



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.

**DEADLINE**

### SUBMIT YOUR POINTS!

The deadline to submit Wellness Points earned February - April 2019 is this Friday, May 10th!

## FINANCIAL WELLNESS WORKSHOP

**You asked.  
We listened.  
YOU need to register.**

The Employee Wellness Program has partnered with Wright-Patt Credit Union to bring a [Finances in Focus Program](#) onsite! This FREE 5-Week Program is available to Full-Time Employees, Part-Time Firefighters, and spouses!

A Certified Financial Counselor will help you:

- Identify your personal financial flexibility and freedom score
- Set and prioritize personalized financial goals
- Learn how to budget, spend, and save wisely
- Understand the ins and outs of credit and debt management
- Evaluate insurance options and long-term needs

The classes will meet for one hour on Wednesdays (5/22, 5/29, 6/5, 6/12, and 6/19). Choose between the lunchtime class (12-1PM, North Building Virginia Room) or evening class (5:30-6:30PM, Fire Headquarters Community Room)!

[Registration](#) is FREE and you do not have to be a member of WPCU to participate. [Click here to register.](#) Employees who attend all five classes will receive **15 Non-Activity Points**.

Questions? Contact [Lindsey Patrick](#) or call 937.296.2446.

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## FREE LIPID SCREENINGS

**FREE Lipid Screenings**  
• Cholesterol • Triglycerides • Glucose • Body Fat •

Wednesday, June 12th  
7AM—10AM  
Virginia Room—Government Center

Appointments are required!  
[Schedule Online](#) or  
Call KHN Community Wellness (937) 558-3988

Earn 15 Non-Activity Points!

Remember, a 12-hour fast is recommended!  
These screenings are simple finger stick blood tests.  
Screenings last only a few minutes...  
the results and actions you take can last a lifetime.

**KNOW YOUR NUMBERS**

CITY OF KETTERING  
EMPLOYEE

The Employee Wellness Program will be offering [FREE blood lipid screenings](#) on **Wednesday, June 12 from 7AM - 10AM** in the Virginia Room (Government Center - North Building). A 12-hour fast is recommended for this screening.

This screening is worth 15 Non-Activity Points.

Appointments are required and can be made [online](#) or by calling KHN Community Wellness at (937) 558-3988.

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## SKIN CANCER SCREENINGS

### LAST CALL FOR 2019 SKIN CANCER SCREENINGS! THERE IS ONLY ONE SLOT REMAINING.

The Employee Wellness Program along with Kettering Health Network will be hosting one last date for full body Skin Cancer Screenings on **Thursday, May 30th from 8AM to 4:30PM**, at the Kettering Sports Medicine Facility (4403 Far Hills Ave). These screenings are worth **10 Non-Activity Points** and are **FREE** to full-time employees and part-time Firefighters.

[Appointments](#) (15 minutes) are required and your promptness is crucial in this being a successful event for all eligible employees.

Anyone can get skin cancer, regardless of skin color. It is estimated that one in five Americans will be diagnosed in their lifetime. When caught early, skin cancer is highly treatable. For more information, visit <https://www.aad.org/public/spot-skin-cancer>.

To [schedule an appointment](#) with a KHN healthcare specialist for a full body screening that will help identify potential signs of skin conditions, [click here](#). You may also call (937) 558-3988 to schedule an appointment.



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## BLOOD PRESSURE SCREENING

The next **FREE** blood pressure screening will be **Tuesday, May 21st from 11:30AM to 1PM** in the **South Building Lobby**.

Screenings are worth 5 Non-Activity Points!

Congratulations to Mike Giles (VMC) for being nominated and selected as May's Wellness Employee of the Month! [Read the nomination here.](#)

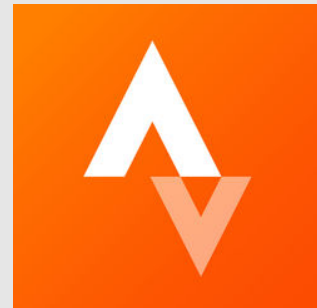
Know someone who deserves a nomination and \$50 reward? Please submit your nomination to [Lindsey Patrick!](#)



## SPECIAL SHOUT OUT!!

There is no doubt, Wellness Committee Member, Dustin Sprague (VMC) deserves some recognition. On April 15, Dustin participated in the Boston Marathon and did an outstanding job. First of all, he finished the entire marathon in 2:36:06... that's running at a 5:58 pace for 26.2 miles! He ranked 19th in his age division and drum roll... 237th overall! There were 30,000 people who ran the marathon! That's amazing, Dustin! Congratulations!!

Obviously Dustin is passionate about running. He's also passionate about motivating and encouraging others in their walking & running goals. Employees looking for motivation in the form of an online community are welcome to join the private [Strava](#) group Dustin created called "City of Kettering Employee Wellness Group". The purpose is to have some friendly competition, build connections, share progress & tips, and encourage & motivate each other. This group is for City of Kettering employees with a variety of skill levels.



To join this group, download the app "[Strava](#)" (and/or create an account online) and search for "City of Kettering Employee Wellness Group". If you have any questions, contact [Dustin Sprague](#)... he's an expert and manages the group.

## WATCH A MINI - LECTURE AND GET READY FOR NATIONAL BIKE TO WORK DAY!!

Are you ready to get back to biking, but wondering what you should know? Build your biking confidence with tips from a Miami Valley biking expert. Learn about rules of the road, proper helmet fit and how to work biking into your busy day. This "Mini-lecture" is worth 3 Non-Activity Points.

After watching this, you'll be ready to participate in [National Bike to Work Day](#) on Friday, May 17. You won't be alone! [Brad Walwer](#) (Engineering) is coordinating a City of Kettering employee ride to the celebratory Pancake Breakfast at RiverScape. Contact [Brad](#) (937.296.2436) for more details! Also ask him about the [National Bike Challenge!](#)



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. To access all Mini-Lectures, go to [www.ketteringoh.org/watch](http://www.ketteringoh.org/watch).

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## 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, 5/13 - 4PM (CPR & First Aid)  
Wednesday, 6/19 - 1PM (CPR Only)

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## MARK YOUR CALENDAR

**May 8:**  
Lecture Viewing Deadline  
(["Stress Detox"](#))

**May 10:**  
Deadline to Submit Points  
(February - April)

**May 12:**  
Wellness Challenge Ends  
(Meditation Challenge)

**May 13:**  
CPR & First Aid Training  
(4PM, KFD Headquarters)

**May 17:**  
[National Bike to Work Day](#)  
(7-9AM, RiverScape)

**May 21:**  
Blood Pressure Screening  
(11:30AM, South Building Lobby)

**May 22:**  
[Finances in Focus](#)  
(12PM or 5:30PM)

**May 30:**  
Skin Cancer Screenings  
(8AM-5PM, Kettering Sports  
Med)

**June 12:**  
[Lipid Screenings](#)  
(7AM-10AM, Virginia Room)

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## KETTERING HEALTH NETWORK'S WELLNOTES



This month's edition features:

- Follow the "Walk It Off, Keep It Off" Plan
- The Glass-Half-Full Secret to Prevent Heart Disease

## AVOCADO, MANGO, & BEAN SALAD

Hungry for breakfast? Skip the donuts and sweet cereal. IT takes just a few minutes to cook this tasty and health meal!

[Give it a try!](#)

- Want to Live Longer? Clean Up Your Diet
- Health Challenge: Know Your Medical History
- Ask the Wellness Doctor: Why should i see a doctor once a year?

[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](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](#)



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

