



BE **WELL** BULLETIN

EMPLOYEE WELLNESS PROGRAM

March 10, 2021



March Mile Madness

Move your feet and cheer on your favorite team while you improve your health this March. Beginning 03/15/2021, your Health and Wellness Committee will kick off the first-ever March Mile Madness. Each participant is challenged to walk/run one continuous (uninterrupted) mile each day of this six-week challenge. Maps will be sent with highlighted one-mile routes around various city facilities and parks. Each participant will earn one point for each day they complete the one-mile challenge. There will also be one bonus point available each week. The top three point earners each week will be entered into the final drawing. At the end of this challenge, five weekly winners will be chosen to earn a \$50 cash prize. Click [here](#) to register for the March Mile Madness Challenge.

well  vibe
New Version 3.0

The V3 version of the Wellvibe app has gone live and is now the default version. If preferred, users have the ability to toggle back to the old portal. As you navigate the new portal, please know that the functions of the site have not changed. The focus was on updating the look and layout, without causing confusion by changing

functionality. Click [here](#) for a flyer to help navigate the new portal.

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 Alissa Gaunt of Kettering Municipal Court for being nominated and selected as March'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 10 Vaccination / Inoculation non-activity points.

Stress, Anxiety, or Depression? Try the Sanvello App



Do you experience stress, anxiety, or depression? We are not simply talking about official diagnoses. There is an app to help with the everyday stress, anxiety, and depression we all experience. The app is called Sanello and is available on iPhone and Android. Take a moment to download this app and give it a chance to help you manage the stress, anxiety, and depression in your life. Click [here](#) to learn more about this app.

UPDATE TO ANNUAL BIOMETRIC SCREENING AND FITNESS PASS REQUIREMENTS

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

This month's edition features:

- The Hidden Cost of Dining Out
- 4 Simple Ways to Build Stronger Bones



- 4-week Mindfulness Plan
- What do those "healthy" food labels really mean?

[READ WELLNOTES](#)

Zucchini Lasagna Roll-Ups

Hungry for something simple, healthy, and tasty? Give this recipe a try. Then give this easy-to-make recipe a try. [March Wellnotes.](#)



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[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

