



BE **WELL** BULLETIN

EMPLOYEE WELLNESS PROGRAM

October 13, 2021

ANNUAL BIOMETRIC SCREENING AND FITNESS PASS REQUIREMENTS



The annual biometric screenings will be offered to all full-time employees and regular part-time firefighters from Monday, November 8 through Thursday, November 11 from 7 am to 11 am. Screenings will be held at the Kettering Recreation Center in the Multi-purpose Room. Click below or dial 937-558-3917 to schedule your annual screening. Employees who complete this annual screening will receive a complimentary fitness pass along with 15 non-activity points.

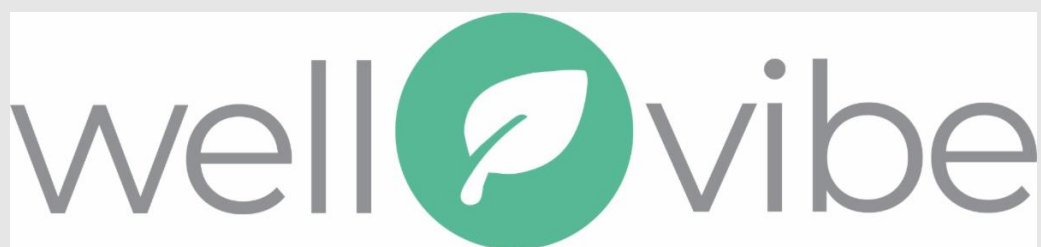
[Register Today!](#)

[Last Call For Wellness Points and Activity Minutes](#)



The current wellness cycle will end on 10/31/2021. Please record all non-activity wellness points and activity minutes into WellVibe prior by 10/31/2021. To receive the wellness incentive, you must earn and record 5,000 activity minutes and 80 non-activity points prior to 11/01/2021. Please check your minute and point balance to ensure you will be eligible to receive your wellness incentive in February of 2022.

Hey! You Can Earn Points For That...



Did you know that you can earn non-activity points for going to the chiropractor, meeting with a nutritionist, taking a diabetic nutrition course, or attending a Weight Watchers meeting? There are non-activity points available for each of these types of proactive health-related activities. Let's review a few underutilized non-activity point options.

First, you can earn non-activity points for attending a "Diet/Nutritional Support Group" meeting. You can earn five points per meeting for up to ten meetings per wellness cycle. These meetings include groups like Weight Watchers or any other diet/nutrition support group.

Second, you can earn ten non-activity points quarterly for "Condition Management" appointments. These would include appointments with a chiropractor, nutritionist, endocrinologist, physical therapist, or even attending a diabetes nutrition class.

If you are attending a meeting or going to an appointment to improve your health, it probably qualifies for non-activity wellness points. If you have questions about the wellness points system, please reach out to your department wellness representative or call John Moore (ext. 4421).

Kettering Health



Kettering Health has opened several On-Demand Care Centers. 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 find each of the four locations.



MIAMI VALLEY

Regional Planning Commission

The Miami Valley Regional Planning Commission sponsors the local Rideshare Program which is available for FREE to anyone who lives, works, or attends college in Montgomery, Greene, Miami, Preble, Darke, and Clinton Counties. Register for the Rideshare Program and explore smarter ways to commute like ride-matching to form a carpool or bikepool, transit, and bike routes to match your trip, or form a vanpool for longer commutes.

Experience the benefits of biking for your commute.

- Cost Savings
- Health Benefits
- Environmentally Friendly

Learn more and register to find a bikepool or bike route planning at GohioCommute.com/MVRPC.

[Learn More and Register](#)

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!

KETTERING HEALTH NETWORK'S WELLNOTES



Homemade Popcorn with Olive Oil

Skip the microwave popcorn or the movie theater kind lathered in butter. It's easy to make your own. It costs less, too. Popcorn can be a healthy, low-calorie snack. Try this simple recipe

[October Wellnotes](#)

This month's edition features:

- Increase THIS to Lower the Risk for COVID-19
- Rethink Your Drink: Daily Soda Habit Raises Diabetes Risk
- Orange Theory: The Fruit to Fight Chronic Disease

[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

