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[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.

July 15, 2020

THIRD QUARTER DEADLINE - AUGUST 10



Don't forget! The next deadline to submit Non-Activity Points and Activity Minutes earned during the third quarter (May-July) is coming soon! Be sure to submit everything in Wellvibe by **August 10th!**

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

WELLNESS EMPLOYEE OF THE MONTH

Congratulations to Shawn Morgan (Fire Department) for being nominated and selected as July's Wellness Employee of the Month!

[Read the nomination here.](#)

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



WELLNESS INTEREST SURVEY

Please take approximately 15 seconds to participate in this [Wellness Interest Survey](#). Literally. There's two questions.

The Employee Wellness Program is seeking your interest in "mid-year" biometric screenings (the ones we typically offer

TAKE THE SURVEY

in June) and onsite flu vaccinations. Thank you!

WATER INTAKE CHALLENGE

The 2020 Water Intake Challenge wrapped up over the weekend. Over the course of 6 weeks, 55 participants attempted to consume 64 ounces of water per day. In the end, just over 50% successfully completed the goal and realized the benefits of drinking water!

Successful participants were entered in a drawing for a \$100, \$75, and \$50 prize. [Click the glass of water to see who won!](#)

Stay tuned for our next Wellness Challenge!



KETTERING HEALTH NETWORK'S WELLNOTES



[BLACK BEAN BREAKFAST BOWL](#)

Want to improve your diet, curb your hunger, and control your weight? Eat beans for breakfast. It only takes a few minutes to make this Black Bean Breakfast Bowl.

[Give this recipe a try.](#)

This month's edition features:

- The "Terribly Comfortable" Solution to Slow COVID-19
- When's Dinner? The Truth About Eating Late-Night Meals
- Yoga-Pose Practice Helps Control Blood Pressure
- Health Challenge: Be Strong
- Ask the Wellness Doctor: Why should I eat more fruits and veggies?

[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.



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](#)



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

