time between October 8th and October 19th.

Interested in volunteering? Volunteers are needed to help with the in-person race. Tasks range from race check-in, handing out water on the course, distributing medals, and more. **As a volunteer you are eligible for the \$50 Well-Being Activity incentive** and will help your agency compete in the agency challenge! Click [HERE](#) to register as a volunteer. You can also still participate in the virtual race if you would like.

WE'VE HEARD YOU

Earlier this year, ThriveOn conducted a Needs & Interest Survey. We have gathered all feedback and want to address items that we heard from respondents. Below are key themes in this year's survey and what we are currently offering or working on to address each one.

I would like to see resources to improve my financial literacy.

As employees at Franklin County Cooperative, you have access to Enrich Financial Wellness. With free financial literacy resources, quizzes, and courses, you can learn while also receiving credit for completing a \$50 Well-Being Activity incentive. As an employee you also have free, unlimited access to one-on-one financial coaching. You can access Enrich on the ThriveOn portal on the "Wellness Hub" tab under "Enrich."

I wish we had a resource line to answer all my ThriveOn wellness program and incentive questions.

Whether you prefer email or a phone call, ThriveOn provides the tools to get your questions answered. For questions regarding the ThriveOn program, biometric screenings, portal, benefits or incentives, call ThriveOn at (614) 525-3948 for a simple way to speak with someone who can answer questions and provide you with necessary resources. You can also email your questions to Thriveon@franklincountyohio.gov and you will receive a personalized response from real people.

I wish we had an advocacy group or someone I could turn to in my office for help.

The wellness champion network consists of over 50 employees across various agencies who spearhead wellness programs in their specific agencies and drive involvement in ThriveOn. For more information about your wellness champion, please reach out to the ThriveOn Team at ThriveOn@franklincountyohio.gov.

Navigating the ThriveOn portal can be confusing.

We appreciate your patience as we continue to work through changes in the system and are working towards a more user-friendly experience. We expect improvements to the Incentives page to be made by the end of 2023, and we are in constant contact with our portal partners to provide feedback for site improvements. As always, you can find the ThriveOn portal at fccthriveon.com.

I can't attend fitness classes that are during work hours.

As Franklin County Cooperative employees, you have access to OhioHealth's virtual fitness on-demand library. This library is free to use and can be found on the [ThriveOn portal](#) on the "Wellness Hub" tab under "Virtual Fitness Schedule." Access these classes at your convenience or take a live virtual class, with an OhioHealth exercise physiologist. Live classes are offered Monday - Friday from 7:00AM- 5:30PM.





The gym membership reimbursement program needs updated.

Our team is working to solidify an increase to the maximum monthly reimbursement amount for 2024. In addition, we understand that 2 weeks to obtain the necessary documents and submit for reimbursement can be difficult. We are investigating options to allow additional time for quarterly submissions. Stay tuned for announcements early next year regarding the 2024 program!

How do I know if I've earned an incentive?

The **ThriveOn portal** tracks your incentives for you in one convenient place. Remember, it may take up to 15 days after completing an activity for it to be uploaded to the portal, but you can find a snapshot of your incentive earnings on the homepage of the portal. For more details on progress and unearned incentive opportunities, click on "Incentives" and each of the reward names. For questions regarding your incentive earnings, please call the ThriveOn Help Line at (888) 255-0162.

I wish we had support for stressful jobs & access to stress relieving activities.

You'll find on the **ThriveOn portal** you have access to MeQuilibrium on the "Wellness Hub" tab. MeQuilibrium is an online resilience tool with many activities and resources specific to finding your meaning, purpose, and connections at home and at work. **Self Care from Ableto** is an app that provides you with daily mood tracking, meditation tools, a personalized roadmap to support your mental health and collections to address the areas of mental health that matter most to you. Check out the **Meaning & Purpose On-Demand Workshop** to learn more about MeQuilibrium and other Franklin County Cooperative resources available to you as well as research and strategies to support your purpose at work and at home. For an overview of available mental health resources, visit the **Mental Health Resources Brochure**.



The Employee Assistance Program (EAP) offers confidential support for everyday challenges. These resources are available 24 hours a day, 7 days a week. Services are available to all benefits-eligible employees and their household. You are not required to be enrolled in the Franklin County Cooperative Health Plan to receive EAP services. Your EAP benefit allows 8 free counseling sessions per presenting problem per plan year. This benefit is provided at no cost to you. Access EAP resources at **LiveandWorkWell.com** and use the access code EAP. For additional information, call the 24/7 EAP Helpline at 1-800-354-3950.

I wish we had on-demand classes through ThriveOn.

ThriveOn has wellness programs designed to fit into your schedule at whatever time is convenient for you. While there are many programs that are at specific times, ThriveOn also offers an on-demand fitness library through OhioHealth and on-demand wellness workshops. You can find access to the on-demand workshops on the **ThriveOn portal** on the "Wellness Hub" tab under "On-Demand Workshops." 2023 programs include: **Meaning & Purpose**, **Know Your Numbers**, and **Spine Wellness: Back Basics**.