



January 13, 2021

## Save Lives & Earn Points



January is National Blood Donor Month. Beginning this month, employees can earn wellness points for donating blood. Employees are eligible to earn 5 non-activity points for each blood donation. These points will be available once per quarter and will be entered into WellVibe like other non-activity points. As part of the blood donation process, you will receive a blood pressure check. So, before you go to make your donation, please remember to print off a WellVibe signature sheet for donating blood and blood pressure check. Click [here](#) to schedule an appointment.

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## WELLNESS EMPLOYEE OF THE MONTH

Congratulations to Tracy Mahaffey from Human Resources for being nominated and selected as January'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](#).

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## GROWING GOOD HABITS TO REDUCE YOUR STRESS WELLNESS CHALLENGE

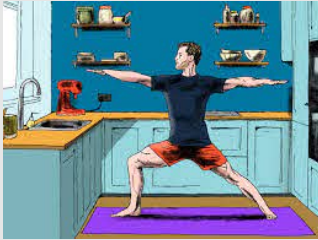
The Growing Good Habits To Reduce



Your Stress Wellness Challenge concluded on January 10. Thank you Rebecca Ingle for making this challenge a success and to everyone who participated. The three \$100 winners of this challenge were Mary Azbill, Jotham Smith, Janet Roeckner.

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## WANT TO WORKOUT AT HOME - PRCA HAS YOU COVERED



Parks, Recreation & Cultural Arts has YOU in mind this season. Click the picture to the left to be connected to at home workout videos that will help keep you moving, right in the comfort of your home.

Thank you PRCA for keeping Kettering employees MOVING!

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The City of Kettering was recognized and awarded the **GOLD** Healthy Worksite Award for 2020! This is quite an honor and for it to come in 2020, that's incredible! The Healthy Worksite Award recognizes Ohio employers who demonstrate a commitment to employee wellness through health promotion and wellness programs. We will display this award proudly and work to continue to offer Kettering employees the best wellness program around.



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## 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!

The first quarter 2021 drawing will take place in February, make sure you watch the latest wellness video for your chance to WIN!

Click on the fifty to see who won the drawing for the third & fourth quarter!

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## UPDATE TO ANNUAL BIOMETRIC SCREENING AND FITNESS PASS REQUIREMENTS

The annual biometric screening has been postponed until Summer 2021, please keep reading the monthly *Be Well Bulletin* for up to date information on the reschedule date.

In the meantime, 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!

## KETTERING HEALTH NETWORK'S WELLNOTES



### Roasted Brussels Sprouts

Hungry for a cold-weather dish packed with vitamin C, fiber, and antioxidants to improve your health? Give this Brussels sprouts recipe a try. You can find a great recipe for roasted brussels sprouts in the [January Wellnotes](#).

### This month's edition features:

- Beat Stress in 2021
- Chop Down Cancer & the Common Cold w/ Garlic
- Start the New Year Off on the Right Foot
- Prevent Low Vitamin D

[READ WELLNOTES](#)



[EMPLOYEE WELLNESS PAGE](#)

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[WELLVIBE INSTRUCTIONS](#)

[LIVE LECTURES](#)

[MINI - LECTURES](#)

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](mailto:KetteringHumanResources@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.



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

STAY CONNECTED

