



BE **WELL** BULLETIN

EMPLOYEE WELLNESS PROGRAM

March 09, 2022

NATIONAL WALKING DAY



Are you ready to lace up your walking shoes and take a stroll? Gather some co-workers and friends to celebrate National Walking Day on Wednesday, April 6. You could plan a walk through one of our 21 beautiful parks or check out one of the pre-measured one-mile walking routes around our city facilities using the link below. On National Walking Day, you will receive double activity minutes for any aerobic exercise. Simply submit enter your minutes manually through the WellVibe website. The daily limit of 90 activity minutes will still apply. Send a photo of your walking group to john.moore@ketteringoh.org to be featured in the April Be well Bulletin.

[Walking Maps](#)

MINDFUL EATING



Mindfulness is being fully present and aware. Mindful eating is taking the time to be fully present and aware of your eating habits. Click on the link below to learn how to practice mindful eating. These practices will help build healthy habits while making eating more enjoyable.

[Mindful Eating](#)

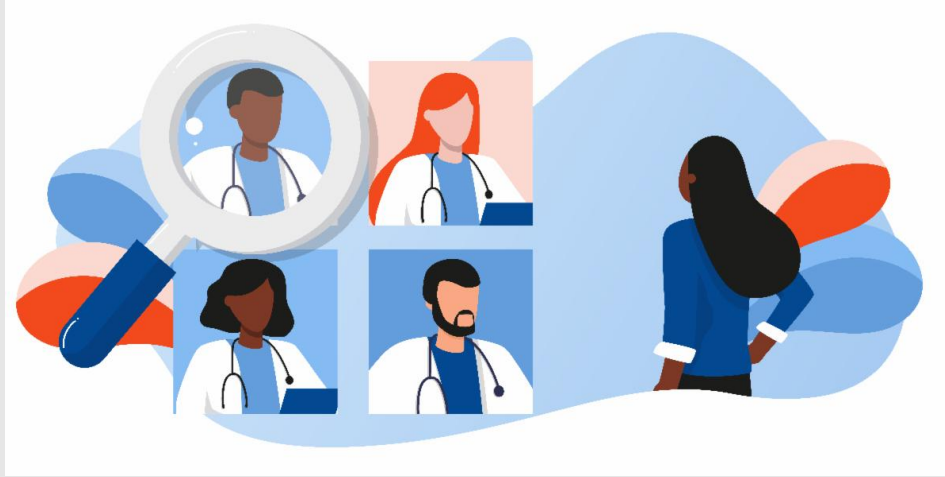
MEDICARE QUESTIONS?

RetireMED[®] iQ

If you are planning for retirement or looking for Medicare guidance, there are resources available. Kettering employees have access to personalized Medicare guidance through RetireMED iQ. You can click on the link below to schedule an appointment or check your Medicare eligibility. Several Medicare educational videos have been added to the list of mini-lectures through WellVibe.

[RetireMED iQ](#)

FIND A DOCTOR



Are you looking for a primary care provider or maybe a specialist? Having a trusted primary care provider is critical in maintaining a healthy lifestyle. United Healthcare has a tool to find an in-network preferred provider who delivers quality care at an affordable rate. Follow the link below to log in to your UHC account and begin your search for a preferred provider.

[Find a Doctor](#)

WELLNESS EMPLOYEE OF THE MONTH

Congratulations to Engineering Survey Department's Jeremy Coz for being nominated and selected as the March 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!

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 first quarter!

KETTERING HEALTH'S WELLNOTES

This month's edition features:



- Bottom's Up: Do THIS to Beat the COVID Blues
- This is Your Brain on Stress... Any Questions?
- Trying to Eat Healthier? Beware of Restaurant Meals

Breakfast Burrito

Hungry for a healthy breakfast that's packed with protein and tastes great? Give this recipe a try:

[March Wellnotes](#)

[READ WELLNOTES](#)



[EMPLOYEE WELLNESS PAGE](#)

[ACCESS WELLVIBE](#)

[WELLVIBE INSTRUCTIONS](#)

[Non-Activity Points Step-By-Step](#)

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

