



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

ANNUAL HEALTH SCREENINGS & HEALTH RISK ASSESSMENTS

Don't forget! In order to obtain your FREE fitness pass and 15 Non-Activity Points, you need to participate in a health screenings **and** complete the online [Health Risk Assessment](#) by November 30th. To access the [Health Risk Assessment](#), click [here](#). If you have trouble logging-in, contact KMC Corporate Wellness at (937) 558-3988.

Did you miss the onsite screenings? Contact [Lindsey Patrick](#) for options.

WELLNESS CHALLENGE: PROJECT ZERO



Back by popular demand, "[Project Zero](#)" is the Wellness Challenge geared towards helping you survive the pressures of the holiday season and maintain your weight!

This 7-week challenge will begin Monday, November 19th and end Sunday, January 6th. All full-time and regular part-time employees and part-time firefighters are welcome to participate.

Registration is simple... weigh-in! If you didn't register during the Annual Health Screenings, stop by the Kettering Fitness and Wellness Center to weigh-in!

Full details about the program including how you can be one of three cash prize winners (\$125, \$100, or \$75) are available [here](#).

UPCOMING LIVE WELLNESS LECTURE

On **Wednesday, November 14th at 11:30** we will be hosting our next Wellness Lecture on Heart Health. This Wellness Lecture will be held in Council Chambers.

This lecture is worth 10 Non-Activity Points and a chance at \$50! DVDs will be distributed to departments or you can watch it online [here](#).

Effective November 1, 2018, the traditional live lectures will be held once per quarter. Employees will have a total of four opportunities - 40 Non-Activity Points - per Wellness Year to participate. Live lectures can be viewed in addition to the new mini-lectures.

WELLNESS MINI - LECTURES

If you've not heard, we have given the Wellness Lecture Structure a makeover!

We will now be offering "mini-lectures" which are each valued at 3 Non-Activity Points. These mini-lectures average 3-5 minutes in length and are packed full of information.

To access Mini-Lectures go to www.ketteringoh.org/watch.

You may claim a maximum of ten mini-lectures (30 Non-Activity Points) per Wellness Year... but, remember, you can only earn up to 20 Non-Activity Points per day. There are no viewing deadlines or cash drawings for mini-lectures.

After viewing, complete a [Non-Activity Points Form](#) and have your [Wellness Representative](#) initial the form for validation. It is your responsibility to submit the completed form and track how many mini-lectures you have viewed.

Check out November's Featured Mini-Lecture... watch and earn 3 Non-Activity Points!



[WATCH MORE MINI-LECTURES](#)

WELLNESS SURVEY

Interested in 5 Non-Activity Points and a chance at \$50? Then take the [Employee Wellness Program Survey](#) by Friday, November 30, 2018! Paper versions are available upon request.

We can't improve or enhance the EMPLOYEE Wellness Program without hearing from you. Please provide honest, clear feedback. Thank you!

CPR/FIRST AID TRAINING

Participate in the Fire Department's CPR and First Aid Training and you'll earn **15 Non-Activity Points**. Courses are offered at Fire Headquarters (4745 Hempstead Station Drive). Class size is limited. Register with [John Moore](#) (937.296.3385).

Monday, 11/19 - 1PM (CPR & First Aid)
Friday, 12/14 - 9AM (CPR Only)

MARK YOUR CALENDAR

November 14:
Wellness Lecture
(11:30AM, Council Chambers)

November 19:
Wellness Challenge:
[Project Zero](#) Begins

November 19:
CPR & First Aid Training
(1PM, KFD Headquarters)

November 30:
Last Day to complete

November 30:
Last Day for

December 14:
CPR Training

KETTERING HEALTH NETWORK'S WELLNOTES



[PUMPKIN AND BEAN SOUP](#)

How about a healthy and hot bowl of soup on a fall-weather day? Skip the canned-soup aisle, and make your own with just a few ingredients in about 30 minutes.

[Give it a try!](#)

This month's edition features:

- Propose a Toast to Live Longer
- The Simple Menu Makeover to Reduce Diabetes Risk
- Take the Walk-After-Dinner Challenge During the Holidays
- Health Challenge: Manage Your Weight
- Ask the Wellness Doctor: What are some healthy ways to reduce stress?

[READ WELLNOTES](#)

We are committed to helping you achieve your best health. Rewards for participating in a 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 Lindsey Patrick (937) 296-2446 or lindsey.patrick@ketteringoh.org.



The City of Kettering's Employee Wellness Program is recognized by the Healthy Business Council of Ohio with a Gold Award in recognition of operating a healthy workplace. This award is provided

did you know?



All Wellness Lectures are posted online!

[LIVE LECTURES](#)

[MINI - LECTURES](#)

All Wellness information - forms, online points entry, past Be Well Bulletins, and much more - can be

to Ohio employers who demonstrate a commitment to employee wellness through comprehensive worksite health promotion and wellness programming.

found on the City's Website!

EMPLOYEE WELLNESS PAGE



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 | lindsey.patrick@ketteringoh.org | www.ketteringoh.org/wellness-program

STAY CONNECTED

