



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.

### WELLNESS INCENTIVE DEPOSIT

Within the next week, those of you who satisfied the 2017/2018 Wellness Incentive criteria will receive an email notifying you of the incentive deposit. The deposit will be made on Friday, February 8, 2019. If you do not receive an email by 12/31 and feel you qualified, please contact [Lindsey Patrick](#).



*Congratulations,  
Mary Jo Csizma!  
You won \$50!*

### WELLNESS SURVEY

There were 124 employees who completed the Employee Wellness Program Survey! The committee is eager to use this information. If you identified yourself, you earned 5 Non-Activity Points! We'll submit the points for you. Congrats to Mary Jo Csizma from Engineering who won the \$50 drawing for completing the survey!

### FITNESS PASSES

If you participated in the Annual Health Screenings and completed the online Health Risk Assessment, then you earned 15 Non-Activity Points and a free fitness pass! Emails about fitness passes were sent to those who qualified. Current passes will be renewed. For new passes, bring an ID to the front desk at Kettering Recreation Complex or Kettering Fitness & Wellness Centers. Please contact [Lindsey Curry](#) with any questions.

### WELLNESS MINI - LECTURES

With all the hustle and bustle of the holiday season, remember to take time to breathe! Check out December's Featured Mini-Lecture for some Mindful Breathing. Watch and earn 3 Non-Activity Points!



**WATCH MORE MINI-LECTURES**

"Mini-lectures" are each valued at 3 Non-Activity Points and average 3-5 minutes in length. To access Mini-Lectures, which are packed full of information, simply go to [www.ketteringoh.org/watch](http://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.

### NEW NON-ACTIVITY POINTS FORM

Did you know there is a new Non-Activity Points Form? Please start using the new form! It has some added criteria and can be used as a simple way to track mini-lectures.

Get the new [Non-Activity Points Form](https://www.ketteringoh.org/wellness-program/) at <https://www.ketteringoh.org/wellness-program/>.

**NON-ACTIVITY POINTS FORM**

INSTRUCTIONS: Signature of form filer is required for each form. Approval signatures are not required. Signature instructions of Wellness Representatives. You may not claim any points from sub-components of a screening. Forms must be submitted to the FRCA Administrator (Office Health Building) by the quarterly deadline outlined below. Make a copy for your records should any discrepancy arise.

NAME: \_\_\_\_\_ DEPARTMENT: \_\_\_\_\_

10 POINTS	15 POINTS
<input type="checkbox"/> Blood Glucose (2 hr fasting) One per quarter	<input type="checkbox"/> Annual CHGWS Exam
<input type="checkbox"/> Cholesterol	<input type="checkbox"/> Annual Physical Exam
<input type="checkbox"/> Rising Metabolic Rate Screening	<input type="checkbox"/> Chest/Heart One per quarter
<input type="checkbox"/> Skin Cancer Screening	<input type="checkbox"/> Colonoscopy
<input type="checkbox"/> Spine Test	<input type="checkbox"/> Health Risk Assessment & Screening
<input type="checkbox"/> Vaccination/Inoculation	<input type="checkbox"/> Annual New Hire
<input type="checkbox"/> Wellness Education Lecture One per quarter	<input type="checkbox"/> Health Safety Training (i.e. CPR/AED First Aid)
Title: _____	<input type="checkbox"/> Lipid Screening
View Date: _____	<input type="checkbox"/> Mammogram
Other: _____	<input type="checkbox"/> Sentinel Lymph Node Screening
Signature: _____	Other: _____
Date: _____	Signature: _____

**5 POINTS - NOTE LIMITATIONS**

Blood Pressure - Limit One Check Per Month (Max 5 Points Per Month)

Dental Exam - Limit One Per Year (Max 5 Points Available)

Diet/Nutritional Support Groups - Limit Per Meeting (Max 5 Points Per Meeting)

Eye/Glucose Exam - Limit One Per Year (Max 5 Points Per Year)

Independent Diabetic Glucose Checks (non Fasting Finger Sticks) - Limit One Per Quarter (Max 5 Points Per Quarter)

Other: \_\_\_\_\_

Signature: \_\_\_\_\_ Date: \_\_\_\_\_

Date	Title	Date	Title

WELLNESS REPRESENTATIVE SIGNATURE VALIDATES ALL MINI-LECTURES SUBMITTED ON THIS FORM

Date: \_\_\_\_\_ Signature: \_\_\_\_\_

**ENTER TOTAL POINTS SUBMITTED:**

None-Daily Maximum Non-Activity Points: 20

Submit Form by Date Quarterly Deadline

Points Earned	Submit By
Q1: November-January	February 10
Q2: February-April	May 10
Q3: May-July	August 10
Q4: August-October	November 10

CITY OF KETTERING  
The City of Kettering is an equal opportunity employer. All qualified applicants will receive consideration for employment without regard to race, color, religion, sex, age, or national origin.



**BLOOD PRESSURE SCREENING**

Interested The next FREE blood pressure screening will be **Thursday, December 20th** from **11:30AM to 1PM** in the Lobby at the Kettering Fitness & Wellness Center.

Screenings are worth 5 Non-Activity Points!

**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).

Friday, 12/14 - 9AM (CPR Only)  
Thursday, 1/10 - 5PM (CPR & First Aid)  
Monday, 2/11 - 1PM (CPR Only)  
Friday, 3/15 - 1PM (CPR & First Aid)

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## MARK YOUR CALENDAR

**December 14:**  
CPR Training  
(9AM, KFD Headquarters)

**December 20:**  
Blood Pressure Screening  
(11:30AM, KFWC)

**January 6:**  
Wellness Challenge:  
Project Zero Ends

**January 10:**  
CPR & First Aid Training  
(5PM, KFD Headquarters)

**February 5:**  
Lecture Viewing Deadline  
["Heart Health"](#)

**February 10:**  
Deadline to Submit Points  
(November - January)

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## KETTERING HEALTH NETWORK'S WELLNOTES



### [BLACK BEAN QUESADILLA](#)

Beans, beans, the magical fruit. The more you eat, the more you (ahem, feel better). Beans, also called legumes, are good for your health. Give this Black Bean Quesadilla recipe a try!

[Give it a try!](#)

This month's edition features:

- The Nutty Way to Manage Your Weight
- DASH Away High Blood Pressure with Healthy Habits
- Put THIS on Your Wish List to Get Fit
- Health Challenge: Think Positive
- Ask the Wellness Doctor: What's the right way to wash your hands?

[READ WELLNOTES](#)

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

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 found on the City's Website!

[EMPLOYEE WELLNESS PAGE](#)

 **KETTERING**  
*is home*

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](mailto:lindsey.patrick@ketteringoh.org) | [www.ketteringoh.org/wellness-program](http://www.ketteringoh.org/wellness-program)

STAY CONNECTED

