



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.

FEBRUARY 12, 2020

WELLNESS CHALLENGE: GROUP EXERCISE PASSPORT



It's time for YOU to participate in the new Wellness Challenge... Group Exercise Passport! One of the goals of a "challenge" is to get out of your comfort zone! This Wellness Challenge just might do the trick!

To complete this challenge, you must attend four (4) DIFFERENT group exercise classes during the month of March. That's it -- step out of your comfort zone and try four (4) different group exercise classes!

After you register, you will be provided a Passport that will grant you **FREE** entrance to four (4) [Group Exercise Classes](#) at the Kettering Fitness & Wellness Center and/or Kettering Recreation Complex. [Click here to see the schedule and classes -- there's a variety of options!!](#)

You know what!? We'll even give you another passport so you can buddy-up with a family member (ages 11+) or friend and they'll get **FREE** entrance to four (4) Group Exercise classes!

For those who complete the challenge, three winners (employees only) will be drawn for a Combo Pass upgrade or \$50.00 -- winner picks!

To register, email [Alicia Colson](#) and she will provide you with a passport!

INCENTIVE DEPOSIT

As a reminder, those of you who satisfied the 2018/2019 Wellness Incentive Criteria received the incentive deposit last Friday, February 7. If you did not receive the deposit and feel you qualified, please contact [Lindsey Patrick](#).



SAVE THE DATE - HEALTHY ARTERY SCREENINGS



As you are aware, Kettering Health Network (KHN) conducts our biometric screenings. Each year, KHN reviews the biometric data to identify individuals who they believe may benefit from additional health screenings such as a [Healthy Artery Screening](#).

At the beginning of March, KHN will be mailing letters with information on times and registration details to individuals they feel would benefit most from a [Healthy Artery Screening](#). These screenings will be held at the Kettering Sports Medicine Facility (4403 Far Hills Ave) on April 1 and April 2.

The Employee Wellness Program will be paying for these screenings (\$119 value) and KHN will ensure Wellvibe gives participants 15 Non-Activity Points for participating!

Again, letters will be mailed to eligible individuals at the beginning of March. After these individuals are given a chance to register, any remaining appointments will be offered on a first-come, first-serve basis. Stay tuned!

BLOOD PRESSURE SCREENING

The next FREE blood pressure screenings will be held **Thursday, February 20th, from 11:30AM - 1PM** in the Virginia Room, North Building.

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



DID YOU KNOW... The Fire Department encourages anyone who wishes to have a blood pressure check to stop by one of the stations! They will gladly take your blood pressure and are able to sign-off on your Wellvibe barcode form.



MORE BLOOD PRESSURE NEWS...

The Employee Wellness Program purchased four Wrist Blood Pressure Monitors that will be housed in [four locations throughout the City!](#) Employees may earn their monthly 5 Non-Activity Points for a Blood Pressure Screening by using the wrist monitor.

To receive the 5 Non-Activity Points, a witness or [Department Wellness Representative](#) may sign the employee's Wellvibe Barcode Form. It is the employee's responsibility to upload the Barcode Form to Wellvibe for points!

WELLNESS EMPLOYEE OF THE MONTH



Congratulations to Public Safety Dispatcher, Arlinda Coleman, for being nominated and selected as February'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 should be 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.

The image shows the Wellvibe login interface. At the top is the Wellvibe logo. Below it is the text 'sign into wellvibe'. There are two input fields: 'email address' and 'password'. Below the password field is a checkbox labeled 'Remember me'. A green 'sign in' button is centered below the fields. At the bottom of the form area are two links: 'forgot password' and 'forgot email'.

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:



FRESH SALSA

Want to spice up your menu a little and improve your health? Research shows eating spicy foods can be good for your health. [Give this fresh salsa recipe a try.](#) All it takes is seven simple ingredients and a few minutes of prep time. Try it with whole-grain crackers or chips, fresh-cut vegetables, or brown rice.

- The Spicy Super-Bowl Secret to Help You Live Longer
- Practice Yoga to Keep Your Brain Healthy
- Got a Caffeine Craving? Here's What You Need to Know
- Health Challenge: Reboot Your Resolutions
- Ask the Wellness Doctor: How much do I need to exercise?

[READ WELLNOTES](#)

MARK YOUR CALENDAR

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

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

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

February 20:
Blood Pressure Screenings
(11:30AM, Virginia Room)

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

April 1 & 2:
Healthy Artery Screening
(Kettering Sports Med Facility)



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.

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 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 | www.ketteringoh.org/wellness-program

STAY CONNECTED

