



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.

JANUARY 15, 2020

SUBMIT YOUR POINTS!



The deadline to submit Activity Minutes and Non-Activity Points earned November 2019 - January 2020 is coming soon. The deadline is February 10th, but there's really no reason to wait! Start submitting in [Wellvibe!](#)

BLOOD PRESSURE SCREENING

The next FREE blood pressure screenings will be held tomorrow, **Thursday, January 16th, from 11:30AM - 1PM** at the Kettering Fitness & Wellness Center (KFWC) Lobby.

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



WELLNESS EMPLOYEE OF THE MONTH



Congratulations to Firefighter/Paramedic Cody Gleason for being nominated and selected as January'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!](#)

WELLVIBE: IMPORTANT SYNC TIP

[Wellvibe](#) is now fully functional! You can start using [Wellvibe](#) to track and submit Activity Minutes **AND Non-Activity Points!**

IMPORTANT: If you are tracking Activity Minutes by syncing a FitBit or Apple Watch, you must sync the FitBit app or Wellvibe Connector app (for Apple Watch) **DAILY**. Wellvibe can only pull data that is 3 days old, so it's a good idea to get in the routine of syncing the app daily. If you forget, you can still enter your activity manually through the Fitness Center in Wellvibe.



We've compiled a [list of questions and answers about submitting Non-Activity Points](#). If you have a question that is not answered, please contact [Lindsey Patrick](#) or your [Department Wellness Representative](#).

ACCESS WELLVIBE

SET-UP & SYNC INSTRUCTIONS

FREQUENTLY ASKED QUESTIONS

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).

Wednesday, February 19 - 1PM (CPR Only)

Friday, March 13 - 9AM (CPR/First Aid)

KETTERING HEALTH NETWORK'S WELLNOTES



This month's edition features:

- Walk Away from Heart Disease in 30 Minutes
- Follow the Grocery Store Game Plan to Improve Your Diet
- Is It Time for a Waist-Size Wake-Up Call?
- Health Challenge: Drink More Water
- Ask the Wellness Doctor: What

QUINOA TURKEY PALIF

If you're looking for a new dish to serve when your friends visit for dinner or you want to try something new when meal prepping your lunches, try this delicious and healthy quinoa turkey pilaf.

should I do when I get a food craving?

[READ WELLNOTES](#)

MARK YOUR CALENDAR

January 15:
Blood Pressure Screenings
(3:30PM, Municipal Court)

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

February 7:
Incentive Deposit
(2018/2019 Wellness Year)

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

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

March 13:
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.



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

