



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.

### SAVE THE DATE!

We are in the last quarter of the 2018/2019 Wellness Year! That means the new year is quickly approaching; as are Annual Biometric Screenings and Health Risk Assessments! Remember, you need to do both these tasks to earn your free fitness pass!

**Registration has not opened yet. But...**

You can mark your calendar for screenings on November 12, 13, 14, and 15! More details, including registration will follow in upcoming Be Well editions!



### BLOOD PRESSURE SCREENING

The next FREE blood pressure screening will be held at the Kettering Fitness & Wellness Center (KFWC) Lobby on **Thursday, August 22nd**.

Screenings are worth 5 Non-Activity Points!

### WELLNESS EMPLOYEE OF THE MONTH

Congratulations to Brad Walwer (Engineering) for being nominated and selected as August'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!](#)



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## FEATURED MINI-LECTURE

Even if you don't wear glasses, you shouldn't put off having an eye exam. Here, see the story of a man who could have lost more than his eyesight if he hadn't visited an eye doctor. Take a peek at this month's mini-lecture feature, "[Importance of an Eye Exam](#)".



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 form. Also ask your [Wellness Representative](#) to submit your name for the drawing!

To access all Mini-Lectures (3 Non-Activity Points), go to [www.ketteringoh.org/watch](http://www.ketteringoh.org/watch).

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## MARK YOUR CALENDAR

**August 22:**  
Blood Pressure Screening  
(11:30AM, KFWC Lobby)

**September 8:**  
Wellness Challenge Ends  
(Water Challenge)

**October 31:**  
18/19 Wellness Year Ends  
(February 2020 Incentive)

**November 12-15:**  
Annual Screenings & HRA  
(Trent Arena)

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## KETTERING HEALTH NETWORK'S WELLNOTES

This month's edition features:

- Fit for a King: Eat This Tasty Herb



### [SPICY BLACK BEAN CILANTRO DIP](#)

Here's a tasty way to enjoy fresh veggies like carrots, celery, bell peppers, and broccoli. Or maybe even low-calorie crackers or chips. It only takes about 10 minutes to prepare. Make your own Spicy Black Bean Cilantro Dip.

[Give it a try!](#)

- Craving Sugar? This Night-Time Habit May Be the Reason
- The Short Plan to Keep Your Brain Healthy
- Health Challenge: Change Your Fitness Routine
- Ask the Wellness Doctor: Why should I get the flu vaccine?

[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

