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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.

June 10, 2020

## WELLNESS CHALLENGE UPDATE: GROUP EXERCISE PASSPORT



Don't worry! We haven't forgotten about the Group Exercise Passport Wellness Challenge. If you recall, it was rudely interrupted by COVID-19. We wanted to give you a head's up that we will be restarting this challenge in the fall. So, hang tight and keep watching future editions of the Be Well Bulletin for restart details!

## BLOOD PRESSURE SCREENING

Don't forget! The Employee Wellness Program purchased four Wrist Blood Pressure Monitors that are housed in [four locations throughout the City!](#) You can earn 5 Non-Activity Points per month for a Blood Pressure Screening.

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



## NON-ACTIVITY POINTS OPTION: LivingEasy

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; go to the "Activities" tab to scroll through the available activities to find "LivingEasy (Stress Management)".

Although we aren't offering 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](#).

## KETTERING HEALTH NETWORK'S WELLNOTES



### [STRAWBERRY BANANA PARFAIT](#)

Did you know Wimbledon tennis fans love strawberries? They eat about 54,000 pounds during the games. There won't be a 2020 tournament. COVID-19 cancelled that, too. But you can still eat like a tennis fan. Skip the heavy cream and pound cake. And give this Strawberry Banana Parfait recipe a try.

[Give this recipe a try.](#)

### This month's edition features:

- A Sip of Central Perk: How Much Coffee is Safe to Drink?
- Fight Age-Related Memory Loss with Heart-Healthy Habits
- Get Fit: Even a Little Exercise is Better Than Nothing
- Health Challenge: Protect Your Skin
- Ask the Wellness Doctor: What steps can I take to get back on track?

[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).

did you know?



All Wellness Lectures are posted online!



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.

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

STAY CONNECTED

