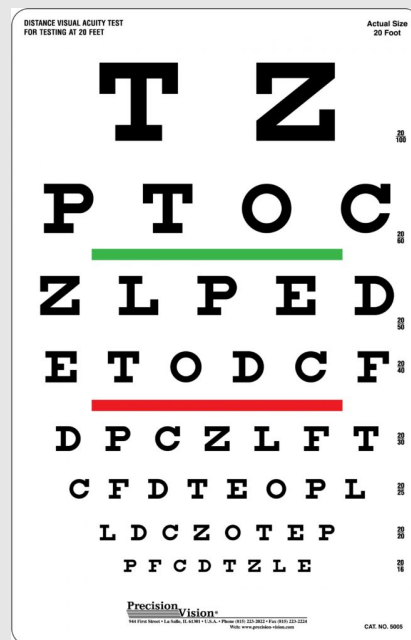




March 13, 2024

Vision Screening 4/24/2024



We are pleased to announce that the Employee Wellness Committee has organized a vision screening event for all full-time employees on April 24th, 2024. To ensure smooth and efficient service, appointments will be required. Click on the link below to register for this screening. This screening presents an excellent opportunity to assess your vision health conveniently and earn 10 points toward the 2024 Wellness Program. No wellness form is necessary for this screening, all points will automatically be awarded through the WellWorks App.

[Sign-up](#)

Blood Drive April 26, 2024

Sign-up Today



The first blood drive of 2024 will be hosted at the Kettering Recreation Center on 4/26/2024. This drive will be in honor of Chloe Adkins. Chloe was the recipient of the 2022 Kettering Mayor's Youth Volunteer Service Award for her steadfast commitment to volunteer service while battling Stage 4 Hodgkin lymphoma. While undergoing treatment, Chloe received multiple blood transfusions. Sign up today to help ensure blood supplies are available for patients like Chloe.

Each employee who participates in all three of the 2024 blood drives will have a chance to win a fun prize. Each blood drive will take place at the Kettering Recreation Center in the Multi-purpose Room. Click on the links below to reserve your spots.

[Sign-up 4/26/2024](#)

[Sign-up 8/16/2024](#)

[Sign-up 12/20/2024](#)

2024 Employee Wellness Program

Here are a few items to note about the 2024 Employee Wellness Program.

- If you complete a screening that is not required annually, you will still earn credit for that screening each year until it's time for the screening to be repeated. For instance, if a colonoscopy is recommended every five years, the points for your previous colonoscopy will continue to count until the year when your next colonoscopy is due.
- The health risk assessment has been removed for the 2024 Wellness

Program.

- To complete the activity portion of the program, record 1.5 million steps or 5,000 activity minutes. You no longer need to track 30-minute exercises.
- You can skip the biometric screening in 2024 by completing the Physician Results Form during your annual physical. Have your doctor complete the Physician Results Form during your annual physical and receive 50 points in addition to the 25 points awarded for the annual physical. That is correct, you will earn 75 of the 100 non-activity points with a single visit to the doctor.
- Click [HERE](#) to review the 2024 Wellness Program Guide. You can use this guide to plan out your wellness year and earn your 2025 wellness incentive.
- Check out the "Put This on Your Calendar" section below to see screenings scheduled for 2024.

Tour of National Parks Walking Challenge



Tour of National Parks
INDIVIDUAL WALKING CHALLENGE

PARTICIPATION MADE EASY
Easily sync your device, check the Challenge Leaderboard, track your step average, and even confirm your Wellness Program completion status with the Wellworks For You Mobile App! Download through the Google Play or App Store to get started.

CITY OF KETTERING
Employee Wellness

COMING SOON!

APRIL 15, 2024 – JUNE 9, 2024

Join your coworkers on a virtual walking tour through some of the country's beautiful National Parks! We will begin our 8-week journey at Canyonland National Park, making stops at Arches, Bryce Canyon, and Zion National Park before finishing at the iconic Grand Canyon National Park. We do not expect you to complete the route – just use it as scenery throughout your journey!

BONUS RAFFLE
Successfully complete the challenge and you'll be entered into a raffle. One (1) lucky winner will be chosen to receive a \$500 Reward!

EARN A REWARD
INCENTIVES FOR COMPLETION
Participants must average 7,500 steps per day throughout the eight (8) week challenge to earn 10 points toward their Wellness Points total.

REGISTRATION OPENS APRIL 1!

800-425-4667
info@wellworksforyou.com
www.wellworksforyou.com

70 E Lancaster Pike
Frederick, IN 47535


Wellworks For You


Beginning April 1st, you can register for the Tour of National Parks wellness challenge. This is a walking challenge that will allow you to tour the national parks without having to leave your neighborhood. Please watch your email for registration instructions for this challenge, which will earn you 10 non-activity points if completed.



