



January 11, 2023

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 when the incentive is deposited.

- **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 complete Wellness Program Guide containing details of the new wellness program can be accessed by clicking on the link below. This document has instructions for setting up your WellWorks account, logging your activity exercises or steps, 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 regarding the new wellness platform.

[Wellness Program Guide](#)

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	●							●	

Understanding Preventative Care

A healthy diet, an active lifestyle, and preventative healthcare are the key components of a healthy lifestyle. Preventative healthcare is often overlooked when someone is looking to improve their overall health.

Preventative health screenings are offered with no out-of-pocket expense. Preventative screenings allow your doctor to evaluate your health when you are symptom-free to gain an accurate baseline of your health. These screenings also

evaluate and decrease your risk of developing serious health issues. Click on the link below to view a customized preventative care checklist based on your age and gender.

Health tip: Understanding preventive care

Preventive care is routine health care that is meant to help you stay healthy. When you schedule regular appointments and screenings, it may help you manage and maintain your health.

Preventive care is generally focused on the following

- Evaluating your health when you are symptom-free
- Receiving checkups and screenings
- Decreasing the risk of developing health issues even if you are in the best shape of your life

Understand the difference between preventive care and diagnostic care

- Preventive care is designed to help you stay healthy, and may be covered by most health plans with \$0 out-of-pocket when you see an in-network provider.
- Costs may be incurred for diagnostic care based on plan coverage. Check your plan documents for additional details.



Preventive Care

Preventive care includes routine well exams, screenings, and immunizations intended to prevent or avoid illness or other health problems.



Diagnostic Care

Diagnostic care includes care or treatment when you have symptoms or risk factors and your doctor wants to diagnose them.

When is care considered preventive?

A procedure can be considered preventive care in some situations, but not in others. This is important, because a service has to be considered preventive in order to be exempt from copays, coinsurance or deductibles. If it's not, these charges may apply.

Preventive care example

A woman has an annual wellness exam and receives blood tests to screen for anemia, kidney and liver function, and has a urine analysis done. If the physician orders lab work during a preventive care visit some of the tests may be covered as preventive care, such as a cholesterol screening.



Schedule an appointment with your doctor today

Routine preventive care may help you manage and maintain your health, and is generally covered at 100 percent by most health plans.



Preventative Care Checklist

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 Wesley "Todd" Livesay from the Engineering Department for being nominated and selected as the January 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



Quick Chicken & Vegetable Soup

Looking for a quick and easy soup recipe that's healthy, hearty, and packed with flavor? Check out this soup recipe in [January Wellnotes](#).

This month's edition features:

- Healthy Habit Makeover
- January is National Soup Month
- 6 Benefits of Bodyweight Exercises
- 5 Health Benefits of Plant-Based Foods
- 8 Goal-Setting Tips to Improve your Health

[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