



CITY OF KETTERING EMPLOYEE Wellness

BE **WELL** BULLETIN

EMPLOYEE WELLNESS PROGRAM

July 14, 2021

WELLVIBE UPDATE!!! CHECK YOUR FITBIT or APPLE WATCH

WellVibe released an update to its app on Memorial Day Weekend. This update caused the app to disconnect from many FitBit and Apple Watch devices. If you are experiencing trouble with your connection, disconnect and reconnect your device. If you are still experiencing trouble, you may reach out to support@wellvibe.com for additional assistance.

If you notice that this issue has resulted in missed activity points, you may send screenshots of the missing information to support@wellvibe.com. The WellVibe team will use these screenshots to update your account.

On-Demand Care Now Open in the Town & Country Shopping Center

You
Care when you need it

On-Demand Care

Life is unpredictable. The quality of your health care shouldn't be. You can't predict a fever or ankle sprain, but when life's surprises happen, you still want care you know and trust.

Care designed to fit into your day

- Extended hours— evenings and weekends
- Get back to work and life faster
- Office visit, lab, and x-ray all in the same location

Your time is valuable

- Sleep your spot online

Experience quality care at an affordable rate

- Primary care office co-pay

CONDITIONS TREATED

- Allergies, colds, coughs, sinus and flu
- Asthma attacks & wheezing
- Mild animal or insect bites
- Fever, headaches, and rashes
- Bruxism and respiratory infection
- Minor cuts and stitches
- Dehydration
- Diarhea and vomiting
- Earache or ear infection
- Headache and migraine
- Pink eye
- Sore throat, laryngitis and strep
- Sunburn and minor burn
- Sprains and strains
- Urinary tract infection (UTI)

Walk in today or check in online

ketteringhealth.org/ondemand
Wednesday 9 a.m. - 7 p.m. • Weekend 8 a.m. - 4 p.m.

KETTERING Health Network

Four locations to serve you:

- Springboro Health Center
823 N. Main St.
- Centerville
301 E. Alex Bell Rd.
- Washington Township
1028 Mansburg Centreville Rd.
- Kettering-Opens June 9
434 E. Snook Rd.

Kettering Health Network has opened a brand new On-Demand Care Center in Town & Country Shopping Center. An On-Demand Care Center offers extended office hours seven days a week (like Urgent Care) The cost of visiting this facility is the same as a regular in-network doctor visit. If you are unable to get into your primary care physician but need care for non-life-threatening conditions, remember this as an option!

FUNCTIONAL MOVEMENT SCREENING



Kettering Sports Medicine will be hosting Functional Movement Screenings. These screenings will be held on Thursday, August 12th, and Tuesday, August 24th. The Employee Wellness Program will be covering the full cost of this screening for up to 100 participants. To schedule an appointment and read more about these Vascular Screenings, click [here](#).

WELLNESS EMPLOYEE OF THE MONTH

Congratulations to Lt. Lee Sanders from Kettering Police Department for being nominated and selected as the July 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 [John Moore](#).

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!

SUN SAFETY



Summer activities are in full swing. While you are out working or playing in the sun, take a moment to protect your skin. Most skin cancer is caused by too much exposure to UV light from the sun or tanning beds. Create a habit of applying sunscreen anytime you are outside. Sunscreen with a skin protection factor (SPF) of 15 or higher is recommended. Click [here](#) to learn more about how to protect your skin from UV light exposure.

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 will be held in early to mid-November. Please keep reading the monthly *Be Well Bulletin* for specific dates and times of these screenings.

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



Strawberry Fruit Smoothie

Hungry for some sweet and tasty strawberries this summer? Enjoy a dish of sliced strawberries. Make some strawberry shortcake. Add sliced strawberries to a salad. Or give this fruit smoothie recipe a try.

[July Wellnotes](#)

This month's edition features:

- 8 Wild Reasons to Spend More Time Outside
- Watermelon: A Sweet & Juicy Way to Control Blood Pressure
- Reduce Screen Time Challenge

[READ WELLNOTES](#)

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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.

 **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.

City of Kettering, Ohio | 937.296.2446 | amanda.harold@ketteringoh.org |
www.ketteringoh.org/wellness-program

STAY CONNECTED



