



BE **WELL** BULLETIN

EMPLOYEE WELLNESS PROGRAM

September 19, 2022

Wellness Program Survey

Your Employee Wellness Committee is looking for feedback as we evaluate the Employee Wellness Program. Our goal is to provide a wellness program that equips all employees with the tools necessary to live healthy and fulfilling lives. To help us reach this goal, we need your help. We are asking all full-time employees to complete an anonymous employee survey. The results of this survey will guide us through this evaluation process. You can access this three-minute survey by clicking on the link below or scanning this QR code. Thanks for helping our Employee Wellness Program reach its full potential.



[Survey Link](#)

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, beginning today (9/19/22), 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.

Flu Shot Clinic



The Employee Wellness Program has partnered with Rite Aid to offer FREE Flu Vaccines to ALL ACTIVE Full-Time, Part-Time, Elected Officials, Seasonal, Temporary, and Contractual City of Kettering Employees.

NEXT MONTH, Rite Aid Pharmacists will administer the quadrivalent vaccine at various dates, times, and locations throughout the City.

Appointments are required. It is strongly encouraged for employees to schedule an appointment when the Pharmacist is at their assigned worksite/department. Click on the date and time of your choice to reserve your spot.

Government Center Virginia Room

- [10/04/22 11:00 a.m. - 2:00 p.m.](#)
- [10/05/22 11:00 a.m. - 2:00 p.m.](#)

Kettering Fire Headquarters

- [10/04/22 7:30 a.m. - 9:00 a.m.](#)
- [10/05/22 7:30 a.m. - 9:00 a.m.](#)
- [10/06/22 7:30 a.m. - 9:00 a.m.](#)

Kettering Police Department (Huddle Room)

- [10/03/22 2:30 p.m. - 3:30 p.m.](#)
- [10/04/22 9:00 p.m. - 10:00 p.m.](#)

Public Service/VMC/Facilities (Public Service Lunchroom)

- 10/07/22 7:30 a.m. - 9:30 a.m.
- Sign-up sheet available at Melissa Sherwood's desk

Parks Maintenance (Valleywood Lunchroom)

- 10/03/2022 7:00 a.m. - 9:00 a.m.
- Sign-up sheet available in the lunchroom

Kettering Recreation Center (Conference Room 4)

- [10/06/2022 11:00 a.m. - 1:00 p.m.](#)

Municipal Court (Judge's Library)

- [10/07/22 2:30 p.m. - 4:30 p.m.](#)

If you are unable to coordinate your schedule with the day(s)/time(s) the Pharmacist is at your location, you may schedule at another location.

Kettering Health Healthcare Navigator

Kettering Health has recently launched a FREE Healthcare Navigator program for the greater Dayton community. This program aims to help individuals, families, and employees navigate the complicated healthcare maze. This confidential service is customized for each individual, based upon their particular situation, from finding primary care, specialty care, and mental health resources to assisting with transportation and other social needs.

You may reach the Healthcare Navigators Monday through Friday during the hours of 8:00 am-4:30 pm via phone ([937-558-3925](tel:937-558-3925)) or email (ketteringhealthnavigator@ketteringhealth.org). A message left after hours will be checked the next business day.



HEALTHCARE NAVIGATOR KetteringHEALTH 



Let a Healthcare Navigator Help

Do you

- need answers to a healthcare question and don't know where to go for help?
- need a health service but don't know where to start?

It can be difficult to navigate questions about your health and to know where to get answers.

What is a Healthcare Navigator?

Your personal navigator is a caring, trained professional who will guide you toward the answers and care you need.

This service is free, confidential, and customized.

How will we help?

We'll help by

- **Listening** to your concerns and questions.
- Helping you **connect** with a primary care physician, specialists, and other healthcare resources, including MyChart.
- **Locating** care close to your home.
- **Guiding** you through the healthcare system.

Getting started

Please contact our Healthcare Navigators by calling **(937) 558-3925** or emailing us at ketteringhealthnavigator@ketteringhealth.org.

Our office is open Monday-Friday, 8 a.m.-4:30 p.m. If you leave a message after business hours, we will contact you the next business day.

Please note: We are not an emergency line. If you are having a medical emergency, please call 911.

The Benefits

- Reduced stress
- Improved quality of care
- Trusted support
- Peace of mind

Serving

- Individuals
- Families
- Seniors
- Employers
- Employees
- Providers



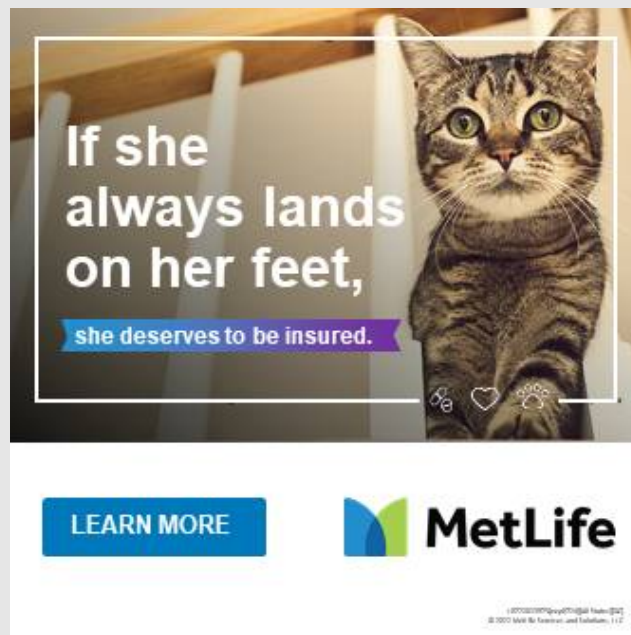
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real appeal

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](#)

Pet Insurance You Can Now Cover ALL of Your Dependents



If she always lands on her feet,
she deserves to be insured.

[LEARN MORE](#)

 **MetLife**

© 2013 MetLife Insurance Company, 112

The City has partnered with MetLife to provide access to Pet Insurance at a discounted group rate. Whether clumsy or able to defy gravity, our furry family members make life more interesting. However, when the unexpected happens to them, you need coverage that can help ease the burden of veterinary expenses. **MetLife Pet Insurance** can help.

Help protect your dogs and cats while enjoying benefits like flexible coverage with up to 100% reimbursement and freedom to visit any U.S. licensed vet, optional Preventive Care coverage, 24/7 access to Telehealth Concierge Services, and discounts and offers on pet care.

Request a Quote

WELLNESS EMPLOYEE OF THE MONTH

Congratulations to Molly Henderson from the Law Department for being nominated and selected as the September 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



Banana Nut Muffins

Who says breakfast muffins are nothing more than donuts in disguise? Make these healthy Banana Nut Muffins with whole-grain flour to start the day out right.

[September Wellnotes](#)

This month's edition features:

- Hustle to Keep Your Brain Healthy
- Fiber-Rich Foods Help Lower Cholesterol
- Beat Stress: Chill Out to Avoid These 5 Health Problems
- 5 Ways to Improve Digestion

[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.

STAY CONNECTED

