



BE **WELL** BULLETIN

EMPLOYEE WELLNESS PROGRAM

June 12, 2024

2023 Cancer Screening Excellence Award



We are thrilled to announce that the Ohio Department of Health has awarded us the 2023 Cancer Screening Excellence Award! This recognition highlights the success of our revamped Employee Wellness Program, which encourages all of us to engage in regular physical activity and prioritize preventative exams and cancer screenings. Our focus on preventative medicine is one of many steps we have taken to promote a healthy lifestyle and improve the quality of life.

2024 Dog Days of Summer 6/25/2024

Dog Days of Summer

June 25
11:30 a.m. - 1 p.m.
@ Delco Park
Shelters

Employee and Family Event

Sponsored by Employee Council, KetterGreen,
PRCA One & Wellness Committee

**Golf chipping
contest!**



**Music
Archery
Giant Connect 4
Giant Jenga
& more!**



**Free hot dogs, chips
& drinks**

What's the Scoop!
Ice cream truck onsite for purchase

**Compostable station
for waste!**




CITY OF KETTERING

Donations will be collected for Paw Patrol of Dayton

**2024 Law Enforcement Torch Run for
Special Olympics Ohio 6/27/2024**



The 2024 Law Enforcement Torch Run for Special Olympics Ohio will pass through Kettering on June 27, 2024, on a leg of the relay to the open ceremonies in Columbus. City of Kettering employees and their families are invited to run this leg of the relay from Centerville Police Department to Dayton Police Department (11.1 miles). The leg of the relay will begin at the Centerville Police Department at 11:30. Transportation will be available to return runners to their vehicles at the Centerville Police Department. Not sure if you can run 11.1 miles? That is ok, air-conditioned transportation will be provided to allow breaks for runners. Participants will need to register at least two weeks before the event to receive a t-shirt the day of the event.

Employees are also invited to cheer on the relay team as they travel up Far Hills Avenue. Employees will gather on Far Hills Ave. north of Fire Station 32 at approximately noon. Click the "Register" button below to join the team and be part of the great event.

[Register](#)

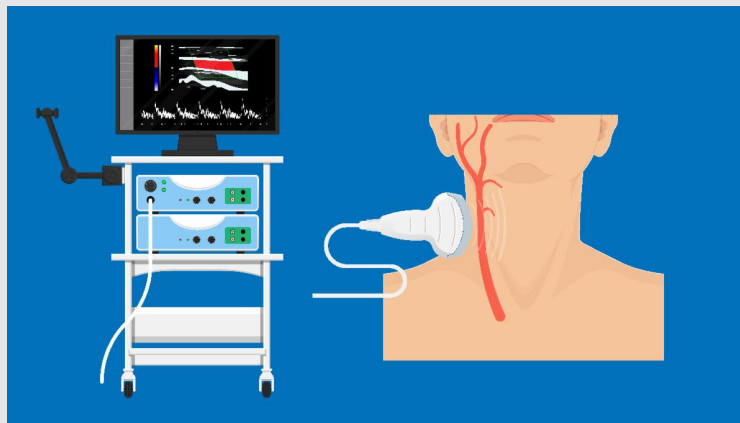
Onsite Mammograms!
7/9/2024



Getting your mammogram just got easier! Premier Health is bringing their mobile mammography coach to the Government Center parking lot on July 9, 2024, from 8 AM to 4 PM. This service is available for ALL employees, spouses, and children. You need to make an appointment, so call (888)-887-7367 to schedule yours. If you haven't had a mammogram in the last year, now's your chance! Atrium Medical Center's certified radiologists will review your images. And if you're a woman 40 or older, you don't need a doctor's order. Click the link below for more info!

Mobile Mammogram Info

Vascular Screening



The Employee Wellness Program will be hosting Healthy Arteries Screenings for full-time employees on Tuesday, August 13th, and Wednesday, August 14th, from 9 AM to 3 PM in the Virginia Room of the Government Center - North Building. We are pleased to cover the full cost (\$119) of the carotid ultrasound, abdominal aortic ultrasound, and ankle-brachial ultrasound

(CIMT) for up to 40 participants. Appointments are limited, so please review the flyer section titled “Who should get screened for vascular disease” to see if this screening is appropriate for you. If you have any questions, feel free to call 937-558-3923.

Click below to receive more information and register for this screening.

Vascular Screening Sign-up

2024 Blood Drives

The next blood drive of 2024 will be hosted at the Kettering Recreation Center on 8/16/2024. 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 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.



McGohan Brabender provides an Advocate Team invaluable resource for addressing your healthcare needs. Our team is dedicated to supporting you through various challenges, including researching complex issues, problem-solving, communicating with healthcare providers, and educating you about your benefits. Whether you're dealing with claim issues, provider billing questions, coordination of benefits, or need assistance with pre-authorizations, our MB Advocates are here to ensure you receive the help you need.

If you've already reached out to your physician or insurance carrier and found their response unsatisfactory, our MB Advocates are ready to step in on your behalf. They will work diligently to resolve your concerns and provide you with clear and effective solutions. Our goal is to ensure that your healthcare experience is as smooth and stress-free as possible. For any assistance, please do not hesitate to contact the McGohan Brabender Advocate Team. We are here to advocate for you and ensure you get the most out of your healthcare benefits.


MB Advocate Team

real appeal

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.

Real Appeal 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!

The winner for the first quarter of 2024 is **Tom Robillard**.

WELLNESS EMPLOYEE OF THE MONTH

Congratulations to Public Service's Kevin Buck for being selected as the June

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](#).

Wellworks For You

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](#)



- 6/25/2024 - Dog Days of Summer
- 6/27/2024 - Special Olympics Torch Relay
- 7/9/2024 - Mammogram Bus - Gov't Ctr. Parking Lot
- 8/5/2024 - 9/1/2024 - Better Sleep Challenge
- 8/13/2024 - 8/14/2024 - Vascular Screening
- 8/16/2024 - Blood Drive
- 10/29/2024 - 11/01/2024 - 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



Summer Breeze Smoothie

How about a breezy summer smoothie made from fresh fruit to start your day? Skip the drive-through and make your own at home. All you need is a few ingredients and a high-powered blender. Check out the summer breeze smoothie recipe in the [June Wellnotes](#).

This month's edition features:

- Beat the Bite: 7 Tips to Keep Ticks Away This Summer
- The Goldilocks Strategy to Prevent Type 2 Diabetes
- What foods are good for heart health?
- Meaty Matters

[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

City of Kettering | 3600 Shroyer Rd | Kettering, OH 45429 US

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