



February 8, 2017

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## MARK YOUR CALENDAR

February 10 - Deadline  
to Submit Points Earned  
November 2016-January  
2017

February 10 - Deposit of  
2015/2016 EarnBack

February 16 - Blood  
Pressure Screening  
(11:30AM-1:00PM, KFWC)

February 21 - Wellness  
Lecture (11:30AM,  
Council Chambers)

The City of Kettering Employee Wellness Program uses *Be Well Bulletin* to share all important and upcoming Wellness Program information. *Be Well Bulletin* is distributed the second Wednesday of each month.

### WELLNESS LECTURE:

#### "DIGGING UP DOLLARS - REDUCING DEBT"

The next Wellness Lecture is scheduled for **Tuesday, February 21st at 11:30AM** in Council Chambers. This lecture is worth 10 Non-Activity Points and a chance at \$50!

Recognize signs that indicate you are carrying too much debt. Learn the true cost of debt and discover four keys to using credit wisely. Realize why it is important to convert your debt reduction to a retirement investment. Come hear Ohio Deferred Compensation Retirement Specialist, Shana Sellers-McElroy present "Digging Up Dollars - Reducing Debt".

If you can't attend the live lecture, recorded versions will be made available shortly following! Contact your [Department Wellness Representative](#) to obtain copies of the DVD versions. Online versions of this lecture will **not** be available for viewing on The Barn.

Whether you view the lecture live or a recorded version, be sure to submit a [Non-Activity Points Form](#) to get your points! Include the points slip if you watch it live, or have your Wellness Representative sign the form if you watched a recorded version.

### FEBRUARY 10th - EARNBACK/CASH INCENTIVE DEPOSIT

February 21 - CPR/AED  
Course (1PM, KFD  
Headquarters)

February 28 - A to  
Zumba Event (6PM-  
8:30PM, KRC)



## WELLNESS EMPLOYEE OF THE MONTH

Do you know someone who has improved their personal health and fitness levels (weight loss, improved physical condition, improved blood pressure, etc.) and/or made a significant change to lead a healthier lifestyle (improved eating habits, quit smoking, etc.)? You don't have to be a department wellness representative... any employee can nominate another employee for the Wellness Employee of the Month Award.

## EMPLOYEE WELLNESS QUICK LINKS

[Wellness Homepage](#)

[Earnback](#)

[Program  
Components](#)

[Program Benefits](#)

If you met the criteria to receive the Wellness Program EarnBack or Cash Incentive for your participation and points submission during the 2015/2016 Wellness Points, you should have received an email on January 12th notifying you of such. If you did not receive an email and feel you qualified, please contact [Lindsey Patrick](#) right away.

As a reminder, the deposit will be made this Friday, February 10th. Individuals with Single Platinum Medical Coverage will receive \$250 into their HSA. Individuals with Family Platinum Medical Coverage will receive \$500 into their HSA. Individuals who Waive Medical Coverage and Part-Time Firefighters will receive \$250 taxable income.

### WELLNESS EMPLOYEE OF THE MONTH

Congratulations to **Charlie Boothe** for being February's Wellness Employee of the Month! Charlie continues to be an avid participator and supporter of the Employee Wellness Program. During the 2015/2016 Wellness Year, Charlie submitted a total of 1,394 Activity Points and 205 Non-Activity Points! That's a lot of points. Way to go!

On his heels were the following employees:

Kris Denlinger (Fire)  
1,374 Activity Points; 90 Non-Activity Points

Irina Titova-Spang (Engineering)  
1,350 Activity Points; 105 Non-Activity Points

Brandon Harrison (Police)  
1,284 Activity Points; 80 Non-Activity Points

Jeff Braun (Fire)  
1,242 Activity Points; 110 Non-Activity Points

Keep submitting points even after you've reached the required 420 Activity and 80 Non-Activity Points... You just might earn yourself Wellness Employee of the Month or a spot on the "High Earners" board next year!

### FREE BLOOD PRESSURE SCREENINGS

Free blood pressure screenings will be held in the Kettering Fitness & Wellness Center Lobby on **Thursday, February 16th** from 11:30AM-1:00PM.

This screening is worth 5 Non-Activity Points. All

[Frequently Asked Questions](#)

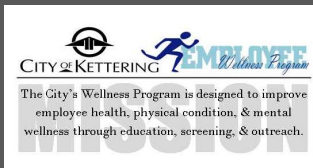
[Wellness Forms](#)

[Committee Members](#)

## QUESTIONS?

Questions about the Employee Wellness Program?

Talk to your [Department Representative](#) or find information on [the Barn](#).



staff and family members are welcome to participate.

## **NEW NON-ACTIVITY POINTS OFFERING**

The Employee Wellness Program Committee believes it is important for all individuals to learn the life saving skills of CPR.

**Completion of the CPR/AED courses offered by the Kettering Fire Department will now be worth 15 Non-Activity Points.**

Below is a list of the dates and times of the 90-minute CPR/AED courses being offered at Fire Headquarters (4745 Hempstead Station Drive). Please contact [John Moore](#) (937.296.3385) to register for one of the trainings below.

Tuesday, February 21st - 1PM

Monday, March 27th - 9AM

Monday, April 24th - 1PM

Class size is limited. Please sign-up for the class that best fits your schedule.

## **REAL APPEAL**

You're a month into the new year... how are those healthy lifestyle resolutions working for you?

Have you looked into Real Appeal? This tried and true program has caught the attention of 106 employees and spouses. Over 60 these individuals have worked towards a weight loss total of 649 pounds and are maintaining their weight loss!

Real Appeal is a weight loss and healthy living program that can help you take small steps that lead to big results. City of Kettering employees and spouses who are (1) covered by the City's UnitedHealthcare medical insurance **and** (2) have a BMI of 23 or greater are invited to [join Real Appeal](#) at **no additional cost**, not even a co-pay or deductible!

Enroll now at [kettering.realappeal.com](http://kettering.realappeal.com) using a smartphone, tablet or personal computer.

**PLUS: For New Participants... if you complete the personalization session and at least 9 group sessions you'll earn 50 Non-Activity Points towards the Employee Wellness Program!**

## **STRATEGIES TO HELP ACHIEVE YOUR GOALS**

Even if you don't make formal resolutions for the

new year, you may set some goals for yourself at some point during the year. Whenever you do it, you'll be more likely to achieve those goals if you take ownership of your goals with the right approach. Last month we explored strategy one, "Write Down Your Goals". This month, we'll explore tried-and-true strategy number two for setting your goals and reaching them in a timely manner.

- [1. Write Down Your Goals.](#)
- [2. Make Your Goals SMART.](#)

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### **FREE FRIDAY**

Free Friday allows you participate in a drop-in exercise class at no cost! Free Fridays take place the first Friday of each month. Watch for the most recent [schedule](#) of the available drop-in classes at Kettering Recreation Complex or Kettering Fitness & Wellness Center. This is a great opportunity to try a class for the first time or switch it up and try something new.

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City of Kettering | (937) 296-2400 | [EmployeeWellness@ketteringoh.org](mailto:EmployeeWellness@ketteringoh.org) |

The Starter - Kettering e-newsletter | [www.ketteringoh.org](http://www.ketteringoh.org)

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