



February 10, 2021

real appeal

Real Appeal may be just what you need to kick start your journey to a healthier lifestyle. With Real Appeal, you will 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. Many Kettering employees have created and maintained healthy habits and have shown great success with Real Appeal.

Real Appeal is 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.

WELLNESS EMPLOYEE OF THE MONTH

Congratulations to Chris Evans of Kettering Municipal Court for being nominated and selected as February'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](#).

Still Waiting For Your COVID Vaccine?



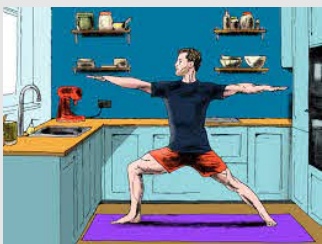
Many of us are patiently waiting our turn to receive the COVID-19 vaccine. When your number is called and you make your appointment, remember to print off your WellVibe barcode sheet to receive your 5 Vaccination / Inoculation non-activity points.

Save Lives & Earn Points



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.

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!

Wellvibe is providing many updates to its platform. These updates bring a new look and more user-friendly features. Kettering employees are being given access to the beta version of this updated platform. Click [here](#) to learn more about the new Wellvibe v3 portal.

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 second quarter 2021 drawing will take place in May, 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 first quarter!

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 Root Vegetables
How about some warm roasted

This month's edition features:

- Social media can help you lose weight
- A New Way to Find Out If You Have Diabetes
- 6 Tips to Lower Sodium
- Create Healthy-Snack Habits

vegetables this winter? Pick your favorite brightly-colored root vegetables and your best seasonings. Then give this easy-to-make recipe a try. [February Wellnotes.](#)

[READ WELLNOTES](#)



[EMPLOYEE WELLNESS PAGE](#)

[ACCESS WELLVIBE](#)

[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.



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 | www.ketteringoh.org/wellness-program

STAY CONNECTED

