



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.

IMPORTANT WELLNESS PROGRAM UPDATE

There are exciting enhancements to the City of Kettering's Employee Wellness Program for the 2019/2020 Wellness Year (November 1, 2019 - October 31, 2020; February 2021 Deposit).



In anticipation of transitioning to a web-based wellness platform, beginning with the 2019/2020 Wellness Year, participants will **start tracking**

Activity MINUTES versus converting minutes to points. In the interim, participants will need to submit Activity Minutes earned beginning November 1st via [paper forms](#). We are working hard to keep this window of submitting [paper forms](#) limited. Thank you in advance for your patience.

Effective November 1, in order to meet the incentive requirements of the Wellness Program, participants must earn 5,000 Activity Minutes and 80 Non-Activity Points.

[Please read this flyer for important information & details on this change.](#)

Any questions or concerns may be directed to [Lindsey Patrick](#).

ANNUAL HEALTH SCREENINGS & HEALTH RISK ASSESSMENTS



The new wellness year is quickly approaching, which means it's time for [FREE Annual Health Screenings and online Health Risk Assessments](#)... and **FREE** fitness passes!

All Full-Time Employees and Part-Time Firefighters are eligible to participate.

Screenings will be held at **Trent Arena** from **6:30AM to 10:00AM** on:

Tuesday, November 12th
Wednesday, November 13th
Thursday, November 14th
Friday, November 15th

Appointments are required and fill quickly, so don't delay!
[Schedule online](#) or call (937) 558-3988.

New this year! After completing the Health Screening, you will receive an email with details on accessing the Health Risk Assessment. You cannot take the HRA in advance.

[This flyer](#) includes important details... so, [check it out!](#)

SCHEDULE ONLINE

VETERAN'S DAY FITNESS TEST

On Veteran's Day, **Monday, November 11th**, the Kettering Police Department will be facilitating a US Army Fitness Test at the Fairmont Track. The test consists of a 2 mile run, 2 minutes of push-ups (yes, Army push-ups), and 2 minutes of sit-ups.

All City Personnel are invited to join! While not required, it would be helpful if you [register for the event!](#)

Assessments will be held at **12:00PM and 5:15PM**. This is a great chance to get a baseline on your fitness abilities! **Anyone who participates will also earn 11 Non-Activity Points!** [Register!](#) Questions may be directed to Sgt. Jeff Perkins or Officer Shiloh Colón at (937) 296-2555.



BLOOD PRESSURE SCREENING

The next FREE blood pressure screening will be held at the Kettering Fitness & Wellness Center (KFWC) Lobby on **Thursday, October 17th from 11:30AM - 1PM**. Screenings are worth 5 Non-Activity Points!

FEATURED WELLNESS LECTURE

Sticking with a few healthy super foods during the holiday season -- including whole grains, nuts, berries, beans, sweet potatoes and citrus fruit -- can help keep your diet on track. [Listen to Dr. Gendler](#) explain how you can keep on track with the right holiday foods.



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. Mini-Lectures are worth 3 Non-Activity Points! To access more Mini-Lectures, go to www.ketteringoh.org/watch.

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, 10/18 - 1PM (CPR Only)
Wednesday, 11/13 - 1PM (CPR Only)
Monday, 12/16 - 9AM (CPR & First Aid)

MARK YOUR CALENDAR

October 17:
Blood Pressure Screening
(11:30AM-1PM, KFWC Lobby)

October 18:
CPR Only Training
(9AM, Fire Headquarters)

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

November 1:
New Wellness Year Begins
([New Incentive Requirements](#))

November 10:
Deadline to Submit Points
(August - October)

November 11:
[KPD Fitness Assessments](#)
(12PM & 5:15PM, Fairmont)

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

November 13:
CPR Only Training
(1PM, Fire Headquarters)

November 18:
Wellness Challenge Begins
(Project Zero)

KETTERING HEALTH NETWORK'S WELLNOTES

This month's edition features:

- The Scary Truth About the Halloween-Candy Haul
- Want to Live Longer? Limit Screen



[MELTING TART-APPLE TREAT](#)

Want a sweet treat that's better for you than Halloween candy? Try this tasty baked-apple recipe.

[Give this recipe a try!](#)

Time on All Devices

- Walk This Way to Lower Stroke Risk
- Health Challenge: Move More the NEAT Way
- Ask the Wellness Doctor: How can I tell if I'm depressed?

[READ WELLNOTES](#)



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.

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



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 | www.ketteringoh.org/wellness-program

STAY CONNECTED

