



BE **WELL** BULLETIN

EMPLOYEE WELLNESS PROGRAM

April 14, 2021



March Mile Madness

It is not too late to participate in the March Mile Madness Challenge. Each participant is challenged to walk/run one continuous (uninterrupted) mile each day of this 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.

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 Capt. Eric Hagemeyer of the Kettering Fire Department for being nominated and selected as April'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](#).

COVID Vaccine



The vaccine is now available to all city staff. When you get your vaccine, remember to print off and take your WellVibe barcode sheet to receive your 10 Vaccination / Inoculation non-activity points.

Hydration & Healthier Beverages



What is in that bottle or glass you are drinking out of? Click [here](#) to learn more about hydration and healthier beverages.

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



Walnut Energy Snacks

Need a healthy snack to keep you going? Try this easy, no-bake recipe made with walnuts. Find this recipe in the [April Wellnotes](#)

This month's edition features:

- 5 Signs COVID is Taking a Toll...Even If You're Virus-Free
- Munch & Crunch Whole Grains for Heart Health
- The Hamster-Wheel Hack to Boost Your Immune System

[READ WELLNOTES](#)

CITY OF KETTERING EMPLOYEE Wellness

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.

 **KETTERING**
is home

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.

STAY CONNECTED

