



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 LECTURE WINNER

Were you picked as the \$50 Winner of the "Gratitude" Wellness Lecture? Click on [the fifty](#) to find out!

## WELLNESS EMPLOYEE OF THE MONTH

Congratulations to Mike Martin (Police) for being nominated and selected as November'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!](#)



## NEW WELLNESS PORTAL: WELLVIBE

Ready to hear more about an exciting enhancement to the Employee Wellness Program for the 2019/2020 Wellness Year (November 1, 2019 - October 31, 2020; February 2021 Deposit)?

We are excited to announce the launch of our new wellness portal, [Wellvibe!](#) Wellvibe is the new hub for submitting and tracking Activity Minutes and Non-Activity Points. Participants will also use Wellvibe to complete a new and improved Health Risk Assessment (which is needed for your free fitness pass, see the section below)!



Wellvibe is fully accessible from a computer, tablet, and/or mobile device! To access from a computer, go to [www.wellvibelogin.com](http://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](http://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!

**Starting NOW, use Wellvibe to track Activity Minutes and to take the Health Risk Assessment (*after* completing the health screening; see the section below).**

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](#)

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## ANNUAL HEALTH SCREENINGS & HEALTH RISK ASSESSMENTS



The new wellness year is here, 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.

There are two screening dates remaining -- tomorrow, Thursday, 11/14 and Friday, 11/15! Screenings will be held at **Trent Arena** from **6:30AM to 10:00AM**.

**Appointments are required... and there's a few remaining!**  
[Schedule online](#) or call (937) 558-3988.

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

### **IMPORTANT INFORMATION FOR HEALTH RISK ASSESSMENTS!!**

You should complete your Health Screening **prior** to taking the Wellvibe Health Risk Assessment! Keep your screening results handy for when you take the assessment.

To access the assessment, log-in to your [Wellvibe](#) account from a computer ([www.wellvibelogin.com](http://www.wellvibelogin.com)) or download the "Wellvibe" app on your tablet or mobile device. If you've not created your account, [follow these instructions](#).

## WELLNESS CHALLENGE: PROJECT ZERO

Back by popular demand, "[Project Zero](#)" is the Wellness Challenge geared towards helping you survive the pressures of the holiday season and maintain your weight!



This 7-week challenge will begin Monday, November 18th and end Sunday, January 5th.

Registration is simple... weigh-in! Weigh-ins are available during the Annual Health Screenings and in Human Resources on Friday, 11/15 between 11AM and 4PM.

Full details about the program including how you can be one of three cash prize winners (\$125, \$100, or \$75) are available [here](#).

## MARK YOUR CALENDAR

**November 14:**  
Annual Health Screenings  
(Trent Arena)

**November 15:**  
Annual Health Screenings  
(Trent Arena)

**November 15:**  
Annual Enrollment Deadline  
(For 2020 Benefits!!)

**November 18:**  
Wellness Challenge Begins  
(Project Zero)

**November 30:**  
Deadline to Complete HRA  
[\(Use Wellvibe HRA\)](#)

**December 12:**  
CPR & First Aid Training  
(9AM, 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](mailto:lindsey.patrick@ketteringoh.org).



did you know?



All Wellness Lectures are posted online!

LIVE LECTURES

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.

#### 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

