

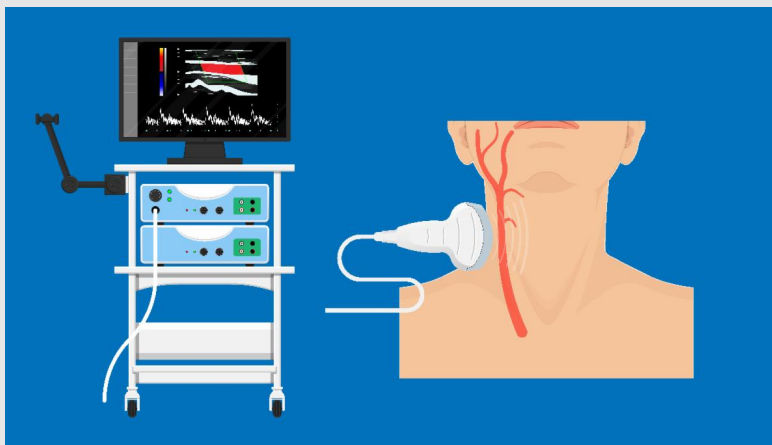


BE **WELL** BULLETIN

EMPLOYEE WELLNESS PROGRAM

June 15, 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.

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](#)

Financial Wellness Course



The Employee Wellness Program has partnered with Wright-Patt Credit Union to bring a [Finances in Focus Program](#) onsite! This FREE 5-Week Program is available to full-time employees and spouses!

A Financial Counselor will help you:

- Discovering your money habits and financial health score
- Building and managing a monthly budget
- Working on your emergency savings plan
- Learning how to borrow smarter and be a safe consumer
- Planning and protecting for tomorrow

The classes will meet for one hour on Tuesdays(7/12, 7/19, 7/26, 8/2, and 8/9) during lunchtime (12-1 PM, North Building Virginia Room).

Registration is FREE and you do not have to be a member of WPCU to participate. Click here to register. Employees who attend all five classes will receive **15 Non-Activity Points**.

Questions? Contact [John Moore](#) or call 937.296.2446.

[Register](#)

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.

Save the date to save lives!



Donate Blood

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

HIT A DOUBLE SAVE LIVES

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

Mental Health



Tools to improve your mental health have never been more accessible. Below are three tools available when looking to improve your mental health or navigate a difficult season in your life.

- EAP (Employee Assistance Program) - Full-time and regular part-time Kettering employees, and members of their household, are provided free and anonymous mental health support through EAP in partnership with Premier Health. EAP provides a 24-hour crisis hotline and short-term counseling for Kettering employees and their household members. EAP offers support for employees facing family, couples/marital, work, emotional, financial, alcohol or drug abuse, and stress management/conflict resolution problems. Click [here](#) to learn how to engage with EAP.
- Mental health and wellness apps - Your phone or tablet provides access to many mental health and wellness apps. These apps provide calming techniques, sleep monitoring, meditation guidance, and other mental health tools. The "Calm" app tops many lists of effective mental health and wellness apps. Click [here](#) to view a list of the top ten most-popular mental health and wellness apps.
- United Healthcare provides virtual visits with many in-network mental health professionals. Any person enrolled in the Kettering Employee Healthcare Plan can find a mental health professional through the United Healthcare App. Click [here](#) to log into the "My UHC" website and select "Schedule a Virtual Visit" to get started.

Free Fitness Class

Register today for a FREE comprehensive core movement workout offered Saturday, June 18 at 9:30 a.m. in the Kettering Recreation Complex Multipurpose Room. This workout features stability, balance, and strength challenges to keep you sound on your feet and ready to move.

CITY OF KETTERING
Parks, Recreation and Cultural Arts Department

CORE POWER UP & GO! WITH GREG

SATURDAY, JUNE 18 AT 9:30 A.M.

Ages 16+

A comprehensive core movement workout featuring stability, balance and strength challenges to keep you sound on your feet and ready to move.

- Optimize Posture
- Improve Core
- Maximize Strength and Endurance

FREE!

Kettering Recreation Complex Multipurpose Room
Must register for class in advance 03-20227-A

GREG ALAN JANKOWSKI aka The Balance Professor NASM, National Academy of Sports Medicine certified personal trainer, core "balance of power" movement specialist and fitness industry educator. Greg's evolution into the fitness industry began in 1992 with a personal health revelation and an innovative fitness training internship program featuring leading experts in the areas of track & field, sports medicine, kinesiology and athletic conditioning. Over his 30 plus year career Greg has provided premier fitness, athletic performance and post-rehab fitness training services to a host of clients in Dayton, Chicago, Los Angeles, NYC, San Diego, Madrid, Spain and Saudi Arabia.

**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

Congratulations to Megan Cox from Public Service for being nominated and selected as the June 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



Chickpea Salad

Need a healthy and easy-to-make salad for a picnic lunch or dinner? Try this chickpea salad recipe.5 (You might know chickpeas by their other name: garbanzo beans.) You only need six ingredients, and it takes just a few minutes to make.

[June Wellnotes](#)

This month's edition features:

- Stop THIS Time Waster to Prevent Heart Disease
- Beans: The "Magical" Way to Beat Hunger
- Use the Granny-Method to Fight Obesity
- 6 Ways to Eat More Veggies
- Train Your Brain to Think Positive

[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

