



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 the 2018/2019 Wellness Incentive. The deposit will be made on Friday, February 7, 2020. If you did not receive an email and feel you qualified, please contact [Lindsey Patrick](#).

BLOOD PRESSURE SCREENING

The next FREE blood pressure screening will be held in the Lobby of the South Building on **Thursday, December 19th** from **11:30AM - 1PM**.

Screenings are worth 5 Non-Activity Points and your participation will be loaded automatically into Wellvibe!



WELLNESS EMPLOYEE OF THE MONTH



Congratulations to Officer Shiloh Colón (Police) for being nominated and selected as December's Wellness Employee of the Month! [Read the nomination here.](#)

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

ANNUAL FITNESS PASSES

If you participated in the Annual Health Screenings **and** completed the Wellvibe Health Risk Assessment, then you earned 15 Non-Activity Points and a free fitness pass! Emails have been sent to those who qualified. If you did not receive an email and feel you qualified, please contact [Lindsey Patrick](#).

If you are a current pass holder...

Your pass has been renewed and will expire Nov. 30, 2020. Your current key fob or membership card will work just fine.

If you are earning your pass for the first time...

Stop by the Kettering Fitness & Wellness Center or the Kettering Recreation Complex to have a card and key fob made. Bring your driver's license for verification.

Pass Options...

Everyone is by default issued a Standard Fitness Pass which allows use of fitness equipment and indoor/outdoor tracks. If you would rather receive a Drop-In Group Exercise Pass or a Pool Pass, contact [Lindsey Curry](#) or [Alicia Colson](#).

Want to upgrade your pass?

For a small fee of \$57.32, upgrade to an Employee Combination Pass which will give you access to all of the drop-in group exercise classes, in addition to use of the Pool, Water Park, open KRC Gym and Ice Arena times.

Did you know?

As an employee pass holder, you receive 20% off all resident rates for family member passes, programs and activities. Check out the [Winter Activity Guide](#).

If you have any questions concerning the Employee Wellness Program, please see your [department representative](#), Lindsey Curry, Lindsey Patrick or Alicia Colson.

NEW WELLNESS PORTAL: WELLVIBE

The new wellness portal, [Wellvibe](#), is your hub for submitting and tracking Activity Minutes and Non-Activity Points. Starting now, use Wellvibe to track Activity Minutes and to take the Health Risk Assessment!

Wellvibe is fully accessible from a computer, tablet, and/or mobile device! To access from a computer, go to www.wellvibelogin.com. To access from a tablet or mobile device, download the "Wellvibe" app!

Setting up a Wellvibe account is a breeze. Go to www.wellvibelogin.com or open the Wellvibe App and [follow these instructions](#). Be sure to enter the Group Key, "PWWQ67". You can also find [instructions on how to sync](#) a FitBit or Apple Watch so your Activity Minutes load automatically!

While we work out some final kinks, the Non-Activity Point feature is hidden. So, for now, hold off on submitting Non-Activity Points. This feature will be made available soon and you will be provided additional details and instructions at that time. We will



also be offering Wellvibe training within departments -- stay tuned.

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

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

ACCESS WELLVIBE

SET-UP & SYNC INSTRUCTIONS

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 Dr). Class size is limited. Register with [John Moore](#) (937.296.3385).

Thursday, December 12 - 9AM (CPR/First Aid)
Monday, January 13 - 9AM (CPR/First Aid)
Wednesday, February 19 - 1PM (CPR Only)
Friday, March 13 - 9AM (CPR/First Aid)

KETTERING HEALTH NETWORK'S WELLNOTES



[AVOCADO SALSA](#)

How about adding a little green to your plate this holiday season? Try this healthy, easy-to-make [recipe for avocado salsa](#).

This month's edition features:

- Deck the Halls with Avocados
- It's a Wonderful Workout: 5 Smart Ways to Be More Active
- The 'Star Wars' Strategy to Prevent Chronic Disease
- Health Challenge: Fall-Proof Your House
- Ask the Wellness Doctor: Why do my joints hurt when it's cold outside?

READ WELLNOTES

MARK YOUR CALENDAR

December 12:
CPR & First Aid Training
(9AM, Fire Headquarters)

December 19:
Blood Pressure Screenings
(11:30AM, South Building Lobby)

January 13:
CPR & First Aid Training
(9AM, Fire Headquarters)

January 16:
Blood Pressure Screenings
(11:30AM, KFWC Lobby)

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

February 19:
CPR Only Training
(1PM, Fire Headquarters)



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 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

