



January 12, 2022

Wellvibe - Syncing Apple Watches and Fitbits



It has been brought to the committee's attention that there have been issues with syncing the Apple Watch and Fitbit to Wellvibe. If you are experiencing problems syncing your fitness tracker, please follow the steps below.

- Clear Wellvibe app data
- Clear Wellvibe app cache
- Uninstall Wellvibe app
- Reinstall Wellvibe app

If the problem continues, please email the WellVibe support team at support@wellvibe.com.

The Murph - 2nd Quarter Challenge



Each year, a group of employees trains and completes The Murph on Memorial Day. The Murph is a fitness challenge created by Navy Seal Lt. Michael P. Murphy who was killed in Afghanistan in 2005. Many service members and civilians now complete this fitness challenge each year on Memorial Day in honor of Lt. Murphy.

You might be asking "What is The Murph?". Below is a link to a video that describes what The Murph is. You may also be thinking, "this is too intense for me." This challenge will be modified based on your skill level. This challenge intends to help you take your fitness to the next level.

This second quarter wellness challenge will begin on 2/1/22 and will conclude on Memorial Day. During this time, you will be encouraged to train for The Murph or a modified version based on your skill level. If you would like to accept this challenge and take your fitness to the next level, please email Officer Amy Pedro (AMY.PEDRO@ketteringoh.org). Please provide Amy with your skill level (beginner, intermediate, or advanced). This will help Amy guide you to an appropriate training schedule.

P.S. There is a surprise gift for any participant who completes this challenge.

[What is The Murph](#)

Wellness Year - First Quarter



The first quarter of the 2021/2022 wellness year will end on 01/31/2022. Please log in to your WellVibe account to make sure your activity minutes

and non-activity points have been recorded. Activity minutes and non-activity points must be recorded in WellVibe within 90 days of the date they are earned. Points for the bio-metric screenings have been loaded into WellVibe.

If you have not yet recorded points for this current wellness year, it is not too late to get started. Log in today and begin earning your 2023 wellness incentive. 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 incentive in February 2022.

WellVibe Instructions

Preventive Care Can Save your Life

Preventive medical care is critical to maintaining a healthy lifestyle. Here are a few of the many reasons preventive care is so important.

- Regular preventive care visits and health screenings may help to identify potential health risks for early diagnosis and treatment.
- Helping prevent disease and detecting health issues at an early stage is essential to living a healthier life.
- Following preventive care guidelines –and your doctor’s advice –may help you to stay healthier. Be sure to discuss specific health questions and concerns with your doctor.

Here are a few examples of preventative care.

- Routine physical examinations
- Immunizations
- Well-baby and well-child care
- Mammography, colonoscopy, sigmoidoscopy
- Cervical screening

United Healthcare has a helpful tool that will assist you in building a preventive care plan based on your age and gender. Follow the link below to begin building your preventive care plan.

UHC Preventive Care

Medical Insurance Education = Non-Activity Points

BENEFITS

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.



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 Engineering Department's Mike Zink for being nominated and selected as the January 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'S WELLNOTES



Creamy Apricot Oatmeal

You'll look forward to eating a healthy breakfast after you try this sweet and creamy oatmeal made with dried apricots. At just 233 calories per serving, it's a great way to start the day.

[January Wellnotes](#)

This month's edition features:

- Reach Your Health & Fitness Goals with a Wearable Device
- Be Kind to Yourself to Prevent Heart Disease
- Eat THIS to Prevent Age-Related Memory Loss

[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

