



BE **WELL** BULLETIN

EMPLOYEE WELLNESS PROGRAM

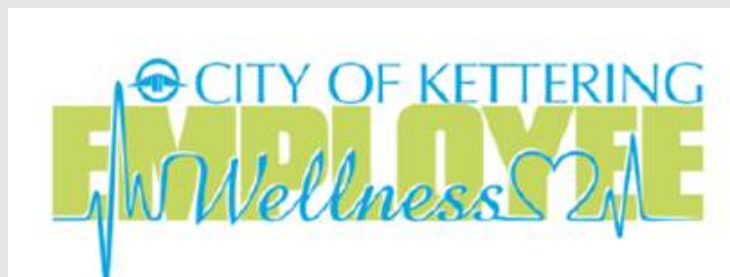
December 15, 2021

Medical Insurance Education = Non-Activity Points



There is a new opportunity to earn non-activity points while learning more about our medical insurance plan. The goal for our medical insurance plan is to offer great coverage with the most affordable premiums possible. The best way to reduce premium costs is to better understand our plan and how to cost-effectively receive the best care. During this wellness year, medical insurance education videos will be available through WellVibe. The first of this video series is available now and teaches how a self-funded medical plan works. Log into WellVibe and check out the first installment of the "medical insurance education" series.

New Wellness Year!!!



The 2021/2022 wellness year began on 11/01/2021. Now is the perfect time to log into your WellVibe account and begin earning your wellness incentive for the current wellness year. Earn and record 80 non-activity points and 5,000 activity minutes between 11/01/2021 and 10/31/2022 to earn your

wellness incentive.

Click on the button below for all of the information you need to set up and log into your WellVibe account. Included in this document are instructions on how to sync your FitBit or Apple Watch to your WellVibe account. Syncing your device will simplify the process of recording your activity minutes. If you have already synced your device, now is a good time to log into Wellvibe to make sure that your activity is being recorded.

During the 2020/2021 wellness cycle, more than 200 employees earned and recorded the required non-activity points and activity minutes to earn their wellness incentive. Each of these employees will receive their wellness incentives in February 2022.

[WellVibeInstructions](#)

On-Demand Care Center 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.



Explore Commute Options at MiamiValleyRideshare.org

 **MIAMI VALLEY**
Regional Planning Commission

gohio
commute

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 plan at GohioCommute.com/MVRPC.

[Learn More and Register](#)

WELLNESS EMPLOYEE OF THE MONTH

Congratulations to Officer Jon McCoy from the Police Department for being nominated and selected as the December 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](#).

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 first quarter 2021/2022 drawing will take place in February, make sure you watch the latest wellness video, when it is released, for your chance to WIN!

Click on the fifty to see who won the drawing for the fourth quarter!

KETTERING HEALTH NETWORK'S WELLNOTES



This month's edition features:

- How to DASH Away High Blood Pressure
- Manage Your Weight in Just 10-Seconds a Day

Cranberry Apple Stuffing Muffins
How about a low-fat festive muffin
or treat? Try making Cranberry Apple
Stuffing Muffins
[December Wellnotes.](#)

- The Surprisingly-Simple Way to Live Longer

[READ WELLNOTES](#)



[EMPLOYEE WELLNESS PAGE](#)

[ACCESS WELLVIBE](#)

[WELLVIBE INSTRUCTIONS](#)

We are committed to helping you achieve your best health. Rewards for participating in the 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 | john.moore@ketteringoh.org |
www.ketteringoh.org/wellness-program

STAY CONNECTED

