



July 11, 2024

INSIDE THIS ISSUE

CLICK ON THE STORY YOU WANT TO READ

Earn Your Reduced Deductible by August 31

Join ThriveOn for the 6th Annual Franklin County 5k & ThriveOn Challenge!

Sun Safety and Healthy Eating

Q2 Gym Reimbursements Due July 19

Sign Up for a Free Meal Kit and Cooking Demonstration



EARN YOUR REDUCED DEDUCTIBLE

AUGUST 31 DEADLINE

In today's unpredictable world, securing your health and financial well-being is crucial. That's why ThriveOn's Wellness Your Way program not only prioritizes your well-being but also offers a unique opportunity to earn a reduced deductible for 2025.

A reduced deductible provides significant advantages by lowering your out-of-pocket expenses. This makes healthcare more affordable and accessible, whether you're facing unexpected health emergencies or scheduling routine visits. With reduced initial costs, you can focus on maintaining your health and enjoy peace of mind, enhancing your overall financial security.

HOW DO I EARN A REDUCED DEDUCTIBLE?

A reduced deductible is awarded for completing the Online Health Assessment AND getting an Annual Physical with your Primary Care Provider. If only one item is completed, you will not receive the reduced deductible. If a spouse/domestic partner is enrolled in the health plan, both the employee and spouse/domestic partner must complete the Online Health Assessment and get an Annual Physical by the August 31 deadline.

To complete the Online Health Assessment you will need to login to your ThriveOn account at fccThriveOn.com. If you have not registered before, [click here for registration instructions](#).

DO I NEED TO BRING ANYTHING TO MY ANNUAL PHYSICAL APPOINTMENT?

If you wish to earn credit for your biometric screening while at your annual physical, you must bring the [Biometric Screening form](#) to your appointment.

DO I NEED TO SUBMIT PROOF OF MY ANNUAL PHYSICAL?

If you are enrolled in the health plan, you do not need to submit anything additional to get credit for your annual physical. If you are not enrolled in the health plan and are completing this step in anticipation of enrolling in the health plan, you will need to submit a form from your PCP. For instructions on how to submit your form, download the [proof of exam form](#).

A reduced deductible isn't the only incentive you can earn in 2024. Benefits eligible employees and benefit-enrolled spouses/domestic partners can earn incentives through the Wellness Your Way program. Learn more in the [2024 Incentive Guide](#). Start earning today by logging into fccThriveOn.com.



JOIN THRIVEON FOR THE 6TH ANNUAL FRANKLIN COUNTY 5K & THRIVEON CHALLENGE!

SUNDAY, OCTOBER 13

We are thrilled to invite all Franklin County Cooperative employees and their eligible dependents (spouses/domestic partners and children) to participate in the 2024 Franklin County 5k & ThriveOn Challenge on Sunday, October 13th! Participants can choose between in-person or virtual options. In-person perks include free flu vaccines, a mini farmer's market, and healthy snacks. During registration, participants will have the option to choose if they want to receive swag. If you want swag, be sure to register by July 31st.

For more information about the 5k, including a race timeline, visit runsignup.com/franklincounty5k.



SUN SAFETY AND HEALTHY EATING

BOOST YOUR SKIN'S DEFENSES AGAINST SUN DAMAGE

Did you know that taking care of your skin goes beyond just sunscreen? What you eat can also play a crucial role in sun safety. Your skin acts as a protective barrier, but exposure to the sun's UV light can create free radicals that harm skin cells

and DNA, leading to sunburn and skin cancer risks. Skin cancer, notably melanoma, is a prevalent issue, particularly linked to severe sunburns early in life. However, consuming antioxidant-rich foods can help mitigate these effects by bolstering your skin's natural defenses.

Here are five top antioxidant-rich foods to enhance your skin's protection against sun damage:

1. **Tomatoes:** Not only are they incredibly versatile and delicious, but [tomatoes are also filled with antioxidants](#) that protect against sun damage. Ironically, their bright red pigment contains an antioxidant called lycopene that can prevent your skin from becoming red and sunburned.
2. **Sweet Potatoes:** Sweet Potatoes are loaded with compounds that guard your skin against harmful UV rays. They are one of the top sources of beta carotene, an antioxidant that can absorb UV light and neutralize the [damaging effects of excessive sun exposure](#).
3. **Almonds:** Almonds are a great [source of several skin-supporting nutrients](#) and have been shown to defend against UV-induced sun damage by enhancing the antioxidant and anti-inflammatory capacities of human skin.
4. **Salmon:** Loaded with omega-3 fatty acids and antioxidants, salmon contains nutrients that protect your skin from harmful UV radiation.
5. **Red Grapes:** Grapes contain resveratrol, a potent antioxidant that enhances your skin's defenses against UV rays. Regular consumption can help prevent sunburns and improve skin health.

While sunscreen and protective clothing remain essential, incorporating these antioxidant-rich foods into your diet can provide additional UV protection.

LOOKING FOR MORE NUTRITION SUPPORT?

WeightWatchers® offers support through their WW app, which simplifies meal planning, tracks progress, and provides guided meditations to manage stress. With tailored programs like the Points® Program, Diabetes Program, and GLP-1 Program, Franklin County Cooperative employees and spouses can join for as low as \$4.87/month—over 75% off retail. Discover more and enroll at ww.com/FCC to support your journey towards healthier living and sun-safe habits.



Q2 GYM REIMBURSEMENTS DUE JULY 19

RECEIVE UP TO \$50/MONTH

Did you know that if you attended a gym from April 1 through June 30 you can receive up to \$50/month toward the cost of your membership? Eligible memberships include boutique studios, personal training, at-home/virtual memberships, and more! If you're not sure if your membership qualifies, contact ThriveOn – we're here to help! All you have to do is use your membership on 8 different days each month. Proof of payment and visits is required. Quarter 2 (April 1 - June 30) requests are due July 19, 2024. Reimbursements will be processed on the August 23, 2024 payroll.

COMPLETE YOUR REIMBURSEMENT REQUEST



SIGN UP FOR A FREE MEAL KIT AND COOKING DEMONSTRATION

HOSTED BY YELLOWBIRD

ThriveOn has partnered with YellowBird Food Shed once again 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 Eggplant Wrap with Kale Slaw & Tahini Sauce! Use fresh Ohio produce -grown with organic practices- and the cleanest non-GMO or local 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 July 21st to receive a free meal kit with the ingredients to make Middle Eastern Eggplant Wraps.
2. Receive your free meal kit between July 24-26th.
3. Watch the pre-recorded cooking demo that will be sent out on July 24th.
4. Cook along and enjoy a delicious and healthy meal with your family!

Cost: \$0.00 (JUST ENTER COUPON CODE THRIVEON2024 AT CHECKOUT) One Recipe Box is provided per household each year. (*Watch the cooking demo and complete the feedback survey to receive a code for a second free box in 2024.*)

Meal kits will be delivered on 7/24, 7/25, and 7/26. You will receive an email the week of deliveries with more information, including your delivery date. This cooking demo will be prerecorded and will be shared with you in a separate link on July 24th, 2024. 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!

RESERVE YOUR BOX