



## BE **WELL** BULLETIN

EMPLOYEE WELLNESS PROGRAM

[ACCESS WELLVIBE](#)

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[EMPLOYEE WELLNESS PAGE](#)

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.

APRIL 15, 2020

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### NEW NON-ACTIVITY POINTS OPTION

Beginning today, April 15th, you will have an opportunity to earn 30 Non-Activity Points through a program called LivingEasy. This eight session, interactive online program is designed to help you successfully manage stress. The program works to transform the perception of the events and relationships that cause the most distress, into experiences that cause less impact and even a source of empowerment.

LivingEasy is about creating calm where there was fear, creating fulfilling relationships where there was anger, and creating clarity where there was overwhelm.

To get started with this program, log in to your [Wellvibe](#) account.

Although we can't offer screenings right now, there are still plenty of ways for you to earn Non-Activity Points through Mini-Lectures, Wellness Educational Lectures, Real Appeal, and LivingEasy. View your available options the "Activities" tab in [Wellvibe](#).

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### EAP

The Employee Assistance Program has compiled two additional resources for coping with COVID-19. Self-care isn't selfish!

Follow this EAP Sponsored [30-Day Self-Care Challenge](#) to help you cope with COVID-19.

Also check out their guide for learning a [Sensory Grounding](#) technique to manage overwhelming feelings or intense anxiety.

Coping with COVID				
Self-Care isn't selfish. COVID-19 is!				
Use this 30-day self-care challenge to help you cope with COVID.				
Start a journal. Write down 10 things you are grateful for.	Go to bed 30 minutes earlier than usual.	Take a 15 minute walk outdoors.	Call someone you love.	De-clutter a room or a desk.
Spend the day Social Media free.	Journal Day: Write a list of short-term goals.	Make the most epic, creative salad you can imagine.	Slow down. Sit and watch the sunset or sunrise.	Get rid of 5 things you never use.
Listen to your favorite song when you were 15 years old.	Unsubscribe from unnecessary emails.	Journal Day: Using 10 words, describe yourself.	Send an encouraging text message to 5 coworkers.	Wake up 30 minutes earlier to meditate, pray or self-reflect.
Catch up on a package.	Make time for a wholesome breakfast.	Journal Day: On a scale of 1-10, my mental health is currently at a _____.	Do that thing you've been putting off.	Don't overthink! Practice being present.
Journal Day: Share something you are proud of.	Try this mindfulness technique as an orange slowly segment to segments. Focus on the taste, touch, sight & smell.	Say the mantra, "I am confident in my decisions."	Forgive yourself.	Journal Day: Right now I am being challenged by _____.
Unfollow social media accounts that do not bring you joy.	FaceTime or video chat with family.	Try a 5-minute meditation on the 10 Percent Happier app.	Journal Day: Make a list of everything you'd like to say no to.	During this crisis, talk to someone you can trust (EAP, Crisis Hotline, Family & Friends)

Need to connect? Call EAP at (937) 208-6626 or (800) 628-9343 to confidentially speak with an EAP Counselor.

## BATTLE OF THE BUSINESSES

Thank you for your interest in joining the City of Kettering's [Battle of the Businesses](#) Team to support the [Special Olympics of Greater Dayton](#)! We have received notice that this year's Battle of the Businesses has been cancelled. Stay tuned for information on participating in this fun event next year!



## WELLBEATS

**500+ ways to enjoy a fitness benefit in the privacy of your home**

**FREE ACCESS** until April 30\*

GET STARTED IN 3 EASY STEPS

**STEP 1** Download the Wellbeats app

**STEP 2** Register your account

**INVITATION CODE** 5746455

**STEP 3** Personalize your routine

**FITNESS IS FOUNDATIONAL.**

- Customize routines to meet or reach on the health, nutrition, heart health, Wellbeats to an expert, virtual, and fitness to create an optimal fitness.
- Personalized routines based on your physical and mental health.

**FITNESS FOR THE WHOLE FAMILY**

- 100+ high quality, 1-20 minute videos.
- 30 channels, no equipment options, for every age, interest and ability.
- Recommendation engine used to personalize and serve up content.
- Goal-based challenges and fitness assessments.
- Highly certified, qualified instructors.
- Daily and situation based.
- Track progress and results.

Looking for some new ways to earn Activity Points? There are plenty of safe options, like taking a walk or jog outside, playing soccer in the backyard with the kids, using at-home equipment or exercise DVDs. You can also find many free virtual exercise opportunities!

The Healthy Business Council of Ohio has recommended Wellbeats as a great virtual option. From now until April 30th, you can access a variety of virtual exercise routines for every age (even children), interest, and ability for FREE!

[To get started, follow the instructions on the flyer!](#)

## SECOND QUARTER DEADLINE - MAY 10

Don't forget! The next deadline to submit Non-Activity Points and Activity Minutes earned during the second quarter (February-April) is coming soon! Be sure to submit everything in [Wellvibe](#) by **May 10th!**



If you need help or have questions, contact your [Department Wellness Representative!](#)

## FINANCIAL WELLNESS

Ohio Deferred Compensation representative, Bonnita Rodenstine, will be available for phone appointments to answer questions and enroll you into your **Ohio 457 Retirement Savings Program.**

[Book your appointment](#)

Note: Bonnita will call you at the phone number you provided when you scheduled. **Prior to your appointment**, please log into your account at [Ohio457.org](http://Ohio457.org).

ICMA-RC Retirement Plans Specialist, Anne Wilson is available for phone appointments in order to review your account, discuss your investments, enroll in your deferred comp plan or Roth IRA, increase your contributions, discuss new regulations regarding emergency withdrawals, and to discuss your financial plan and upcoming retirement. Please [click here](#) to schedule.

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## MENTAL HEALTH RESOURCES

This is a stressful time for all of us and our families. It is of utmost importance that we take care of ourselves and the members of our households, both physically and mentally. There are many resources available for you. Here are some at your fingertips:

**[Employee Assistance Program \(EAP\):](#)** Offers free, professional and confidential counseling services 24/7 to employees and members of their household. Call EAP at (937) 208-6626 or (800) 628-9343 to access this benefit.

**[UnitedHealthcare Emotional Support:](#)** UHC has opened a 24/7 Emotional Support Number for covered and non-covered individuals. Access this free service by calling (866) 342-6892. Additional support and resources are available at <https://www.liveandworkwell.com>.

**[UnitedHealthcare Virtual Visits:](#)** UHC Virtual Visits are a quick and convenient way to take care of your mental health needs from the convenience of your home. To access virtual visits, log-in through the “UnitedHealthcare” app on a mobile device. This service is available to covered individuals. You may also want to consult with your regular behavioral healthcare provider to see if they are offering these virtual visits.

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## KETTERING HEALTH NETWORK'S WELLNOTES



### [SLOW COOKER OATS](#)

Plan ahead, and you'll enjoy a tasty and heart-healthy breakfast with this easy-to-

### This month's edition features:

- Stay Connected: Social Bonds Boost Health Health During Pandemic
- Try This Fast Food for Better Health
- The Zzz Factor for Better Health When You're Stuck at Home
- Health Challenge: Choose Heart Healthy Habits

make recipe. Just add the steel-cut oats and other ingredients to a slow-cooker before you go to bed. And in the morning, it's ready to enjoy.

[Give this recipe a try.](#)

- Ask the Wellness Doctor: How do you protect yourself from the coronavirus?

[READ WELLNOTES](#)



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).



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](mailto:lindsey.patrick@ketteringoh.org) | [www.ketteringoh.org/wellness-program](http://www.ketteringoh.org/wellness-program)

STAY CONNECTED

