



BE **WELL** BULLETIN

EMPLOYEE WELLNESS PROGRAM

August 11, 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.

FUNCTIONAL MOVEMENT SCREENING



Kettering Sports Medicine will be hosting Functional Movement Screenings. These screenings will be held on Thursday, August 12th. The Employee Wellness Program will be covering the full cost of this screening for up to 50 participants. To schedule an appointment and read more about these Vascular Screenings, click [here](#).

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



Kettering Health 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! Click [here](#) to learn more.

WELLNESS EMPLOYEE OF THE MONTH

Congratulations to Maggie Pasqualone from the Law Department for being nominated and selected as the August 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

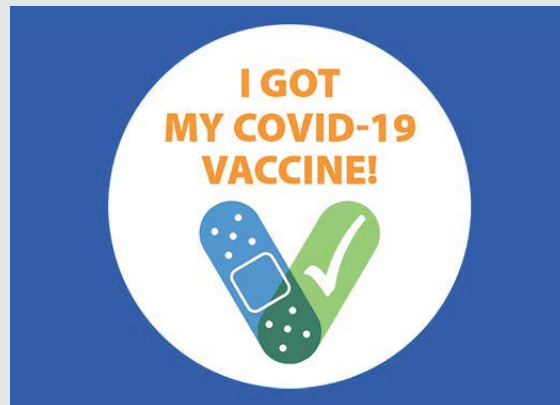


Did you know that when you watch a Wellness Education Lecture, not only do you get 10 Non-Activity Points, you also get entered in a \$50 drawing!

The fourth quarter 2021 drawing will take place in November, 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 third quarter!

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.

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.

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



Zesty Skillet Zucchini

If your garden's being overrun by zucchini, you've been tagged during Sneak Some Zucchini Onto Your

This month's edition features:

- 5 "Sneaky" Reasons to Eat More Zucchini This Summer
- Summer Should Be Stressful: 3 Ways to Chill Out
- Drink More Water: 6 Refreshing Ways to Stay Hydrated

Neighbor's Porch Night, or you just like zucchini, give this recipe a try.

[August Wellnotes](#)

[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

