



BE **WELL** BULLETIN

EMPLOYEE WELLNESS PROGRAM

June 9, 2021

## FOOD JOURNALING



Keeping a food journal is an important step towards a healthy diet. A food journal will make you more aware of the quantity and quality of food you are consuming. Click [here](#) to learn how you can begin keeping a food journal and be close to a healthy and balanced diet.

## WELLNESS EMPLOYEE OF THE MONTH

Congratulations to Andy McCormick of the Kettering Fire Department for being nominated and selected as June'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](#).

# 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!



## STRETCHING QUIZ

Do you know the health benefits of a consistent stretching routine? Click [here](#) to take a brief quiz to test your knowledge about stretching.

## 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!

## KETTERING HEALTH NETWORK'S WELLNOTES



### Apple Slice Pancakes

What's for breakfast? Skip the donuts or greasy drive-thru and make something healthier...like this

### This month's edition features:

- 7 Sweet Reasons to Serve Up Strawberries
- Benefits of Jump Rop
- Get Your Sleep to Boost Immune System

[READ WELLNOTES](#)

# CITY OF KETTERING EMPLOYEE Wellness

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](mailto: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

