



[ACCESS WELLVIBE](#)

[WELLVIBE INSTRUCTIONS](#)

[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.

May 13, 2020

WELLNESS CHALLENGE: WATER CONSUMPTION



The [Water Intake Wellness Challenge](#) is back!

If you find you aren't consuming your daily intake of water, this 6-week challenge is a great starting point to focus on consistency and improving habits.

By meeting the weekly goal (64 ounces per day; 5 out of 7 days a week), you will earn chances at winning \$100, \$75, or \$50.

By just submitting the log weekly, you'll earn 10 Non-Activity Points... regardless of if you met the weekly goal or not.

To register, [click here](#)... don't delay, the challenge starts **Monday, June 1st!**

WELLNESS EMPLOYEE OF THE MONTH

Congratulations to Irina Titova-Spang (Engineering) for being nominated and selected as May'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!](#)



HALFWAY THERE!



We are already halfway through the 2019/2020 Wellness Year! Now is a great time to evaluate your progress towards Non-Activity Points and Activity Minutes. Are you on track? Do you need to pick-up the pace? Log in to [Wellvibe](#) to check your progress.

ProTip: Take a lunch time walk while listening to a few Mini-Lectures. Bam. Activity Minutes and Non-Activity Points! You're welcome.

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 the drawing for the second quarter!](#)



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.



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.

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.

KETTERING HEALTH NETWORK'S WELLNOTES



BANANA NUT BREAD

Hungry for a healthier sweet bread recipe? Try this moist banana-nut bread recipe made with low-fat buttermilk.

[Give this recipe a try.](#)

This month's edition features:

- 4 Ways to Prevent Pandemic Pounds
- Sniffles and Sneezes? 6 Tips to Manage Seasonal Allergies
- Avoid or Limit Alcohol to Protect Your Health
- Health Challenge: Walk for Health
- Ask the Wellness Doctor: How can I make grilling healthier?

[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.

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

did you know?



All Wellness Lectures are posted online!

[LIVE LECTURES](#)

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

