

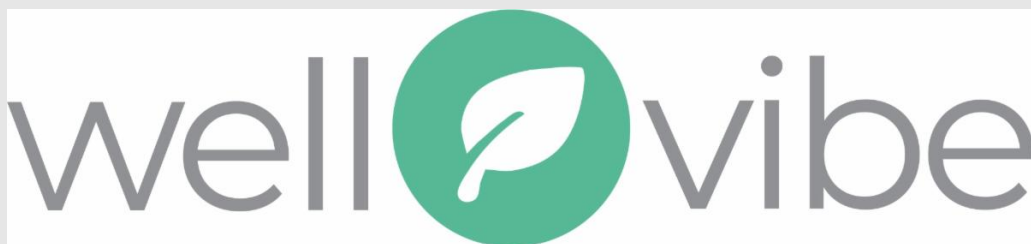


BE **WELL** BULLETIN

EMPLOYEE WELLNESS PROGRAM

September 16, 2021

## 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).

## Flu Shot Clinic



The Employee Wellness Program has partnered with Rite Aid to offer **FREE Flu Vaccines** to **ALL ACTIVE** Full-Time, Part-Time, Elected Officials, Seasonal, Temporary, and Contractual City of Kettering Employees.

NEXT MONTH, Rite Aid Pharmacists will administer the quadrivalent vaccine at various dates, times, and locations throughout the City.

**Appointments are required.** It is strongly encouraged for employees to schedule an appointment when the Pharmacist is at their assigned worksite/department. Click on the date and time of your choice to reserve your spot.

Government Center Virginia Room

- [10/05/21 11:00 a.m. - 2:00 p.m.](#)
- [10/06/21 11:00 a.m. - 2:00 p.m.](#)

Kettering Fire Headquarters

- [10/05/21 7:30 p.m. - 9:00 a.m.](#)
- [10/06/21 7:30 p.m. - 9:00 a.m.](#)
- [10/07/21 7:30 p.m. - 9:00 a.m.](#)

Kettering Police Department (Huddle Room)

- [10/04/21 2:30 p.m. - 3:30 p.m.](#)
- [10/05/21 11:00 p.m. - 12:00 a.m.](#)

Public Service/VMC/Facilities (Public Service Lunchroom)

- [10/08/21 7:30 a.m. - 9:00 a.m.](#)
  - **Sign-up sheet available at Debbie Rigg's desk**

Parks Maintenance (Valleywood Lunchroom)

- [10/04/2021 7:00 a.m. - 9:00 a.m.](#)
  - **Sign-up sheet available in the lunchroom**

Kettering Recreation Center (Conference Room 4)

- [10/07/2021 11:00 a.m. - 1:00 p.m.](#)

Municipal Court (Judge's Library)

- [10/08/21 2:30 p.m. - 4:30 p.m.](#)

If you are unable to coordinate your schedule with the day(s)/time(s) the Pharmacist is at your location, you may schedule at another location.

## 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.



# 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 bike pool or bike route planning at [GohioCommute.com/MVRPC](http://GohioCommute.com/MVRPC).

## 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!

## ANNUAL BIOMETRIC SCREENING AND FITNESS PASS REQUIREMENTS



The annual biometric screenings will be offered to all full-time and regular part-time employees from Monday, November 8 through Friday, November 12 from 7 am to 11 am. Screenings will be held at the Kettering Recreation Center in the Multi-purpose Room. Save the date for these screenings and watch for sign-up options in the October Be Well Bulletin. Employees who complete this annual screening will receive a complimentary fitness pass along with 15 non-activity points.

## KETTERING HEALTH NETWORK'S WELLNOTES



This month's edition features:

- 5 Exercise Trends to Stay Fit During the Pandemic
- Mediterranean Diet: 7 Simple Tips for Heart-Healthy Eating

## Simple Roasted Butternut Squash

Looking for an easy way to add some tasty vegetables to your diet or holiday meal? Try this Butternut Squash Recipe. It's simple.

[September Wellnotes](#)

- Recognize stress & take action to protect your brain

[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](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.



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](http://www.ketteringoh.org/wellness-program)

STAY CONNECTED

