



February 15, 2023

Wellworks For You

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.

Wellness Program Guide

April 7, 2023 Blood Drive Sign-up Today



SO MUCH DEPENDS ON
you
BLOOD DONOR

Register to donate blood
March 20 - April 29 with
CBC and help
make a difference
in the life of
someone in need.

Schedule an appointment today!

DONORTIME.COM 937-461-3220  DONORTIME APP

CITY OF KETTERING
FIRE HEADQUARTERS
4745 HEMPSTEAD STATION RD.

**FRIDAY
APRIL 7, 2023
10AM TO 4PM**

TO SCHEDULE AN APPOINTMENT,
GO TO WWW.DONORTIME.COM
ENTER CODE: 1575



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 **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	●							●	

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

with weight management. Click on the flier to learn about the DASH diet.

Health tip: DASH eating plan

DASH stands for Dietary Approaches to Stop Hypertension

A study conducted by researchers at Johns Hopkins University Medical School of more than 400 adults with prehypertension, or stage 1 high blood pressure, found that combining a low-salt diet with the heart-healthy DASH diet substantially lowers systolic blood pressure.¹

The DASH eating plan is in line with dietary recommendations to help prevent osteoporosis, cancer, heart disease, stroke, and diabetes.²

DASH was not intended as a weight loss tool; however, because it has an emphasis on real foods, heavy on fruits and vegetables, balanced with the right amount of protein, DASH may be a weight loss solution.

DASH is a flexible and balanced eating plan that helps create a heart-healthy eating style for life.

Includes plenty of:		Limits:
• Vegetables	• Fat free or low fat milk products	• Sodium
• Fruits	• Fish, poultry and lean meats	• Saturated fats
• Whole grains	• Beans, nuts and legumes	• Added sugars

DASH doesn't require any special foods or supplements. It simply calls for a certain number of daily servings from various food groups. The number of servings depends on the number of calories you choose to eat every day. Your caloric needs depend on your age, gender and activity level. You can choose the "regular" DASH plan, which limits your daily sodium intake to around 2300mg or you can choose the lower sodium version, which limits your daily sodium intake to around 1500mg. The less salt you eat, the more you may be able to help lower your blood pressure.³

Daily calorie recommendations for women:

Age (years)	Calories needed per activity level		
	Sedentary	Moderately active	Active
19-30	2,000	2,000-2,200	2,400
31-50	1,800	2,000	2,200
51 +	1,600	1,800	2,000-2,200

Daily calorie recommendations for men:

Age (years)	Calories needed per activity level		
	Sedentary	Moderately active	Active
19-30	2,400	2,600-2,800	3,000
31-50	2,200	2,400-2,600	2,800-3,000
51 +	2,000	2,200-2,400	2,400-2,800



To figure out your caloric needs, you need to consider your age and physical activity level. If you want to maintain your current weight, you should eat only as many calories as you burn by being physically active. If you need to lose weight, you should eat fewer calories than you burn or increase your activity level to burn more calories than you eat.



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 [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](#).

KETTERING HEALTH'S WELLNOTES



Green Onion Omelet

Hungry for a DIY gourmet breakfast? Check out this Green Onion Omelet recipe in [February Wellnotes](#).

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