



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.

August 12, 2020

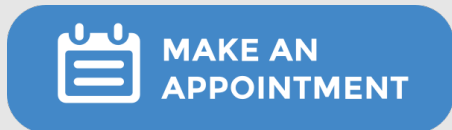
MID YEAR BIOMETRIC SCREENINGS

The Employee Wellness Program has been given approval by the City's COVID-19 Task Force to offer FREE mid-year biometric screenings in conjunction with Kettering Health Network (KHN) Corporate Wellness. The screening process has been re-evaluated to ensure optimal safety for City employees and KHN staff. To read the [screening protocol](#), click [here](#).

Mid-Year Screenings are worth 15 Non-Activity Points and will measure height, weight, BMI, blood pressure, and lipid profile (cholesterol, HDL, LDL, triglycerides, and blood glucose). A 12-hour fast is recommended -- water and medications are okay.

Screenings will be held in the
Brubaker, Van Buren, and Welch Conference Rooms
(Government Center - South Building)
from **7AM - 10AM on August 26 & August 27.**
[Appointments are required](#) -- NO walk-ins will be accepted.

UPDATE: Additional appointment slots have been added. If you previously scheduled an appointment and prefer a different time, please "Change/Cancel Appointment" through the link provided in your original confirmation email.



To [register for a screening](#), please log-in to Wellvibe and locate the "Schedule your mid-year biometric screening" button on the homepage or on the Mid-Year Biometric Screening Activity. You can also register by clicking the ["Make an appointment"](#) button above.

If you have any questions, please contact Lindsey Patrick at (937) 296-2446 or email

WELLNESS CHALLENGE: IMMUNITY BOOST

[Register](#)

Are you ready to gear up to combat germs and viruses with this brand new Wellness Challenge - [Immunity Boost](#)? This six-week challenge will take place September 14 - October 25.

[Register](#) by clicking the button or go to <https://www.surveymonkey.com/r/TZV8Q9J>.

The focus of this challenge is to boost your immunity through the benefits of water, sleep, and fruits & veggies. [Take a look at the flyer for details](#). Each day you can earn up to 3 Immunity Boost Points! Each week a Bonus Point opportunity will be announced.

Three \$125 cash awards will be provided to the three participants with the highest points. If there is a tie, winners will be drawn at random.

If you have questions, please contact [John Moore](#) or speak to your [Department Wellness Representative](#).

WORK IN OUTDOOR WORKOUTS

Enjoy the outdoors and find your new fitness routine with [Real Appeal](#)[®]. Meet with an online coach to create a fitness plan, track your activity, and find new ways to keep your body moving. You'll even receive a Success Kit with healthy tools and ideas – delivered right to your home.

**Real
Appeal**[®]

Take your weight loss goals outdoors with [Real Appeal](#) – available at no additional cost as part of your health benefits plan, subject to eligibility requirements (*Must be covered by medical insurance and have a self-reported BMI of 23 or greater*).

[SIGN UP TODAY](#)

Have your health insurance ID card handy when enrolling.

[Staying Healthy Outdoors](#)

Read a few helpful articles to jump-start your fitness routine:



[7 Tips for Getting Off the Couch](#)

7 common excuses for not working out and motivational tips you can use to get moving.

[Becoming a Morning \(Workout\) Person](#)

Learn 6 simple ways to wake up early and start your day with a morning workout routine.

[How to Sneak More Activity Into Your Day](#)

Incorporate more physical activity into your daily routine with simple outdoor activities.

KETTERING HEALTH NETWORK'S WELLNOTES



[HOME-RUN HUMMUS WRAP](#)

Let's be honest. Baseball isn't the same with COVID-19 on the rise... empty stands... cancelled games. But that doesn't mean you can't enjoy some good food. Try this Home-Run Hummus Wrap recipe.

[Give this recipe a try.](#)

This month's edition features:

- You're Never Too Old to Exercise: 100 Laps for 100 Years
- A Cup a Day: The Blueberry Diet for Heart Health
- 5 Reasons You Need a Regular Bedtime
- Health Challenge: Avoid Red Meat
- Ask the Wellness Doctor: How can I improve my balance?

[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.



did you know?



All Wellness Lectures are posted online!

[LIVE LECTURES](#)

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.

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

