



BE **WELL** BULLETIN

EMPLOYEE WELLNESS PROGRAM

May 15, 2024

Bike to Work Day May 17, 2024

Join us for Bike to Work Day on Friday, May 17! A group of employees will meet at the Government Center at 6:30 AM (rain or shine) and ride together to Riverscape for a pancake breakfast. Alternatively, you can ride directly to Riverscape and join the group for the return ride to the Government Center after breakfast. Dust off your bike, pump up those tires and be part of the festivities. For more details or questions, contact Brad Walwer.



Celebrate by riding to work, for fitness or fun!

Sunday, May 5 is *National Ride a Bike Day*.

Friday, May 17 is *Bike to Work Day*.

Want to socialize with other cyclists? Register for *Cycle Kettering Community Rides* starting on Sunday, May 26.

Check out a map of all of Kettering's Bike Routes at www.ketteringoh.org/kettering-bike-route-map.



CITY OF KETTERING

Therapy Dog Visit May 22, 2024



The Wellness Committee is excited to offer employees an opportunity to visit with a therapy dog and experience the mental, emotional, and physical benefits mentioned below. All employees are invited to the fountains at Civic Commons to visit with two certified therapy dogs on May 22, 2024. The dogs will be available for a visit from 11:00 am to 1:00 pm.

Interacting with animals has been shown to reduce levels of stress hormones such as cortisol and increase the production of serotonin, which can help to lower blood pressure and heart rate. Spending time with animals can boost mood and alleviate symptoms of depression and anxiety. Animals have a unique ability to provide non-judgmental emotional support. They can offer a sense of security and unconditional love, which can be particularly beneficial for individuals experiencing trauma or grief. Overall, pet therapy offers a holistic approach to improving well-being by addressing mental, emotional, and physical health needs.

**2024 Law Enforcement Torch Run for
Special Olympics Ohio**



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!
07/09/2024



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

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.



Each month the Benefits Spotlight section of the Be Well Bulletin will be dedicated to shining light on a feature of our health insurance benefits. This month we will explain the service provided by 2nd MD.

United Health Care provides 2nd MD to anyone enrolled in the Kettering Employee Medical Plan. 2nd MD delivers convenient virtual access to experts from top national institutions leading the research, clinical trials, and next generation of health care. Whether it's a new diagnosis, upcoming surgery, or questions about a chronic condition or pain, we help you on your healthcare journey.

2nd MD may call and offer their services to ensure you are receiving the best possible care. If you have any questions about this program, please call John

About 2nd MD

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.



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 Parks Maintenance's Rachel Dement-Wilson for being selected as the May 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](#)



- 5/17/2024 - Bike to Work Day
- 5/22/2024 - Therapy Dog Visit - Civic Commons Fountains
- 7/9/2024 - Mammogram Bus - Gov't Ctr. Parking Lot
- 8/5/2024 - 9/1/2024 - Better Sleep Challenge
- 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



Pasta Primavera

Try this easy-to-make dish with vegetables and your choice of whole-grain pasta, brown rice, quinoa, spelt, or kamut. Check out the pasta primavera recipe in the [May Wellnotes](#).

This month's edition features:

- The Happy Diet: 10 Raw Foods to Boost Your Mood
- Sniffles and Sneezes? 6 Tips to Manage Seasonal Allergies
- Use THIS to Get the Jump on Better Health
- Recognize Depression & Take Action

[READ WELLNOTES](#)



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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