



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

Emails have been sent to those who satisfied the criteria to receive 2017/2018 Wellness Incentive. The deposit will be made on Friday, February 8, 2019. If you did not receive an email and feel you qualified, please contact [Lindsey Patrick](#).



HIGHEST POINT EARNERS

Congratulations to Part-Time Firefighter, Jeff Braun! During the 2017/2018 Wellness Year, he submitted a total of 1,627 Activity Points and 100 Non-Activity Points! Way to go! You've earned \$50 for topping the list! On his heels were the following:

Kip Bohachek (Planning & Development)
1,626 Activity Points; 90 Non-Activity Points

Shiloh Colon (Police)
1,545 Activity Points; 120 Non-Activity Points

Joseph Domsitz (Police)
1,489 Activity Points; 110 Non-Activity Points

Judith Deady (Law)
1,484 Activity Points; 85 Non-Activity Points

Keep submitting points even after you've reached the incentive points requirement of 420 Activity and 80 Non-Activity Points... You just might see your name here next year!

GOLD AWARD WINNER!



For the third year running, the City of Kettering's Employee Wellness Program was awarded the GOLD Healthy Workplace Award! Read the full press release [here](#).

EMPLOYEE OF THE MONTH

Congratulations to Sergeant **Adam Savino** (KPD) on being selected as this month's Wellness Employee of the Month! Sergeant Savino has made a serious commitment to his overall wellness a year ago. He eats the healthiest diet and has an amazing level of discipline to make sure he does not give in to foods he knows will throw him off track! He has lost over 15 pounds during this time and has recently started adding exercise into his weekly routine. The best part is he has tremendous level of support from his wife and they have made this a team effort. Way to go Team Savino!

WELLNESS MINI - LECTURES

Happy New Year! Now is a great time to start or increase pre-tax contributions to a 457(b). These accounts can help bridge the gap between what you have and what you need in retirement. [Watch](#) to earn 3 Non-Activity Points and [contact one of our approved vendors \(Ohio Deferred Compensation or ICMA\)](#) to get started!



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.

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.



BLOOD PRESSURE SCREENING

Interested The next FREE blood pressure screening will be **Thursday, January 17th from 11:30AM to 1PM** in the Lobby at the Kettering Fitness & Wellness Center.

Screenings are worth 5 Non-Activity Points!

HEALTHY ARTERY SCREENINGS

As you are aware, Kettering Health Network (KHN) conducts our biometric screenings.

KHN reviews the biometric data to identify individuals who believe they may benefit from additional health screenings such as a Healthy Artery Screening. This week, KHN mailed letters with details on location, dates, times, and registration information to individuals they feel would benefit most from a Healthy Artery Screening.

The Employee Wellness Program encourages you, *although we don't know who you are*, to participate in the recommended screening. The Wellness Program will be paying for these screenings (\$120 value) and will make sure the KHN has Non-Activity Points Slips to authorize the 15 Non-Activity Points you'll earn for participating!

If you were not able to participate in the annual biometrics screening or if you did not receive the letter, but are interested in this screening, please contact Jennifer Aufderheide, KHN Corporate Wellness Coordinator, at (937) 558-3917.

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](mailto:John.Moore@ketteringoh.org) (937.296.3385).

Thursday, 1/10 - 5PM (CPR & First Aid)

Monday, 2/11 - 1PM (CPR Only)

Friday, 3/15 - 1PM (CPR & First Aid)

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 Point Slip is required for each item. Approval signatures on notices, notices, notifications, instructions, or Wellness Registration. You may not claim any points from sub-components of a screening. Forms must be submitted to the PECA Administration Office (North Building) by the quarterly deadlines outlined below. Make copies for your records should any discrepancy arise.

NAME: _____ DEPARTMENT: _____

10 POINTS	15 POINTS
<input type="checkbox"/> Blood Cholesterol Panel (fasting) - One per quarter	<input type="checkbox"/> Annual Cholesterol Exam
<input type="checkbox"/> Osteoporosis	<input type="checkbox"/> Annual Physical Exam
<input type="checkbox"/> Rising Metabolic Rate Screening	<input type="checkbox"/> Cholesterol - One per quarter
<input type="checkbox"/> Skin Cancer Screening	<input type="checkbox"/> Colonoscopy
<input type="checkbox"/> Stress 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"/> Steroid/Anesthesis Screening
Signature: _____	Other: _____
Date: _____	Signature: _____
Points Slip or Signature Required For Each Above	Points Slip or Signature Required For Each Above

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

Independent Diabetic Glucose Checks (non fasting finger stick) - Limit One Per Quarter (Max 5 Points Per Quarter)

Other: _____ (Subject to Office Committee Approval)

Signature: _____ Date: _____

MINI-LECTURES - MAX 10 LECTURES PER WELLNESS YEAR (30 PTS)

Date	Title	Date	Title

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

Signature: _____ Date: _____

ENTER TOTAL POINTS SUBMITTED

Note: Only Maximum Non-Activity Points: 20

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 be considered for employment without regard to race, color, religion, sex, age, or national origin.

MARK YOUR CALENDAR

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

January 17:
Blood Pressure Screening
(11:30AM, KFWC)

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

February 8:
Deposit of WY17/18
EarnBack and Cash Incentive

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

February 11:
CPR Training
(1PM, KFD Headquarters)



[WINTER SPAGHETTI SQUASH](#)

Skip the traditional noodles for something a little healthier. make this Winter Spaghetti Squash recipe with just six ingredients.

[Give it a try!](#)

This month's edition features:

- 10 Ways to Keep Your Ticker Healthy
- Portion Control: Are You Going to Eat All That?
- Fit for Life: Top 5 Way to Get in Shape in 2019
- Health Challenge: Develop a Healthy Habit
- Ask the Wellness Doctor: What can I do to motivate myself to exercise?

[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 to Ohio employers who demonstrate a commitment to employee wellness through comprehensive worksite health

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](#)

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 937-296-2412.

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

STAY CONNECTED

