



December 14, 2022

2023 Wellness Program



The City of Kettering has teamed up with Wellworks For You to continue providing our award-winning Kettering Employee Wellness Program. All full-time employees can participate in various wellness activities to earn the HSA, HRA, or cash deposit incentive in 2024! The 2023 wellness year begins on 01/01/2023 and ends on 12/15/2023. You will need to complete steps 1 and 2 below to qualify for an incentive. The wellness incentive is based on your medical enrollment status.

- **Step 1: Earn 100 points (Preventative Healthcare Activities)**
- **Step 2: Complete 1.5 Million Steps OR 150 (30-minute) Exercises**

Wellness Program Incentive

- Platinum Medical Plan - Single \$350.00 deposit into HSA or HRA
- Platinum Medical Plan - Family \$700.00 deposit into HSA or HRA
- Silver or Bronze Plan - Single \$350.00 taxable cash deposit
- Silver or Bronze Plan - Family \$700.00 taxable cash deposit
- City's Medical Waived - Single \$250.00 taxable cash deposit

A document containing all the details of the new wellness program will be released on 01/03/2023. This document will have instructions on setting up your WellWorks account, logging your activity exercises or steps, and submitting your points. This document will also have instructions for syncing your fitness tracking device or manually logging steps and exercises. Please reach out to your department wellness representative with any questions as we transition to a new wellness platform.

2023 Fitness Passes

Employees who completed the 2022 Bio-metric Screening and Health Risk Assessment have earned an individual Combination Pass to the Kettering Recreation Center and KFWC located at Trent Arena. To claim your fitness pass, visit the welcome counter at either of these facilities to complete the activation process. The chart below shows all of the amenities available to combination pass holders.

"I am just using the track."

When you visit the indoor track at either facility, tell Rec. Center staff, "I am just using the track" when you check in at the facility. This information will help keep an accurate record of the facility's usage.

		Combination	Fit-Ex	Fitness	Exercise	Pool	Gymnasium	Skate	Water Park	Senior Center
AMENITIES	INDOOR TRACK	●	●	●	●	●	●	●	●	●
	TOWEL SERVICE	●	●	●	●	●	●			
	COMPLIMENTARY LOCKERS	●	●	●	●	●				
	WHIRLPOOL	●	●	●	●	●			●	
	SAUNA	●	●	●	●	●			●	
	STEAM ROOM	●	●	●	●	●			●	
	KRC FITNESS ROOM	●	●	●						
	KFWC FITNESS ROOM	●	●	●						
	EXERCISE CLASSES	●	●		●					
	GYMNASIUM	●					●			●
	ICE ARENA OPEN SKATE	●						●		
	INDOOR POOL & AQUA FITNESS	●				●			●	
	ADVENTURE REEF WATER PARK	●							●	

6 Questions to Ask At Your Primary Care Visit

Do you ever leave the doctor and remember something you forgot to ask? Before your next visit with your primary care physician, take a moment and plan your conversation. McGohan Brabender has created a helpful list of six questions to ask during our annual visit with your Primary Care Physician. This planning will help you get the most out of your visit and ensure your receiving the care you need. Remember, the City's employee medical plan pays for 100% of preventative medical care, including

one annual physical each year with your primary care physician.



Know Your Benefits

6 Questions to Ask At Your Primary Care Visit

Going in for a primary care appointment can be intimidating. Knowing how to get the most out of your visit is essential so you aren't left with unanswered questions. Being prepared can also change the overall experience and efficacy of the visit. This article provides six questions to ask during your next check-up.

How Is My Blood Pressure?

High blood pressure increases the risk of heart disease and stroke, according to the Centers for Disease Control and Prevention. High blood pressure can occur without symptoms, making it common for high blood pressure to go undiagnosed. Ask for your blood pressure numbers during your annual visit.

If your numbers are high, this is an excellent time to ask for ways to help improve your numbers, such as lifestyle changes or medications. The correct method to manage your high blood pressure will depend on your unique situation.

Are There Any Preventive Screenings I Should Get?

Screenings for conditions such as type 2 diabetes, various cancers or depression can all be performed at your primary care appointment. Preventive screenings can spot illnesses while they're early and treatable. This can improve your overall quality of life and longevity.

Check your family history to know which tests may be beneficial to request first. For example, if your family has a

history of breast cancer, you may want to screen for that earlier than later.

Am I Up to Date With My Immunizations?
Age, medical history and time of year may all affect whether you're up to date with current immunizations. Vaccinations to ask about may include:

- Flu vaccine
- HPV vaccine
- Hepatitis vaccine
- COVID-19 vaccine or booster

Being fully vaccinated is a safe and effective way to prevent serious diseases and conditions further down the line.

Is This Normal?

Your visit is a chance for you to find out if any new symptoms are ones you should worry about or are just a regular part of your age and lifestyle. Your doctor can do an exam to measure basic vital signs such as height, weight, blood pressure and heart rate. After that, it's up to you to give additional information and ask questions about your health and well-being.

Do I Need to See a Specialist?

If your doctor identifies a condition, such as cancer or heart disease, that you should receive further treatment or testing for, you may be referred to a specialist. Be sure to ask your primary care physician if you need to see a specialist.

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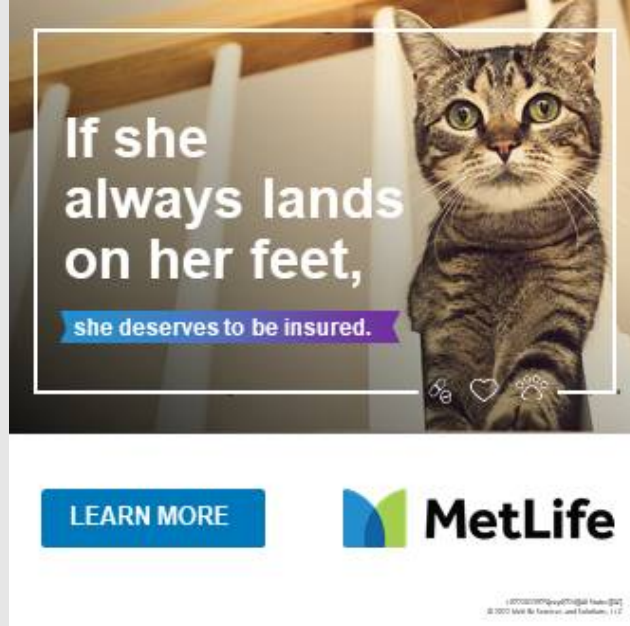
real appeal

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 anyone who:

- is an employee, spouse, or dependent (18 years or older);
- is enrolled in the Kettering Employee Medical Plan;
- has a BMI of 23 or higher.


[Sign-up Today](#)

Insure Your Four-Legged Dependents MetLife Pet Insurance



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

LEARN MORE

 **MetLife**

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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

Do you know someone who deserves a Wellness Employee of The Month nomination and a \$50 reward? Please submit your nomination to [John Moore](#).

KETTERING HEALTH'S WELLNOTES



This month's edition features:

- The Breakfast Survival Food to Improve Your Health
- The 10-Digit Formula to Avoid Getting Sick
- 7 Ways to Stay Active When Old Man Winter Arrives

Black Bean Quesadilla

Beans, beans, the magical fruit. The more you eat, the more you (ahem, feel better). Beans, also called legumes, are good for your health. Give this Black Bean Quesadilla recipe a try. [December Wellnotes](#)

- Laugh More to Improve Your Health

[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.

 **KETTERING**
is home

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