

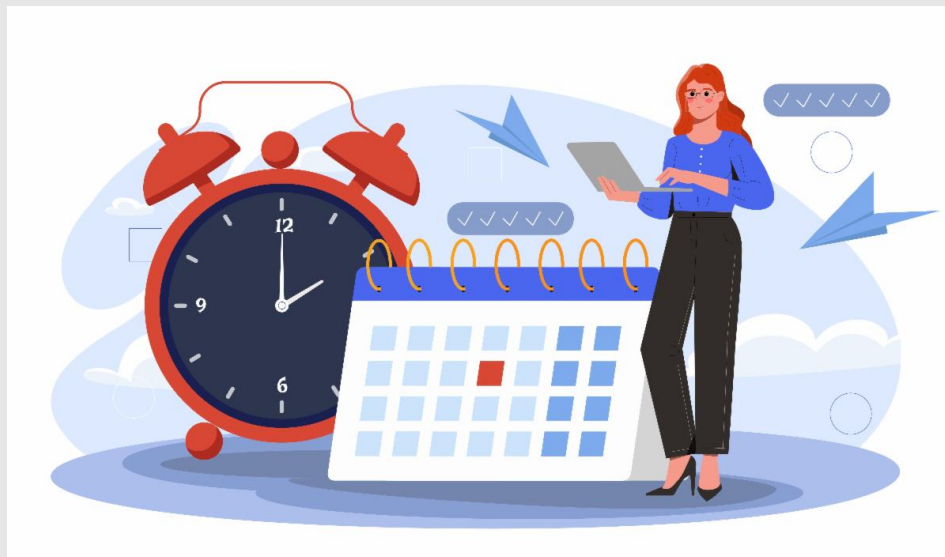


BE **WELL** BULLETIN

EMPLOYEE WELLNESS PROGRAM

November 13, 2024

2024 Wellness Program Check Your Points & Activity



The end of the 2024 Employee Wellness Program is approaching quickly. The deadline to submit points and record activity minutes or steps is December 15, 2024. Now is a great time to make sure all of your 2024 wellness points and activity minutes or steps are recorded. Take a few minutes to log into Wellworks and see what needs to be completed to earn your 2025 wellness incentive. If you completed the biometric screening, you can expect to see those points appear in Wellworks by November 22. Suppose you have an annual physical, dental exam, cancer screening, or earn other points between December 16 and December 31. In that case, you can submit those points to our account manager Michelle Pivec (m.pivec@wellworksforyou.com).


Stretch Break Challenge You Can Still Sign Up!!

Need ten more points for the 2024 Wellness Program? You can still enroll in

the Stretch Break Challenge that began on November 11 and ends on December 8. Sign up for the Stretch Break Challenge by November 18 to earn ten points and build the healthy habit of stretching into your daily routine. Click the flyer below for more details.

Stretch Break





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.





SIGN UP

REGISTER FOR THE CHALLENGE

1. Log into the **Wellness Portal**
2. Click **Challenges** from the portal homepage
3. Select the **Stretch Break** challenge and click **Sign Up**

PARTICIPATE

REQUIREMENTS TO EARN CREDIT

- Click each icon to view the habit details
- Once you complete the habit in its entirety, click Complete
- You can complete the habits in any order you wish
- Only one (1) habit can be completed per day
- You must complete **TWELVE (12)** habits to earn credit for the challenge

Please Note: Final habits must be logged by **11:59pm EST on 12/09** to be eligible for the incentive.


EARN A REWARD

INCENTIVES FOR COMPLETION


Once participants complete twelve (12) stretch habits you will automatically receive **ten (10) points** towards the Step 1: Earn 100 Points and be entered into a prize raffle!

**NOVEMBER 11, 2024 –
DECEMBER 08, 2024**


This individual challenge encourages you to complete a stretch each day to improve your flexibility over the course of four (4) weeks.



800.425.4657
info@wellworksforyou.com
www.wellworksforyoulogin.com



70 E Lancaster Pike
Frazer, PA 19355



2025 Wellness Program



New for the 2025 Employee Wellness Program, spouses enrolled in the medical insurance plan will need to complete an annual physical with a primary care physician to earn the 2026 wellness incentive. This annual physical is in addition to the 100 non-activity point requirement. The completion of this exam will automatically be reported to Wellworks by UHC and no forms or other steps are needed to complete this step.

2024 Blood Drive - 12/20/2024



The next blood drive of 2024 will be hosted at the Kettering Recreation Center in the Multi-purpose Room on Friday, December 20, 2024. Each employee who participates in all three of the 2024 blood drives will have a chance to win a fun prize. Click on the links below to reserve your spots.

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



2025 HSA Changes

If you have elected the Platinum Medical Insurance Plan for 2025, please ensure you have an HSA account at CODE Credit Union by December 8, 2024, to ensure contributions can be made beginning January 1, 2025. Here are a few things to remember while establishing your new CODE Credit Union HSA.

- While opening your CODE CU account, the first question you will be asked is "Do you want to open a joint account?". Answer "No" to this question. An HSA needs to be a single account. Later in the application, you will be given the opportunity to choose "family". You can add authorized signers to the account after it is established to receive additional debit cards.
- If you plan to transfer a balance from your current HSA, please wait until after January 1, 2025. This will ensure all 2024 deposits are made before the transfer is complete. CODE Credit Union can facilitate this transfer.
- The online account opening system has been auto-selecting paper statements instead of giving the option of E-Statements. If you incur a \$5 paper statement fee, CODE CU is working through refunding all of these fees.
- If any employee received a debit card with the first 4 numbers of the BIN starting with 4812, they will be receiving a new debit card that says Health Savings Account on in with the BIN starting with 4855. All cards with the BIN number 4812 can be destroyed. This was a very small batch of people and the problem has been resolved.
- For employees who open their accounts online: Once you complete the form and receive the "You've been approved!" screen, you will also be presented with your Member Number, full Account Number, Direct Deposit Number, and Routing Number for each share on the application. The 6-digit Member Number is required to register for online banking on the mobile app or website.

