



BE **WELL** BULLETIN

EMPLOYEE WELLNESS PROGRAM

April 13, 2022

Save the date to save lives!

HIT A DOUBLE **SAVE LIVES**

Donate Blood

DONATE FROM MAY 1 - JULY 2 TO SAVE LIVES AND COLLECT AN EXCLUSIVE T-SHIRT WHILE SUPPLIES LAST

Receive an exclusive water bottle by donating to save lives from July 4 - Aug. 31.

Step up to the plate and save lives this summer! Everyone who registers to donate with CBC May 1 - Aug. 27 is automatically entered into a drawing to win 4 tickets to see the Reds game and Cole Swindell concert on Sept. 3. Hit a double by donating twice and get double the chances to win! The winner will be chosen on Aug. 29.

Max. 2 entries per donor. Double red donations are counted as 2 donations

UP NEXT

BLOOD DRIVE



CITY OF KETTERING

THURSDAY JUNE 30, 2022
10AM TO 4PM

FIRE HEADQUARTERS
4745 HEMPSTEAD STATION RD
KETTERING, OHIO

TO SCHEDULE AN APPOINTMENT, GO TO WWW.DONORTIME.COM AND ENTER CODE: 1575

OR SCAN QR CODE:



Save the date to save lives! PRCA One is coordinating a blood drive for City employees with Employee Council and the Wellness Committee. The blood drive will take place on Thursday, June 30 from 10 a.m. to 4 p.m. at Fire Headquarters. Everyone who registers to donate will receive a t-shirt and entered to win four tickets to the Reds game/Cole Swindell concert on September 3. Stay tuned for updates! Click below, or scan the QR code to register with code 1575.

[Register](#)

HSA (Health Savings Account) ~Not Just For Deductibles~



Each employee enrolled in the platinum or bronze employee healthcare plan uses an HSA account to pay for deductible expenses. These HSA accounts are capable of much more than covering deductible expenses. An HSA is a tool provided by the IRS to avoid paying tax on income used for a variety of medical-related expenses. Let's look at the short, medium, and long-term uses of an HSA account.

Short-term acute uses:

- Deductible expenses
- Co-pays
- Out-of-network expenses
- Dental and vision expenses
- Over-the-counter pharmacy purchases (list of eligible items included in "HSA Information" link below)

Medium-term uses:

- Planned expenses (braces, glasses, contacts, etc.)
- Durable medical equipment (insulin pumps, breast pumps, mobility equipment, etc.)

Long-term uses:

- Medicare part B & D
- Medicare Advantage Plans
- Long-term Care

Take a few moments and evaluate your medical expenses. Are there items that you buy regularly that could be purchased using pre-tax dollars from your HSA account? Do you have medical expenses coming in the next couple of years that you could begin saving for now? Are you in a position to contribute additional income to your HSA for retirement expenses? Click on the "HSA Information" link below to learn the full capabilities of this account. If you decide to increase your HSA contribution, click on the "HSA Mid-year Change Form" link below for the form necessary to make changes to your HSA

contribution. If you have questions about funding options for current or future medical expenses, please call (ext. 4421) or email (john.moore@ketteringoh.org) John Moore in the Human Resource Department.

HSA Information

HSA Mid-year Change Form

Are you drinking enough water?

Staying hydrated will become more difficult as the temperature outside begins to rise. Regardless of the outside temperature, maintaining an adequately hydrated body is important. Being adequately hydrated supports normal energy levels, decreases the risk of kidney stones, assists digestive function, and has been shown to reduce urinary tract infections, high blood pressure, and stroke.



Adequately hydrated



Possibly dehydrated



Probably dehydrated

How do I know if I'm drinking enough water? UC Davis Western Center for Agricultural Health and Safety answers this question with another question. What color is your urine? You can use this color chart to determine if you are drinking enough water. The darker your urine, the more likely you are not drinking enough water. Drinking 0.5 to 1 ounce of water for each pound you weigh is a goal to strive for. If you are performing physical work or perspiring, you will need to add more water to your routine. Find your favorite water bottle and keep it close by.

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 Lindsey Whitley from PRCA for being nominated and selected as the April 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:



Spinach and Mushroom Quesadillas

Hungry for some healthy quesadillas? Skip the restaurant or take-out menu. You can make your own with spinach, mushrooms, and a few other ingredients. Salsa and hot sauce are optional.

[April Wellnotes](#)

- Do THIS for 15 Minutes After Dinner
- Did You Get the Message? Texting While Driving is Dangerous
- Don't Cry: Onions are Packed with Health Benefits
- Improve Your Balance
- 5 Dreamy Tips to Improve Sleep

[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

