



March 15, 2023

Spring Slim-down Challenge Sign-up Today!

We are gearing up to launch the first 2023 challenge! The Spring Slimdown Challenge starts on Monday, April 3rd. All Participants who meet the challenge requirements will earn ten (10) points towards their Wellness Program and be entered into a raffle drawing to win a prize!

To be eligible, participants must log into the Wellworks portal, weigh in weekly on the Challenge Dashboard, and lose or maintain weight during the challenge. All weights are confidential.

View the attached flyer for more details including how to sign up!

[Challenge Details](#)

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](#)

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

National Nutrition Month



March is National Nutrition Month and a perfect time to learn the latest nutrition information. In preparation for the Spring Slim Down Challenge, take some time to evaluate your's and your family's nutrition habits.

A great way to learn about nutrition is by viewing the 6-session "Nutrition and Healthy Living" e-Learning series on the WellWorks Platform. Each session lasts less than 20 minutes and contains helpful nutrition and healthy living information. To access this course, click the "e-Learning" tab on the WellWorks dashboard. This course is optional and does not earn points toward the wellness incentive.

WELLWORKS

The logo for Real Appeal features the words "real" and "appeal" in a lowercase, rounded, sans-serif font. The word "real" is in a dark red color, and "appeal" is in a lighter orange-red color. A simple, curved orange-red line underneath the "real" part of the logo suggests a smile.

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

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:

- Shoot Hoops to Net Health Benefits of Basketball
- 7 Ways to Cut Your Risk for Colorectal Cancer



- The Dining-Out Dilemma: 6 Ways to Eat Healthier
- Why should I get a check-up once a year?

[READ WELLNOTES](#)

Carrot Raisin Bread

Like sweet breads? Try this recipe. It's low in saturated fat, calories, and cholesterol. [March 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