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Be Aware of Prostate Cancer (and Take Action!)

Prostate cancer is the second leading cause of cancer death in men. It accounts for 27% of all male cancers and about **1 in 9 men will be diagnosed with prostate cancer in their lifetime.**

Learn More. Join Dr. [Shawn Dason](#) - assistant professor in the Department of Urology at The Ohio State University College of Medicine – to learn about your role in prostate health and the current recommendations for prostate cancer screenings. Here are the webinar details:

- **Prostate Cancer 101: the basics of modern screening, diagnosis, and treatment**
- Tuesday, September 13 at 11 AM
- [Register here](#)

Take Action. If found early, many prostate cancers grow slowly and don't typically cause health issues. If you're a man and 55 to 69 years old, it's recommended you talk with your primary care physician about the benefits and harms of screening for prostate cancer.

Want to learn more? [Click here for more helpful information on prostate cancer.](#)



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- **Monday, September 5:** [Labor Day](#) observed.
- **Sunday, September 11:** Final day to register for the first-ever FREE ThriveOn Meal Kit Cooking Experience. [Learn more and sign up here.](#)
- **Sunday, October 9:** Final day to register for the Franklin County 5K & ThriveOn Challenge (taking place on Sunday, October 9). You can [register to participate or volunteer here.](#)
- **Friday, October 14:** Deadline to submit a Gym Membership Reimbursement for Q3 (July 1-September 30). [Learn more here.](#)
- **Friday, November 11:** Veterans' Day observed.
- **Saturday, December 31:** Deadline to complete Biometric Screening and Well-Being Activities to earn your Wellness Your Way incentives. [Get started here.](#)



Get a Lift to Your Life-Saving Mammogram

Our partners at OhioHealth Grant Medical Center want to make getting your mammogram as convenient and comfortable as possible. That's why they're **introducing the ConvenientCare Mammography Shuttle!**

The shuttle will be at the Courthouse on Wednesday, September 7 at 11:50 AM (at the corner of West Mound St. and South High St.) This service provides:

- Courtesy shuttle for pick-up from work.
- Drop off at the Grant Breast Health Center.
- Screening mammogram.
- Snacks and refreshments.
- A breast health patient navigator.
- Shuttle service back to work

You can call (614) 566-9045 to make your appointment or email

MammogramShuttle@OhioHealth.com.

Did You Know? Medical coverage through the Franklin County Cooperative includes 100% coverage for mammograms and other women's preventive care. [Learn more here](#).



How to Manage Change in the Workplace

Change in the workplace – especially abrupt and unexpected change – can be unsettling and cause feelings of anxiety. But change can also offer new opportunities for personal growth.

You're invited to join your Employee Assistance Program (EAP) partners to learn healthy skills for navigating change in the workplace:

- **How to Manage Change**
- Tuesday, September 6, 1-2 PM
- [Learn more here](#)



NEW! Over-the-Counter Hearing Aids Available Soon

The U.S. Food and Drug Administration (FDA) recently issued a [final rule](#) that makes hearing aids more easily accessible. Effective mid-October, hearing aids will have their own over-the-counter (OTC) category. This means you will be able to acquire hearing aids at your local retail or drug store as early as October.

What does this update mean for you? Your coverage under the Franklin County Cooperative health plan is not changing. The plan will continue to cover hearing aids as it does today.

If you have questions or want to learn more, we recommend [visiting here](#) and exploring **In-Network Providers** or calling the United Healthcare Hearing Hotline at 866-926-6632.



COVID Corner: Last Chance to Order Free At-Home Test Kits

The US federal government is suspending its program to ship free at-home kits to American households. Thursday, September 1 is your last chance to order a free at-home test kit, which includes 8 rapid antigen COVID-19 tests. You can [order here](#) or [learn more here](#).

Community Highlight: Labor Day Weekend Events

Looking for something fun and memorable to do this Labor Day weekend? Here are a few of our recommendations:

Columbus Greek Festival @ The Annunciation Greek Orthodox Cathedral | Friday – Monday | Adults: \$5; Kids Under 12: FREE | [Learn more](#)

Obetz Zucchini Fest @ Obetz Recreation Trail | Friday – Monday | FREE | [Learn more](#)

The Dublin Market @ Bridge Park | Saturday 9a-Noon | FREE | [Learn more](#)

NURSES' NOTES

VACCINES: AN OUNCE OF PREVENTION IS STILL WORTH A POUND OF CURE



As a member of the Franklin County Cooperative, you have access to several confidential and free resources to help you thrive in your everyday life. This includes private conversations with **Franklin County's dedicated Health Engagement Nurses, Therese Lentz and Carmen Long.** Your conversations with Therese and Carmen are confidential and at no cost to you. To speak with either of them, you can:

☎ Call the **NEW! Onsite EAP and Health Engagement Nurse Support Line** at 614-525-6773.

✉ Email Therese_Lentz@UHC.com or Carmen_Long@UHC.com.

Adults need to keep their vaccinations up to date because immunity from childhood vaccines can wear off over time. Vaccination is one of the most convenient and safest preventive care measures available. Consider the following guidance:

- ✓ **Influenza vaccine:** Annual immunizations are the best way to prevent the flu.
- ✓ **Tdap or Td vaccine:** Tdap protects against tetanus (lockjaw), diphtheria and pertussis (whooping cough). Td protects against tetanus and diphtheria. 1 dose Tdap; Td or Tdap booster every 10 years.
- ✓ **MMR vaccine:** Protects against measles, mumps and rubella (German measles). 1 or 2 doses (if born in 1957 or later).
- ✓ **Pneumococcal vaccines:** Protect against illnesses such as pneumonia. Age 65 years or older who have not previously received a pneumococcal conjugate or age 19-64 with certain underlying conditions.
- ✓ **Hepatitis A and B vaccines:** Protect against serious liver diseases.
- ✓ **Hib vaccine:** Protects against a dangerous bacterial disease called Haemophilus influenzae type b (Hib). (given to infants in a series from 2 months to 15 months).
- ✓ **HPV vaccines:** Protect against human papillomavirus. Certain types of this virus cause cervical and other cancers. The vaccines are recommended for preteens. But young adults may still need them if they didn't get vaccinated as kids.
- ✓ **Meningococcal vaccine:** Protects against meningitis and blood infections. It's particularly important for college students who will be living in residence halls and people with certain health conditions.
- ✓ **Varicella vaccine:** Protects against chickenpox. You may need it if you haven't had chickenpox before or weren't vaccinated as a child (born 1980 or later).
- ✓ **Shingles (zoster) vaccine:** Protects against a painful skin rash. It's generally recommended for adults 60 and older. (Note: Most plans don't cover it before age 60, but there are some exceptions.)

If you have questions or unsure of your vaccination status, we recommend you speak with your primary care physician. **You can [learn more about vaccinations for adults and children here.](#)**