



# CITY OF KETTERING EMPLOYEE Wellness

BE **WELL** BULLETIN

EMPLOYEE WELLNESS PROGRAM

April 12, 2023

## April is Stress Awareness Month

April is National Stress Awareness Month. If not managed effectively, stress can cause emotional and physical harm. The first step in managing stress is to understand what stress is. The National Institute of Mental Health explains what stress and anxiety are and helps to explain the similarities and differences between them. The Institute goes one step further by providing skills for managing stress and anxiety while helping to recognize when more help is needed.

Click on the document to the right to learn more about stress and anxiety. If you discover that help is needed, click the button below to learn more about the Employee Assistance Program. The Employee Assistance Program provides free and anonymous short-term counseling to any City of Kettering employee and anyone in their household.

**I'M SO STRESSED OUT!**

From the NATIONAL INSTITUTE of MENTAL HEALTH

Feeling overwhelmed? Read this fact sheet to learn whether it's stress or anxiety, and what you can do to cope.

**Is it stress or anxiety?**

Life can be stressful—you may feel stressed about performance at school, traumatic events (such as a pandemic, a natural disaster, or an act of violence), or a life change. Everyone feels stress from time to time.

What is stress? Stress is the physical or mental response to an external cause, such as having a lot of homework or having an illness. A stressor may be a one-time or short-term occurrence, or it can happen repeatedly over a long time.

What is anxiety? Anxiety is your body's reaction to stress and can occur even if there is no current threat.

If that anxiety doesn't go away and begins to interfere with your life, it could affect your health. You could experience problems with sleeping, or with your immune, digestive, cardiovascular, and reproductive systems. You also may be at higher risk for developing a mental illness such as an anxiety disorder or depression. More information about anxiety disorders is available at [www.nimh.nih.gov/anxiety disorders](http://www.nimh.nih.gov/anxiety disorders).

**So, how do you know when to seek help?**

**Stress vs. Anxiety**

Stress	Both Stress and Anxiety	Anxiety
<ul style="list-style-type: none"><li>• Generally is a response to an external cause, such as taking a big test or arguing with a friend.</li><li>• Goes away once the situation is resolved.</li><li>• Can be positive or negative. For example, it may inspire you to meet a deadline, or it may cause you to lose sleep.</li></ul>	<ul style="list-style-type: none"><li>• Both stress and anxiety can affect your mind and body. You may experience symptoms such as:<ul style="list-style-type: none"><li>• Excessive worry</li><li>• Uneasiness</li><li>• Tension</li><li>• Headaches or body pain</li><li>• High blood pressure</li><li>• Loss of sleep</li></ul></li></ul>	<ul style="list-style-type: none"><li>• Generally is internal, meaning it's your reaction to stress.</li><li>• Usually involves a persistent feeling of apprehension or dread that doesn't go away, and that interferes with how you live your life.</li><li>• Is constant, even if there is no immediate threat.</li></ul>

**Employee Assistance  
Program**



Two great ways to reduce and manage stress are building a habit of physical exercise and maintaining a strong network of supportive relationships. Grab your favorite walking shoes and gather a group of supportive friends for National Walk at Lunch Day. Groups will be meeting on Wednesday, April 26 at the fountains at Lincoln Park Civic Commons at noon, 12:30, and 1:00.

## Benefits Spotlight



Each month the Benefits Spotlight section of the Be Well Bulletin will be dedicated to shining light on a feature of our health insurance benefits. This month we will explain the service provided by 2nd MD.

United Health Care provides 2nd MD to anyone enrolled in the Kettering Employee Medical Plan. 2nd MD delivers convenient virtual access to experts from top national institutions leading the research, clinical trials, and next generation of health care. Whether it's a new diagnosis, upcoming surgery,

or questions about a chronic condition or pain, we help you on your healthcare journey.

2nd MD may call and offer their services to ensure you are receiving the best possible care. If you have any questions about this program, please call John Moore in Human Resources.

## About 2nd MD

## WELLNESS EMPLOYEE OF THE MONTH

Congratulations to Sgt. Jeff Perkins from the Police Department for being nominated and selected as the April 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](#).



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](#)

The logo for Real Appeal features the words "real" and "appeal" in a lowercase, rounded, orange font. A curved line under the "real" part of the logo forms a simple 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](#)



- 04/26/2023 - National Walk at Lunch Day - Civic Commons Fountains
- 07/12/2023 - Hearing Screening - 8 am to 1 pm - Police Dept.
- 08/11/2023 - Blood Drive - 10:00 am to 4:00 pm - KFD Community Room
- 10/02/2023 - 10/06/2023 - Flu-shot Clinics
- 11/06/2023 - 11/17/2023 - Open Enrollment
- 11/06/2023 - 11/09/2023 - Bio-metric Screenings - KRC
- 12/15/2023 - Blood Drive - 10:00 am to 4:00 pm - KFD Community Room
- 07/09/2024 - Mammogram Bus - Gov't Ctr. Parking Lot

## KETTERING HEALTH'S WELLNOTES



### Easy & Healthy Black Bean Soup

Beans, beans, the magical art...  
Ahem, you know the rest of that rhyme. But seriously, beans are good for you. They're low in calories and a great source of fiber. Give this black bean recipe a try [April Wellnotes](#)

### This month's edition features:

- Live Longer: Do THIS for Just 11 Minutes a Day
- Texting While Driving? You Need to See This
- Get Your Zzzs to Prevent "The Munchie Effect"
- Forget About the Five-Second Rule

[READ WELLNOTES](#)



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](mailto: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](mailto:john.moore@ketteringoh.org) |  
[www.ketteringoh.org/wellness-program](http://www.ketteringoh.org/wellness-program)