



BE **WELL** BULLETIN

EMPLOYEE WELLNESS PROGRAM

May 12, 2021

Sleep Better



Sleep is a critical component of a healthy lifestyle. Both the quality and quantity of sleep are important. Not getting enough quality sleep increases your risk of chronic disease and negatively affects mood, brain function, and decision-making. Click [here](#) to learn how you can get better sleep and improve your health.

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 EDUCATION LECTURE WINNER



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 third quarter 2021 drawing will take place in August, 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 second quarter!

March Mile Madness Challenge



39 Employees registered for the March Mile Madness Challenge and 25 Employees completed it! During this challenge, these individuals walked at least one continuous mile every day. Many participants plan to continue this habit moving forward.

Congrats to prize winners: Brad Walwer, Jeri Evenden, Judith Deady, Vicki Adams, & Scott Bates

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.

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!

MENTAL HEALTH AND EMOTIONAL WELL BEING QUIZ



Knowledge is power, and mental health and emotional well-being are no exception. Take a moment and grow your knowledge in these two important areas of your health. Click [here](#) to take a brief quiz to test your knowledge about mental health and emotional well-being.

KETTERING HEALTH NETWORK'S WELLNOTES



Skinny Pizza

Hungry for pizza without all the extra carbs and calories? Give this Skinny Pizza recipe a try.

[May Wellnotes](#)

This month's edition features:

- 6 Unhealthy COVID-Eating Habits on the Rise
- 6 Sunny-Day Habits to Protect Your Skin
- What's so great about eating leafy greens?

[READ WELLNOTES](#)



[EMPLOYEE WELLNESS PAGE](#)

[ACCESS WELLVIBE](#)

[WELLVIBE INSTRUCTIONS](#)

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

