

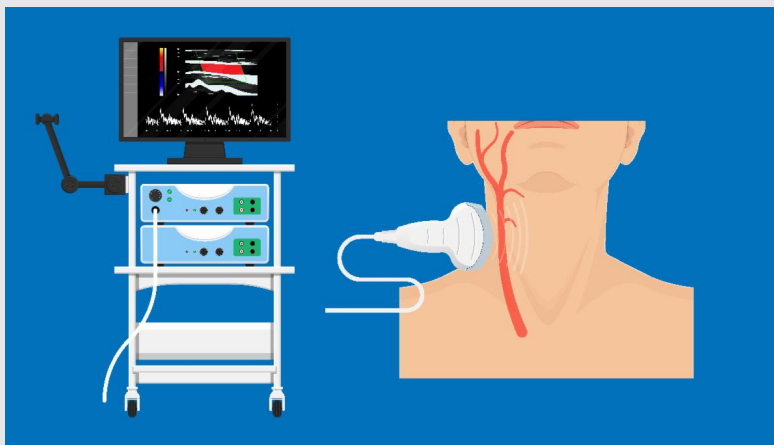


BE **WELL** BULLETIN

EMPLOYEE WELLNESS PROGRAM

July 13, 2022

Healthy Arteries Screening



The Employee Wellness Program will be hosting Healthy Arteries Screenings on Wednesday, July 27th, 8 AM to 2 PM and Thursday, July 28th, 10 AM to 4 PM in the Virginia Room of the Government Center - North Building. There are still spots available on Thursday, July 28th.

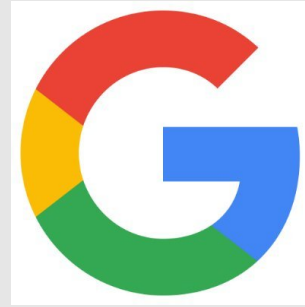
The Employee Wellness Program will be covering the total cost (\$119) of the carotid ultrasound, abdominal aortic ultrasound, and ankle-brachial ultrasound (CMT), for up to 40 participants.

There are a limited amount of appointments available. With that in mind, please note the area on the flyer indicating “Who should get screened for vascular disease.” Should you have any questions if this screening is appropriate for you, please call [937-558-3917](tel:937-558-3917).

Click below to receive more information and register for this screening.

[Information & Registration Flyer](#)

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.

Hydration & Healthier Beverages

It is easy to overlook the nutritional value of beverages when evaluating your diet. Many popular drinks are high in sodium, sugar, and harmful artificial sweeteners. There are ways to stay hydrated while avoiding ingredients that can undermine an otherwise healthy lifestyle. Take a moment to review this informative health tip from United Healthcare.

UnitedHealthcare | Health Tip

Health tip: Hydration & healthier beverages



Water is very important to our bodies, but just how important is it? Water makes up over 50% of an adult's body and it plays an important role in your body's function.¹ Most of us know that we need to stay hydrated, but not all beverages are created equal.

Water facts²

- 80% of people's water intake comes from drinking water
- 20% of people's water intake comes from food

Signs of dehydration³

- Thirst
- Dry, cool skin
- Dry or sticky mouth
- Dizziness
- Fatigue/ired
- Dark yellow urine or not urinating much

Preventing dehydration⁴

- Fill that water bottle—don't rely on beverages with caffeine or alcohol for hydration
- Take extra care in the heat—Increase fluid intake in hot weather
- Change it up—add some fruit to your water for variety

Why do we need water?⁵

- Water helps the body keep your temperature normal
- Water lubricates and cushions joints
- Water aids the body of waste
- Water protects the spinal cord

How much fluid should I drink?^{6*}

- Women should drink about 11.5 cups of fluid or 92 ounces daily
- Men should drink about 15.5 cups of fluid or 124 ounces daily

Check the label for hidden sweeteners.⁸

Many beverages include sweeteners that go by several different names. In order to know if you are drinking a sugar sweetened beverage, be on the lookout for these ingredients:

- High fructose corn syrup
- Fructose
- Fruit juice concentrates
- Honey
- Sugar
- Syrup
- Corn syrup
- Sucrose
- Dextrose

United Healthcare

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 at noon on Tuesday, August 30, 2022, in the North Building Virginia Room. Please email John Moore (John.Moore@ketteringoh.org) to enroll in this course.

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.

[Register](#)



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

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 second quarter!

KETTERING HEALTH'S WELLNOTES



Real Raspberry Sorbet

Hungry for a sweet treat that won't destroy your diet, and actually tastes good? Skip the ice cream, dessert bar, or drive-thru. Give this Real Raspberry Sorbet recipe a try. You'll only need four ingredients, and you can prepare it in less than 10 minutes.

[July Wellnotes](#)

This month's edition features:

- Be More Active: You Won't Believe How Far This Guy Walked!
- Spice Up Your Meals to Improve Heart Health
- Cleaning Tips to Control Seasonal Allergies
- Eat Healthy Fats

[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

