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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.

MARCH 11, 2020

HEALTHY ARTERY SCREENINGS



Each year, Kettering Health Network (KHN) reviews the biometric data collected during the Annual Health Screenings to identify individuals who they believe may benefit from a [Healthy Artery Screening](#).

Last week, KHN mailed 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 on **April 1 and April 2** at the **Kettering Sports Medicine Facility (4403 Far Hills Ave)**.

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!

If you did not get a letter, but are interested in the screening, please contact [Jennifer Aufderheide](#), KHN Corporate Outreach Coordinator, at (937) 558-3917 to be placed on a waiting list.

BATTLE OF THE BUSINESSES

Looking for a fun way to earn Activity Points, build relationships, meet new people, and support a good cause? Then sign-up to join the City of Kettering's [Battle of the Businesses](#) Team to support the [Special Olympics of Greater Dayton](#)!

This fund-raising event takes place the

week of May 30th thru June 6th. [Click here to see a list of the 2020 events and schedule...](#) there are some new events this year that just might be right up your alley!

A lot of what makes this fun are the people who participate. The only things you have to be good at are your attitude and heart.

If you are interested in participating in one (or more) of these events or would like more information, please email [Val Oswalt!](mailto:Val.Oswalt)



HAND WASHING



Although March 19 is the official first day of spring, that doesn't mean we've made it through cold and flu season quite yet!

The Employee Wellness Committee encourages you to do your part in preventing the spread of colds, the flu, and -- let's just cover all bases -- the Coronavirus, too!

Handwashing is one of the best ways to protect yourself, your family and your co-workers from getting sick. [Learn when and how you should wash your hands to stay healthy and prevent the spread of germs.](#)

BLOOD PRESSURE SCREENING

The next FREE blood pressure screenings will be held **Tuesday, March 24th, from 11:30AM - 1PM** in the Lobby of the Kettering Fitness & Wellness Center.

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 EDUCATION LECTURE WINNER

Did you know that when you watch a Wellness Education Lecture, not only do you get 10 Non-Activity Points, you also get entered in a \$50 Drawing! [Click on the fifty to see who won!](#)



In Wellness Education Lecture Quarter 1, "Worksite Nutrition", we learned that healthy habits throughout the workday can help reduce the risk of disease, decrease anxiety & stress, and elevate mood, concentration & self-esteem! Head over to [Wellvibe](#) to watch Quarter 2 Lecture "Calorie Expenditure"!

WELLNESS EMPLOYEE OF THE MONTH



Congratulations to Parks Maintenance Clerk, Rebecca Ingle, for being nominated and selected as March's Wellness Employee of the Month!

[Read the nomination here.](#)

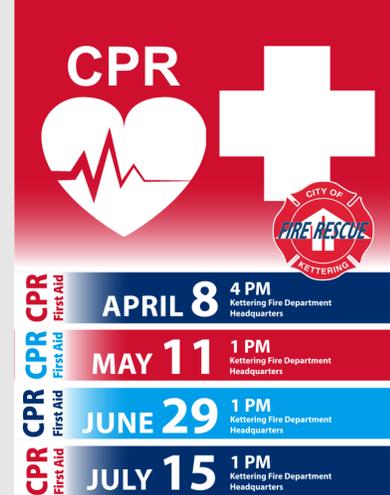
Do you know someone who deserves a nomination and \$50 reward? Please submit your nomination to [Lindsey Patrick!](#)

CPR/FIRST AID TRAINING

Employees who participate in the Fire Department's CPR and First Aid Training will earn **15 Non-Activity Points**. Courses will be held at Fire Headquarters (4745 Hempstead Station Dr).

- Friday, March 13 - 9AM (CPR/First Aid)
- Wednesday, April 8 - 4PM (CPR/First Aid)
- Monday, May 11 - 1PM (CPR/First Aid)
- Monday, June 29 - 1PM (CPR/First Aid)
- Wednesday, July 15 - 1PM (CPR/First Aid)

To register, contact [John Moore](#) (937.296.3385).



The graphic features a red background with a white heart and ECG line on the left, and a white cross on the right. Below these is a fire department logo for Kettering. The schedule is listed in four colored boxes: April 8 (4 PM, Kettering Fire Department Headquarters), May 11 (1 PM, Kettering Fire Department Headquarters), June 29 (1 PM, Kettering Fire Department Headquarters), and July 15 (1 PM, Kettering Fire Department Headquarters). The text 'CPR First Aid' is repeated vertically on the left side of each box.

KETTERING HEALTH NETWORK'S WELLNOTES



[WHOLE-GRAIN GARLIC BREAD STICKS](#)

Are you getting enough whole grains in your diet? You need 3 to 5 servings a day. But most adults eat less than one serving a day. Whole grains are good for your heart and your health. Try this tasty recipe for whole-grain garlic bread sticks.

[Give this recipe a try.](#)

This month's edition features:

- Follow the No-Dieting Plan to Manage Your Weight
- Back on Track: 6 Ways to Reduce Lower Back Pain
- The Goldilocks Strategy to Prevent Type 2 Diabetes
- Health Challenge: Eat Leafy Greens
- Ask the Wellness Doctor: What should I eat to keep my heart healthy?

[READ WELLNOTES](#)

MARK YOUR CALENDAR

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

March 24:
Blood Pressure Screenings
(11:30AM, KFWC Lobby)

March 26:
[Employee Luncheon](#)
(11:30AM, Fire Headquarters)

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

April 8:
CPR & First Aid Training
(4PM, Fire Headquarters)

April 10:
Submission Deadline
(Feb.-Apr. Minutes & Points)



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



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](#)

 **KETTERING**
is home

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