Kettering Recreation Center 125 Visit Club

Each employee listed here has visited the Kettering Recreation Center or KFWC more than 125 times since January 1, 2024. These employees have demonstrated consistency in their commitment to their health and fitness.

- Charlie Boothe
- Heather Boyer
- Justin Mcvicar
- Molly Henderson

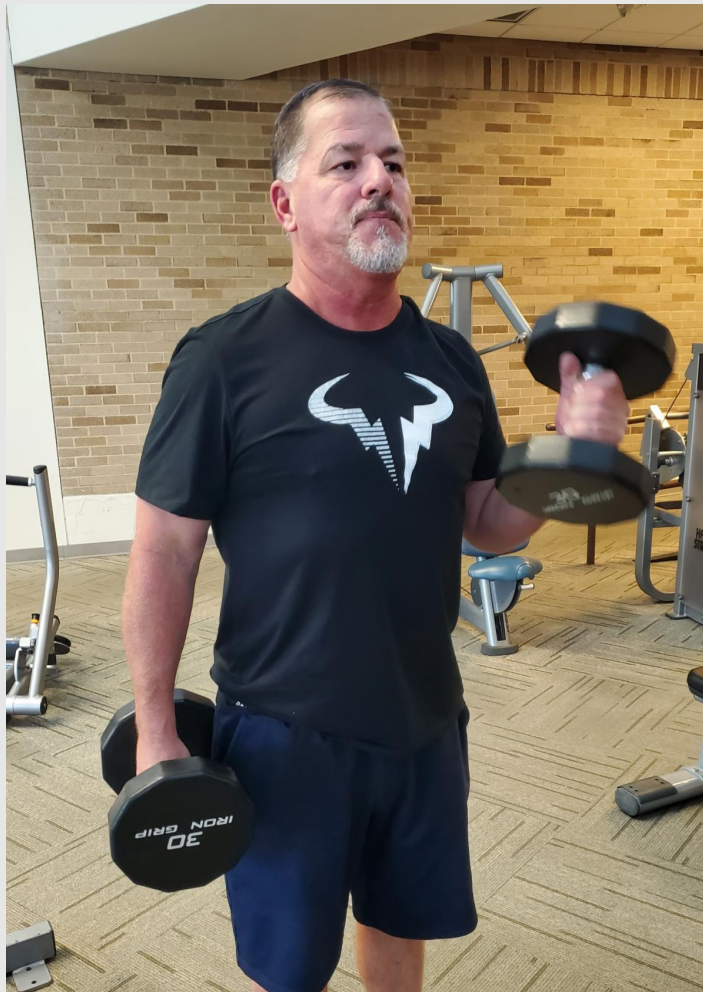
- Ed Drayton
- Ryan Tirey
- Dan Phillips

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 third quarter of 2024 is **Justin Mcvicar**.

WELLNESS EMPLOYEE OF THE MONTH

Congratulations Jim McGhee from the Public Service Department for being selected as the November Wellness Employee of the Month! Here is Jim's nomination.



I would like to nominate Jim McGhee for the Wellness Employee of the Month. Jim works for the City of Kettering as a Street Service III for the Public Service Department. Several years ago, during our City's wellness biometric screening, Jim found his numbers to be higher than normal so he was sent to get other tests run. As a result, he was diagnosed with Diabetes. While he made small changes at that time and was given medicine to gain control of it, he thought that was good enough. In August of 2024 however, he suffered a

heart attack. He admits this was a HUGE wake-up call. Since August 11 of this year, he has lost 11 pounds and has been making a conscious effort to live a healthier lifestyle. He started going to the Kettering Recreation Complex more consistently to strength train and use the elliptical (at least 3x a week). At home, he has started biking a lot more and has learned how important his diet is (which he didn't really seriously before). He can tell a HUGE difference just in his energy level and how much better he feels overall since eating a more balanced diet and working out more consistently. When asked what's been his motivation for such a dedicated lifestyle change, he said, "His family & simply just overall feeling better." He plans to continue being active both inside and outside of the gym so he can continue to spend time with his family doing activities they enjoy together.

Do you know someone deserving of 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



- 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



Baked Sweet Potato Wedges

Sweet potatoes aren't just delicious, they're packed with nutrients. Fiber, vitamin A, and potassium in sweet potatoes support digestion, boost immune health, and even promote heart health. They also have a natural sweetness that's perfect for roasting, making them a great alternative to regular fries. Yum! Check out the Fall Veggie Casserole recipe in the [November Wellnotes](#).

This month's edition features:

- Can You Reverse Type 2 Diabetes? The Answer May Surprise You
- Boost Brain Health: Use To-Do Lists to Protect Memory
- How to Transform Your Health in Just 15 Minutes
- What's the Right Way to Wash Your Hands?

[READ WELLNOTES](#)

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.



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 Healthy Business Council of Ohio recognizes the City of Kettering's Employee Wellness Program for operating a healthy workplace and prioritizing cancer screenings. These awards are provided to Ohio employers who demonstrate a commitment to employee wellness through comprehensive worksite health promotion, wellness programming, and cancer screening.



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

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

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