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BE WELL BULLETIN

EMPLOYEE WELLNESS PROGRAM

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February 15, 2023

Welworks

The current wellness program began on 01/01/2023 with a new wellness platform called Wellworks For You. Wellworks staff has been very helpful in resolving some issues many members have been experiencing. Below are three of the most commonly reported issues with corresponding solutions.

- Issue 1: I can't see my total steps and exercise minutes.
 - Solution: Click on the "Rollout Webinar Slides" button to view screenshots of how to view your total steps and minutes.

Rollout Webinar Slides

- Issue 2: My device won't sync (or stay synced).
 - Solution: Click on the "Device Troubleshooting" button to view instructions. If the problem persists, reach out to Wellworks tech support through the live chat option on the app or by calling Wellworks at 484-320-7398.

Device Troubleshooting

- Issue 3: My account is locked and I can't log in.
 - Solution: Reach out to John Moore to have your account unlocked(john.moore@ketteringoh.org / Ext. 4421).

A complete Wellness Program Guide containing details of the wellness program can be accessed by clicking on the link below. This document has instructions for setting up your Wellworks account and submitting your points. This document also has instructions for syncing your fitness tracking device or manually logging steps and exercises. Please reach out to your department wellness representative with any questions.



April 7, 2023 Blood Drive Sign-up Today



Sign-up today to make a life-saving blood donation. Employee Council, Wellness Committee, and PRCA One have teamed up to offer three chances to donate blood in 2023. Each employee who participates in all three of the 2023 blood drives will have a chance to win a fun prize. The first blood drive will be on April 7, 2023. Each blood drive will take place in the Community Room at Kettering Fire Headquarters (4745 Hempstead Station Drive). Click on the link below to reserve your spot.

Sign-up

2023 Fitness Passes

Employees who completed the 2022 Bio-metric Screening and Health Risk Assessment have earned an individual <u>Combination Pass</u> 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."

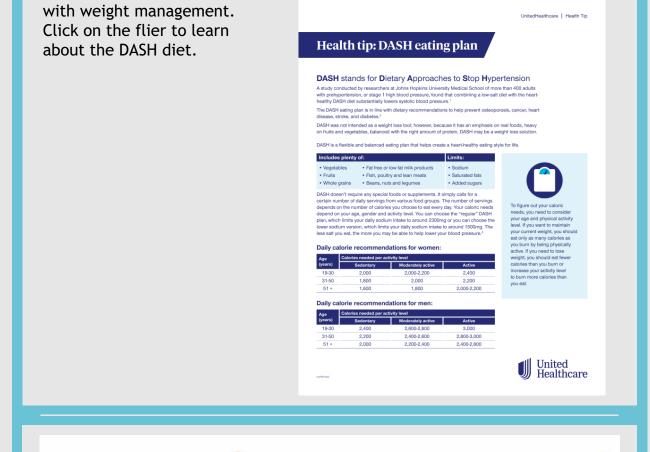
When you visit the indoor track at either facility, tell Rec. Center staff, "I am just using the track" when you check in at the facility. This information will help keep an accurate record of the facility's usage.

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	STEAM ROOM			•							
	KRC FITNESS ROOM			•							
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	INDOOR POOL & AQUA FITNESS										
	ADVENTURE REEF WATER PARK								•		

D-A-S-H

Dietary Approaches to Stop Hypertension

There is much more to treating hypertension than simply taking medication. Physical exercise, stress management, and a healthy diet can lower blood pressure. A John Hopkins University study was used to create a diet that, combined with a low-salt diet, has been proven to lower systolic blood pressure. The DASH (Dietary Approaches to Stop Hypertension) diet has also been proven to help



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

WELLNESS EMPLOYEE OF THE MONTH

Congratulations to Battalion Chief Jim Lokai from the Fire Department for being nominated and selected as the February Wellness Employee of the Month! Read the nomination <u>here</u>.

Do you know someone who deserves a Wellness Employee of The Month nomination and a \$50 reward? Please submit your nomination to <u>John Moore</u>.

KETTERING HEALTH'S WELLNOTES



Green Onion Omelet Hungry for a DIY gourmet breakfast? Check out this Green Onion Omelet recipe in <u>February Wellnotes</u>.

This month's edition features:

- Hustle for Health: 5 Popular Ways to Be Active in 2023
- The Low-cost, Low-impact Fix for Back Pain
- Grapefruit and the Mystery of a Healthy Breakfast
- 7 Ways to Eat Mediterranean-Style

READ WELLNOTES



EMPLOYEE WELLNESS PAGE

ACCESS WELLWORKS

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 at (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