



# NURSE'S CORNER

Wendy Karcher, RN + Whitney Smith, RN

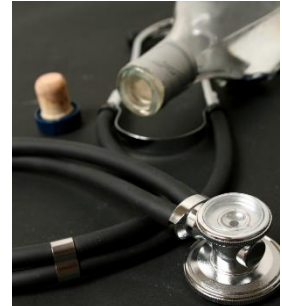


## ALCOHOL & STRESS AWARENESS MONTH – APRIL 2024

### ALCOHOL MISUSE PREVENTION THIS APRIL

[Alcohol Misuse Prevention this April | SAMHSA](#)

This April, as we observe Alcohol Awareness Month, there is an important opportunity to highlight the positive impact of the effectiveness of underage drinking prevention strategies and messaging at all levels, while advancing proven strategies, exploring innovations, and highlighting the power of partnerships. One way to advance this work is by putting tools and resources in the hands of parents, caregivers, and others who interact with young people every day and have the power to engage them in conversations about the importance of alcohol avoidance and other healthy lifestyle choices.



### WALK MORE. STRESS LESS.

[Fitness | American Heart Association](#)

A walk is not just good for your body, it's good for your soul. Physical activity is one of the best ways to reduce stress and improve health. But recent reports show that walking rates are declining steadily in the US. A trend that can negatively impact mental and physical health. Click on the link provided for walking resources and steps for starting a new habit. Take a walk in April! Let's move together to reduce our stress and renew our hearts.

### LIVE AND WORK WELL

[Live and Work Well: Welcome](#)

Live and Work Well is an online resource that provides support for emotional wellbeing. Click on [Live and Work Well: Welcome](#), register, sign in, or browse with the access code: Columbus. City of



Columbus Employees and Families can find expert care, view benefits, manage claims or browse topics on the Welcome Page. Search for a provider, see available care options and find the right support for you. Check out the services, programs and tools you have available as part of your benefits. View and manage your claims, check balances and get answers to common questions. Featured resources include recommended care options, help in times of crisis, substance use support, and women's

health. If you have any questions, please call the member advocate number on your insurance card, 800-681-3849 or the Health Engagement Nurses, 614-645-NURS (6877).

### CITY OF COLUMBUS EMPLOYEE ASSISTANCE PROGRAM (EAP)

The Employee Assistance Program (EAP) is a comprehensive counseling, consultation, coaching and information resource service provided to all City employees and their dependents. EAP can address nearly any work/life concern; and if they cannot help you, they likely know a resource that can. Services are CONFIDENTIAL and PRIVATE- they are protected by Federal and state HIPAA law as well as by the independent licensure law of EAP counselors.

**Columbus Public Health**  
**240 Parsons Ave, Rm 117**  
**614-645-6894**  
**Mon-Fri, 8am-5pm**

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Call to make an appt, the main line provides access to their crisis cell phone.

### WENDY KARCHER & WHITNEY SMITH \* [Nurse@Columbus.gov](mailto:Nurse@Columbus.gov) \* 614-645-NURS (6877)



As Health Engagement Nurses, Wendy and Whitney are available to help you and your family make better health care decisions, refer you to appropriate wellness programs and services, and demonstrate how to navigate UnitedHealthcare tools and resources. They want to help you find a Primary Care Physician and encourage you to schedule your annual wellness visit. Contact the Health Engagement Nurses for more information!