



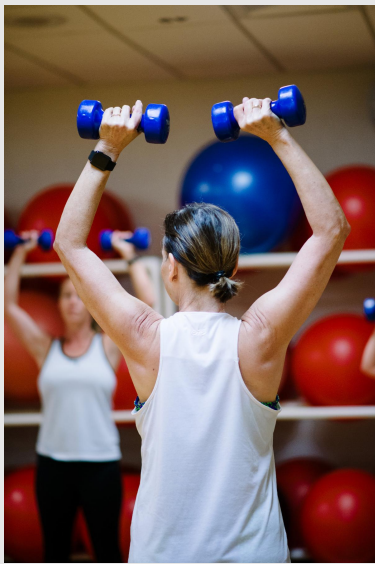
CITY OF KETTERING EMPLOYEE Wellness

BE **WELL** BULLETIN

EMPLOYEE WELLNESS PROGRAM

November 10, 2021

Fitness Class Passport Challenge



There is still time to sign up for the Employee Wellness Passport Group Exercise Challenge. Participants in this challenge will receive a passport to use as they try out different group exercise classes between November 15 and December 30. Three participants, who complete this challenge, will receive a combo pass to Kettering Recreation Center or \$50. Email Alicia Colson (Alicia.Colson@ketteringoh.org) by November 14 to register for this challenge.

Open Enrollment 2022

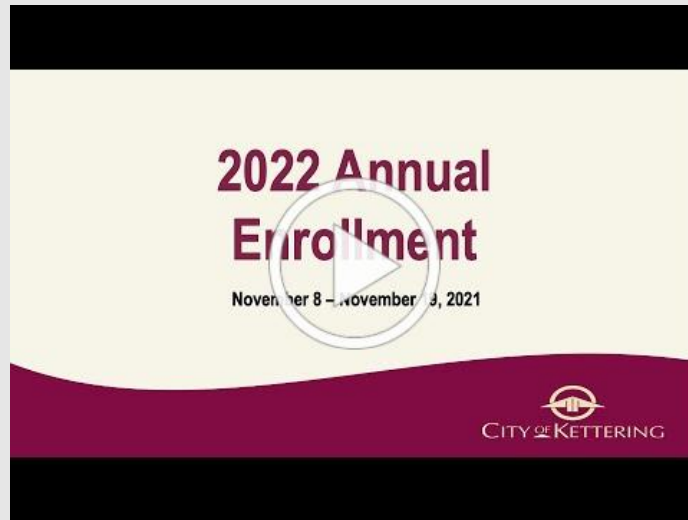


Open enrollment for the 2022 benefits year began on Monday, November 8, at 8:00 a.m., and will end on November 19 at 5:00 p.m. All benefit-eligible employees must log in to www.benxpress.com/kettering during this open enrollment period to waive, change or continue benefits.

Rather than receiving open enrollment information via U.S. Mail, employees

received benefit packets via email on October 29. This benefit information was sent to Kettering email addresses and authorized personal email accounts. Supervisors delivered benefit information packets to employees without City email who have not provided a personal account.

A printed copy of the benefits information packet is available to any employee upon request. Here is a video containing updates for the 2022 benefit year. This video will help you prepare to make your elections during the current open enrollment period. All benefit-related questions should be directed to the Human Resource Department at 937-296-2446.



[BenXpress](#)

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.

WellVibe Instructions

Understanding Our Medical Plan



The healthcare and health insurance industries are extremely complicated. However, both of these industries affect each of us very personally both medically, and financially. This is why we are going to spend the next year helping each of us better understand our health plan. The wellness lectures for this wellness year will focus on our wellness plan and how it operates. Throughout this year, we will learn what each of us can do to help control the cost of our health insurance premiums.

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



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 EMPLOYEE OF THE MONTH

Congratulations to Shauna Kaczynski from the Council Office for being nominated and selected as the November 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



Baked Sweet Potatoes and Apples
Need a sweet treat for the holidays?
Try this tasty recipe found in the
[November Wellnotes.](#)

This month's edition features:

- 5 Jolly-Good Ways to Prevent Holiday Weight Gain
- 8 Simple Ways to Eat Less Sodium
- Walk THIS Way to Burn More Calories

[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

