



BE **WELL** BULLETIN

EMPLOYEE WELLNESS PROGRAM

November 09, 2022

Open Enrollment 2023 Benefits Plan Year (11/7/22 - 11/18/22)



Don't wait till the last minute to log into [BenExpress](#) and make your 2023 benefit elections. Open Enrollment for the 2023 benefits plan year began Monday, November 7, and will end at 5:00 pm on Friday, November 18. Below is a list of items to consider before choosing your 2023 elections.

Questions to ask before making your 2023 benefit elections:

- Do I expect to have child/dependent care expenses in 2023?
- Do I expect any significant dental or vision expenses in 2023?
- What are my (family's) estimated HSA [eligible expenses](#) in 2023?
- Has my (family's) need for personal, spouse, or child life insurance changed?
- Has my (family's) need for dental or vision coverage changed?

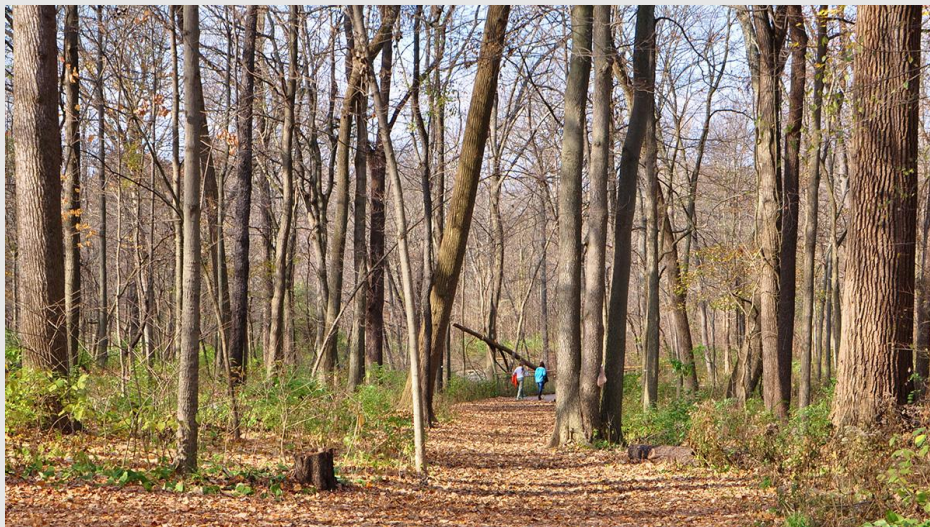
Wellness Program Changes



WellVibe has informed the City that it will be discontinuing the WellVibe product as of 12/31/2022. After receiving this news, the Human Resource Department and the Wellness Committee began reviewing the Wellness Program. This review started with an employee survey to gather feedback on the current status of the program. More than 100 employees completed the survey and the feedback provided information that is serving as a roadmap through this evaluation. Department wellness representatives and the Be Well Bulletin will provide updates as changes are made. Below are a few important updates to keep in mind as the program is being built for next year.

- The last day of the current wellness cycle has been extended from 10/31/2022 to **12/31/2022**. That is correct, everyone has two extra months to earn and record the activity minutes and non-activity points needed to earn the wellness incentive for the current wellness year.
- The new wellness cycle will begin on 1/1/2023 and end on 12/31/2023. Wellness points earned through the 2022 bio-metric screening and health risk assessment will count toward this **2023** wellness cycle.

National Take-a-Hike Day



Kettering Police Sgt. Jeff Perkins will share his experience and love for hiking with city staff by hosting a "National Take-a-Hike Day" event. This event will take place at Hills and Dales Metro Park on 11/17/2022 and will offer city employees an introduction to hiking while exploring the beautiful and historical Hills and Dales Metro Park. Employees can choose to participate during their lunch break beginning at noon or after work

beginning at 5:15 pm. Employees will meet at Paw Paw Pavilion. Keep in mind, the sun is setting earlier. Consider bringing a headlamp or flashlight to the 5:15 pm event.

Hills and Dales - Paw Paw Pavilion

Understanding Diabetes

More than 37 million US adults have diabetes, and 1 in 5 of them don't know they have it. Diabetes is also the seventh leading cause of death in the United States. Check out this health tip from UHC to understand each type of diabetes and how to identify symptoms.



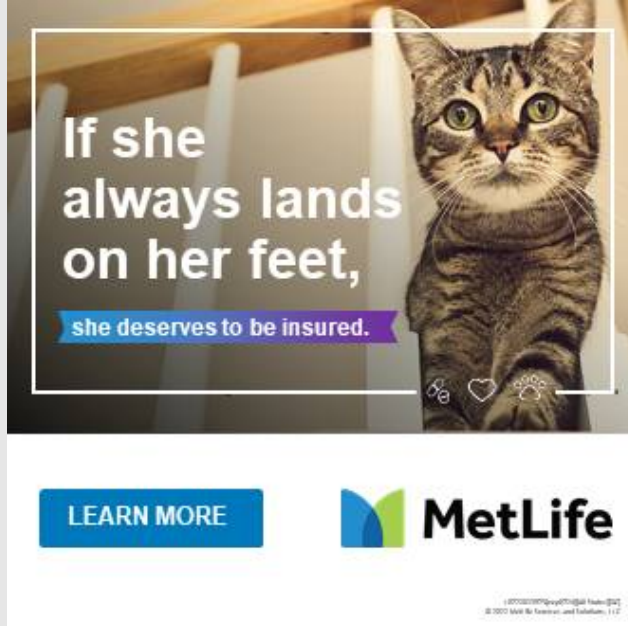
real appeal

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](#).

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?

Click on the fifty to see who won the drawing for the third quarter!

KETTERING HEALTH'S WELLNOTES



Pumpkin and Bean Soup

How about a healthy and hot bowl of soup on a fall-weather day? Skip the canned-soup aisle, and make your own with just a few ingredients in about 30 minutes. in the [November Wellnotes](#).

This month's edition features:

- Skip the 'Festivus' Main Course for THIS...
- Ding...Ding! Propose a Holiday Toast to Live Longer
- Take the Walk-After-Dinner Holiday Challenge
- Your Holiday- Meal Game Plan

[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

