



BE **WELL** BULLETIN

EMPLOYEE WELLNESS PROGRAM

July 10, 2024

Better Sleep Challenge Registration Opens July 22nd!

Better Sleep
A HEALTHY HABITS CHALLENGE

PARTICIPATION MADE EASY
Easily sync your device, check the Challenge Leaderboard, track your habits, 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!

AUGUST 5 – SEPTEMBER 1

Better sleep is attainable! The journey starts from making small tweaks to your lifestyle during the day all the way up to the evening hours. Complete various healthy habits throughout your day to set yourself up for better quality sleep over the course of the next four (4) weeks.

EARN A REWARD INCENTIVES FOR COMPLETION
Complete a minimum of **twelve (12) habits** during the challenge to earn **10 Points** towards your **100 Point-Total**.

All employees who successfully complete the challenge will be entered into a \$50 cash raffle.

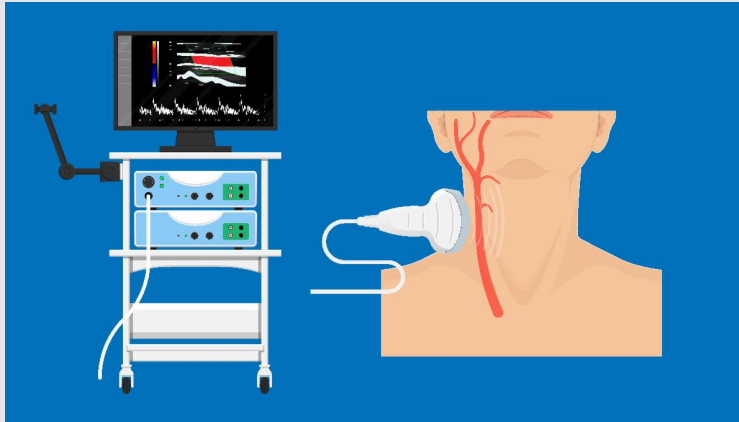
REGISTRATION OPENS JULY 22!

800.425.4657
info@wellworksforyou.com
www.wellworksforyou.org

70 E Lancaster Pike
Frezer, PA 19355

Sleep is a crucial part of a healthy lifestyle. Quality sleep can improve mood, help maintain a healthy weight, manage blood pressure and cholesterol, and strengthen your immune system. Incorporating certain habits into your daily routine can enhance your sleep hygiene and achieve better quality sleep. Sign up for the Better Sleep Challenge when registration opens on July 22.

Vascular Screening Full



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. All appointments for this screening have been filled. Please contact John Moore (john.moore@ketteringoh.org) if you have signed up for this screening and have realized you cannot make your appointment. Others can fill appointments that become available.

2024 Blood Drives

Captain Shawn Morgan invites you and your family to participate in a blood drive to honor his son who passed away after a motorcycle accident on August 26, 2023. While in the hospital, Kyle received countless blood products, and those gifts of life gave him a fighting chance. Please participate on August 12, in memory of Kyle. Your gift can help so many.

Please use the QR code, call or go online to sign up for a time slot. If you participate in this blood drive, you will remain eligible to win the wellness prize described below. Email John Moore (John.moore@ketteringoh.org) to record your participation.

Thank you!

Memorial Blood Drive

in Honor of Kyle Morgan



Monday, Aug. 12

1:00 PM – 7:00 PM

Peace Lutheran Church



3530 Dayton-Xenia Rd, Beaver Creek, Ohio

In memory of Kyle who died from injuries suffered in a motorcycle accident at the age of 23. Family members say the many blood products he received gave him a fighting chance. Kyle was an organ donor, and his gifts gave new hope to four patients. His family says your gift of life to help others will be a living tribute to Kyle.

All registered donors will receive the 'From One to Many' beach towel.

Schedule your appointment using the information below.
Sponsor code is 156.

Scan to register.

 Donor Time App
937-461-3220
 www.donortime.com



Solvita[™]
Blood Center
Formerly Community Blood Center

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 ADVOCATE TEAM

WHAT WE DO

- Research
- Problem Solve
- Communicate
- Educate

HOW IT WORKS

If you've contacted your physician or carrier and weren't satisfied with the response, our MB Advocates are there to step in on your behalf.

Issues we can assist with:

- Claim Issues (Medical, Dental & Vision)
- Provider Billing Questions
- Coordination of Benefits
- Pre-authorization Help

HELP US GET STARTED BY PROVIDING:

- Employer name
- Employee name
- Date of Birth
- Patient Name/Date of Birth
- Insurance Member ID or SSN
- Service Date
- Provider Name/Contact Information
- Summary of Issue
- For Prescription Issues, include medication name, dosage, quantity, pharmacy name/phone number, prescribing physician's name/phone number

CONTACT US

Monday-Friday, 8 a.m. to 5 p.m. EST
p: 937.260.4300 or 877.635.5372
f: 937.499.1160
e: mbadvocates@mbbenefits.com



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.


WEIGHT MANAGEMENT SUPPORT


Get Support to Build Healthier Habits

Now's a great time to start taking small steps for lasting change, with Real Appeal.® This online weight management program offered by our company can help you create a healthier lifestyle.

More Support for More Confidence

Real Appeal supports you every step of the way. It's available to you and eligible family members at no additional cost as part of your benefits.



Supportive Coaching and Sessions

Get personalized guidance from a coach, who leads collaborative weekly group sessions.

Making Behavior Change Possible

Together, we'll address topics like emotional eating, mindset and motivation, and more.

Resources to Stay Motivated


Your Success Kit gives you access to online fitness classes, scales, a portion plate and more.

Here's what you need to register:

Your calendar
Choose a weekly online session day and time that work for you.

Your shipping address
You'll receive your Success Kit after attending your first online session.

Your health insurance
Have your health insurance ID card handy when enrolling.



Get started now at enroll.realappeal.com or scan the QR code.

Not on our health plan yet? Sign up for Real Appeal once your benefits are active.

Have your health insurance ID card handy when enrolling.

Real Appeal is offered at no additional cost to members as part of their medical benefits plan, 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

Several employees are quickly approaching their 125th visit to KFWC or KRC.

Stay tuned to see who reaches this milestone first.

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 second quarter of 2024 is **Molly Henderson**.

WELLNESS EMPLOYEE OF THE MONTH

Congratulations to Patrol Officer Ryan Mason for being selected as the July 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](#)



- 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



Broccoli Strawberry Orzo Salad
Hungry for a healthy salad with a zing of sweet-tasting strawberries to celebrate the summer season? Check out the fresh fruit and veggie recipe in the [July Wellnotes](#).

This month's edition features:

- Ace Your Health: 7 Sweet Reasons To Serve Up More Strawberries
- Gold-Medal Health: Exercise Lowers Risk for 13 Types of Cancer
- The Giggle Prescription: Laughing is Good for Your Health
- Healthy Breakfast Habits

READ WELLNOTES



EMPLOYEE WELLNESS

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 937-296-2446.

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



Try email marketing for free today!