



BE **WELL** BULLETIN

EMPLOYEE WELLNESS PROGRAM

August 10, 2022

30 Day Mental Health Challenge



I know...it sounds boring, but this challenge can be FUN while working on your mental health. What better time to work on your mental health than before the holiday season? During this 30-day challenge, participants will receive a daily challenge to complete. Some are FUN, involve family and friends, and self-care too. Nothing too complicated. These simple challenges will help you stay grounded and be present in the moment. Engaging all of your senses while doing the challenges will help keep you present. The participant who completes the most daily challenges will win the top prize of \$100. Participants who submit each weekly log sheet will earn ten non-activity points and be entered to win one of three \$50 prizes. Please email Kim Koolger (kim.koogler@ketteringoh.org) to enroll in this challenge.

Wellness Year - Third Quarter



Third-quarter of the 2021/2022 wellness year ended on 07/31/2022. 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.

Below are instructions for logging into WellVibe for the first time and syncing your fitness tracker. Also, below are step-by-step instructions for uploading your non-activity points.

[WellVibe Instructions](#)

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

Financial Wellness Series ~Budgeting Course~



Concerns about money and the economy top the list of most commonly cited sources of stress. The personal finance education team at Wright Patt Credit Union and the Wellness Committee are partnering to offer a series of financial wellness courses. The first course of this series will be on the topic of budgeting. This budgeting course will take place from 12:00 to 1:00 on Tuesday, August 30, 2022, in the North Building Virginia Room. All attendees

will receive five **non-activity points**. Please email John Moore (John.Moore@ketteringoh.org) to enroll in this course.

WellVibe Sync Your Fitness Tracker



Tracking activity minutes for the Wellness Program just got easier. The WellVibe App will now sync with four different fitness tracking devices. You can sync an Apple Watch, Google Fit, FitBit, or Gramin to the Wellvibe App. After you sync your fitness tracker with the WellVibe App, login into the WellVibe App periodically to ensure your activity minutes are recorded accurately. If you experience technical difficulties, WellVibe technical support can be contacted by emailing support@wellvibe.com.

Online Yoga Course



United Healthcare offers a library of educational wellness videos including a

multi-session yoga course. You can view the entire library of educational videos by clicking on the image above and logging into the MyUHC website.

real appeal

107 Kettering employees have experienced a combined weight loss of more than 1,000 pounds using the Real Appeal program. This weight loss was achieved through personalized one-on-one weight loss and nutrition education provided by Real Appeal coaches. Real Appeal is available at no additional cost to employees and their spouses who are enrolled in our medical insurance plan.

[Sign-up Today](#)

AMERICAN HEART ASSOCIATION'S 2022 DAYTON HEART WALK *Join Team Kettering!*



American Heart Association®

Heart Walk

We have an opportunity to collaborate for a great cause and I'm inviting all of you to join Team Kettering for the Dayton Heart Walk Sunday, September 18 at DayAir Ballpark, 220 N. Patterson Blvd., Dayton. The start time will be announced soon.

Click the link below and sign up to join Team Kettering! We will, of course, have our own internal competitions to have a little fun along the way. Stay tuned for details. Let's start with Step 1: Register for Team Kettering! Thanks, everybody! This means a lot.



OPERS is providing members with an opportunity to purchase additional life insurance through a partnership with Colonial Life. These term and whole life policies are separate from the basic life insurance provided by the City and voluntary life insurance purchased through the City. Enrollment for the OPERS-Colonial Life Insurance opportunity will be open from June 1 through September 22, 2022. Click on the link below to learn more about this offer from OPERS and Colonial Life.

[OPERS - Colonial Life](#)

WELLNESS EMPLOYEE OF THE MONTH

Congratulations to Capt. Shawn Morgan from the Fire Department for being nominated and selected as the August Wellness Employee of the Month!

Read the nomination [here](#).

Do you know someone who deserves a Wellness Employee of The Month 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 third quarter!

KETTERING HEALTH'S WELLNOTES

This month's edition features:



Zucchini Salad

Zucchini pops up in gardens everywhere this month. Got some of this summer squash? You can observe National Sneak Some Zucchini onto Your Neighbor's Porch on Aug. 8. Or, you can try this Zucchini Salad recipe.

[August Wellnotes](#)

- The Curious Way to Stop a Heart Attack
- Find an Activity You Enjoy to Stay Fit
- The Surprisingly Simple Diet to Live Longer
- Get outside to boost health & happiness

[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