Turning a new page.

A new year can be full of goal-setting optimism. Do you have some resolutions in mind? If you're looking for a support system to help you stay focused, look no further. With Real Appeal®, you can establish healthy habits that actually stick.

HELPING YOU CREATE LASTING CHANGE




Turning a new page.

A new year can be full of goal-setting optimism. Do you have some resolutions in mind? If you're looking for a support system to help you stay focused, look no further. With Real Appeal®, you can establish healthy habits that actually stick.

New Year, Same You, Healthier Habits

Real Appeal is a healthy lifestyle and weight management program designed to meet you where you're at. Get personalized support to help you set realistic goals and stay on top of them.




Real Appeal is available to members at no additional cost as part of your benefits.



Visit enroll.realappeal.com or scan the QR code to make your resolutions into realities.

Have your health insurance ID card handy when enrolling.

Real Appeal helps you stay on track.

-  **Personalized support.**
Communicate 1:1 with an online coach to discuss your specific health goals and circumstances.
-  **Motivational resources.**
Engage with a community of inspiring members. Plus, receive a Success Kit complete with scales, a balanced portion plate, and more.
-  **Fitness at your fingertips.**
Set goals, track your meals and activity, stream expert-led workouts, and access hundreds of recipes, all from your online dashboard.

Real Appeal is offered at no additional cost to members as part of their benefits, subject to eligibility requirements.
The Real Appeal program is educational in nature and is not a substitute for medical advice.
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Kettering Recreation Center 125 Visit Club

Start visiting the KRC or KFWC today to qualify for a chance to win a cash

prize. Employees who visit either of these facilities 25 times or more in a quarter will be eligible to win. Don't miss out, plan your next visit today!

Check back each month to see who visited the Kettering Recreation Center or KFWC more than 125 times in 2024.

WELLNESS EMPLOYEES OF THE MONTH

Congratulations to Police Department's Kevin McGuire for being selected as the March Wellness Employee of the Month! Read the nomination [HERE](#).

Do you know someone who deserves a Wellness Employee of The Month nomination and a \$50 award? Please submit your nomination to [John Moore](#).



Do you have questions about the Employee Wellness Program? You are probably not the only person who has asked the same question. We have worked to update the FAQ page on our Wellness Program Website. You can check out this page the next time you have a question. If you don't find your answer on this FAQ page, reach out to your department's wellness representative.

[Employee Wellness FAQ's](#)

[Wellness Representatives](#)



- 4/15/2024 - 6/9/2024 - Tour of National Parks Walking Challenge
- 4/24/2024 - Vision Screening
- 4/26/2024 - Blood Drive
- 7/9/2024 - Mammogram Bus - Gov't Ctr. Parking Lot
- 8/5/2024 - 9/1/2024 - Better Sleep Challenge
- 8/16/2024 Blood Drive
- 8/14/2024 - Vascular Screening
- 10/28/2024 - 10/31/2024 - Biometric Screening
- 11/11/2024 - 12/08/2024 - Stretch Break Challenge
- 12/15/2024 - 2024 Wellness Program Deadline
- 12/20/2024 - Blood Drive

KETTERING HEALTH'S WELLNOTES



Raspberry Bran Muffins

Forget about going to the bakery for breakfast. These muffins are healthy, tasty, and packed with whole grains. Only about 80 calories per muffin. Check out the Raspberry Bran Muffin recipe in the [March Wellnotes](#).

This month's edition features:

- Try the Treadmill to Walk, Jog, or Run
- Eat THIS to Heat Up Weight- Loss Efforts
- Lower Your Cancer Risk with 5 Healthy Habits
- 3 Steps to Manage Food Cravings

[READ WELLNOTES](#)



EMPLOYEE WELLNESS
PAGE

ACCESS WELLWORKS

We are committed to helping you achieve your best health. Rewards for participating in the wellness program are available to all eligible employees. If you think you might be unable to meet a standard for a reward under this wellness program, you might qualify for an opportunity to earn the same reward by different means. Contact Human Resources at (937) 296-2446 or KetteringHumanResources@ketteringoh.org.



The City of Kettering's Employee Wellness Program is recognized by the Healthy Business Council of Ohio in recognition of operating a healthy workplace. This award is provided to Ohio employers who demonstrate a commitment to employee wellness through comprehensive worksite health promotion and wellness programming.



The City of Kettering invites people with disabilities to enjoy our programs, services, parks, and facilities.

For more information about accessibility or to request a modification, please call 937-296-2412.

City of Kettering, Ohio | 937.296.2446 | john.moore@ketteringoh.org |
www.ketteringoh.org/wellness-program

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