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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.

November 11, 2020

HEALTH RISK ASSESSMENT DEADLINE



As previously communicated, we've had to make a temporary change to the Annual Biometric Screening and Health Risk Assessment process due to COVID!

This year (temporarily) to get your FREE Fitness Pass, **complete the [Wellvibe Health Risk Assessment by November 15th!](#)** When you complete the Health Risk Assessment, you will receive 5 Non-Activity Points and your FREE fitness pass will be issued/renewed. Please remember, you must complete the Health Risk Assessment in one sitting.

TIP!! You cannot open the assessment and come back later

If you have not activated your Wellvibe account, you will need to create an account. Download the "Wellvibe" app on your smart phone or go to www.wellvibelogin.com to get started. This program is fully accessible from a mobile device or computer.

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WELLNESS EMPLOYEES OF THE MONTH

Congratulations to Finance Department's Kim Koogler for being nominated and selected as November'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 [Amanda Harold](#).



WELLNESS EDUCATION LECTURE WINNERS



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 third & fourth quarter!

UPDATE TO ANNUAL BIOMETRIC SCREENING AND FITNESS PASS REQUIREMENTS

In a "normal" year, we would be sending you information on registering for a biometric screening at Trent Arena and details on taking an online Health Risk Assessment in Wellvibe to receive 15 Non-Activity Points and a free Fitness Pass to the Kettering Recreation Center and Kettering Fitness & Wellness Center.

But, we think we can all agree the word "normal" does not belong in 2020.

Did you know on average, approximately 240-260 employees participate in the wellness year kick-off biometric screenings? While we were able to successfully and safely provide "mid-year" biometric screenings in August (65 participants) and flu vaccinations in September (146 participants), we don't feel it is in the best interest of all involved parties to offer our "normal" kick-off biometric screenings in November. We will be postponing these biometric screenings to mid to late summer 2021.

However, we are still asking employees to complete the Wellvibe Health Risk Assessment between November 1st and November 15th. When you complete the Health Risk Assessment, you will receive 5 Non-Activity Points and your FREE fitness pass will be issued/renewed.

If you are eager to "know your numbers", give your doctor a call and tell them what you're after! While the onsite biometric screenings are a convenient offering and certainly provide a great checks and balances, they should not be your only health indicator. It's still important to visit your doctor for an annual check-up!

IMMUNITY BOOST CHALLENGE UPDATE

We have wrapped up another Wellness Challenge. We had 27 participants and three employees who won big! Click here to see who took 1st, 2nd and 3rd place! Congratulations to our



winners and to all of our participants, this challenge hopefully introduced some healthy habits that you can have stick around this winter to help keep you healthy. Thank you, John Moore for the great challenge. Keep up to date with the Be Well bulletin for future challenge announcements.

KETTERING HEALTH NETWORK'S WELLNOTES



PUMPKIN SPICE SMOOTHIE

How about a fall-friendly breakfast smoothie? This easy-to-make smoothie, made with canned pumpkin (not pie filling), only requires seven ingredients. Toss everything in a blender, and breakfast is ready in minutes.

[Give this recipe a try.](#)

This month's edition features:

- The Power of Pink: 8 Ways to Prevent Breast Cancer
- Neck & Shoulder Pain? Do THIS for 2 Minutes
- The Breakfast Club: 6 Reasons a Healthy-Morning Meal Matters
- Health Challenge: Limit Sugary Foods
- Ask the Wellness Doctor: Can hand washing help you avoid getting sick?

[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 Human Resources (937) 296-2446 or KetteringHumanResources@ketteringoh.org.



did you know?

All Wellness Lectures are posted online!

[LIVE LECTURES](#)

MINI - 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.

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 | amanda.harold@ketteringoh.org | www.ketteringoh.org/wellness-program

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