



BE **WELL** BULLETIN

EMPLOYEE WELLNESS PROGRAM

May 11, 2022

Healthy Habits Challenge



Building healthy habits is the cornerstone of a healthy lifestyle. The third quarter wellness challenge will be a six-week process of building three new healthy habits. This challenge will incorporate physical activity, hydration, and nutrition. This will be a great challenge to accomplish with a group of co-workers. You and your group can motivate and encourage each other as you work towards a healthier lifestyle.

The Building Healthy Habits Wellness Challenge will begin on June 6 and end on July 17. Click on the link below for the details of this challenge and registration instructions.

[Register](#)

Save the date to save lives!

HIT A DOUBBLE **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~

HEALTH SAVINGS ACCOUNT

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. Log on to WellVibe and check out the Medical Insurance Education Session 3. This video will explain the full potential of your HSA account. 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.

WellVibe

HSA Mid-year Change Form

Foods for Workouts



You are investing time and energy into your workouts. You can maximize your return on investment by providing your body with the right foods. Click the link below and learn to maximize your workouts by equipping your body with the best "Foods for Workouts."

Foods for
Workouts

Alcohol Awareness



Before having another drink of alcohol, consider the volume and frequency of your alcohol consumption. Two videos have been added to the library of mini-lectures to help you better understand the serving size and the health effects of alcohol. These videos are under "Nutrition" and are titled "Alcohol Awareness" and "Lower Your Risk - A Guide to Responsible Drinking."

WellVibe

WELLNESS EMPLOYEE OF THE MONTH

Congratulations to Tim Gernert from Admin. Systems for being nominated and selected as the May 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, but 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 second quarter!

KETTERING HEALTH'S WELLNOTES

This month's edition features:

- The Avocado Advantage: The 2X Tip to Prevent Heart Disease



Fresh Kale, Avocado, and Pomegranate Salad

Leafy greens, healthy fats, and a zing of flavor. That's what you'll get in this easy-to-make salad recipe:

[May Wellnotes](#)

- How to Get Fit Without Going to the Gym
- Use This Grocery-Shopping Tip to Manage Your Weight
- 6 Ways to be Sun Smart
- Make Breakfast Healthy

[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

