



# CITY OF KETTERING EMPLOYEE Wellness

BE **WELL** BULLETIN

EMPLOYEE WELLNESS PROGRAM

May 10, 2023

## May is Mental Health Awareness Month

Mental health awareness month is an important time of year to take stock of our mental health and the mental health of those around us. Good mental health is essential for everyone, regardless of age, gender, or job role. It can help us stay productive and focused in our work and relationships, as well as lead a happier and healthier lifestyle. In this article, UHC discusses why it's important to be aware of our mental health and how to support ourselves and others in creating a mentally healthy workplace environment.

UnitedHealthcare | Health Tip

### Health tip: Mental health

#### Understanding Mental Health

Talking about depression, anxiety or other problems that may affect your mental health isn't always easy, but let's start the conversation. If you or a loved one may be dealing with these issues, you're not alone. Millions of people in the United States are affected by behavioral health issues each year.<sup>1</sup> Learning how to talk about and understand your mental health may be the first step to recovery.

Mental health, also known as behavioral health, are terms used to describe several problems that may affect your mental well-being, including your emotional, psychological, and social well-being.<sup>2</sup> Behavioral health includes stress, anxiety, depression, mood disorders and other psychological issues. Behavioral health disorders may also include things like substance use disorders, eating disorders, or psychotic disorders.

#### What are common signs of mental health problems?

Mental health problems are not always easily identified, but if you identify any of these signs or behaviors, it may be time to seek help.

- Eating or sleeping too much
- Losing interest in people and activities
- Feeling hopeless
- Aches and pains
- Excessive alcohol consumption
- Drug use
- Irritability and anger
- Feeling depressed
- Thoughts of harming oneself or others
- Thoughts of suicide

Asking for help may be your most important step in taking care of yourself, as poor mental health can impact several parts of your life. Specifically, poor mental health affects your relationships with others and yourself, and it may impair the way you cope with stress. It is also associated with stroke and chronic diseases such as diabetes, heart disease, and certain types of dementia.<sup>3</sup>

#### Mental health myths<sup>4</sup>

**Myth:** Mental health problems do not affect me

**Myth:** People with mental health problems are violent and unpredictable

**Myth:** Personality weakness or character flaws cause mental health problems

**Myth:** There is no hope for people with mental health problems

**Myth:** Therapy and self-help are a waste of time

**Myth:** Prevention doesn't work. It is impossible to prevent mental illness

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# BIKE MONTH



## Celebrate by riding to work, for fitness or fun!



Sunday, May 7 is *National Ride a Bike Day*.  
Friday, May 20 is *Bike to Work Day*.

Want to socialize with other cyclists? Register for *Cycle Kettering Community Rides* starting on Sunday, May 21.

Check out a map of all of Kettering's Bike Routes at [www.ketteringoh.org/kettering-bike-route-map](http://www.ketteringoh.org/kettering-bike-route-map).



Did you know May is Bike Month? Whether you're riding for fun, fitness or with family, or taking essential trips to work or shop, you are part of the movement for safer streets, connected communities, a healthier planet, and happier people.

Come celebrate with us on National Bike to Work Day, Friday, May 19. While you are encouraged to bike for all of National Bike to Work Week 15-21, a group will be heading down to RiverScape MetroPark on the 19th to join the larger Dayton celebration downtown, 7 am-9 am. Enjoy flying pancakes, live music, meet fellow cyclists, learn about community cycling resources, and how you can be more sustainable by opting to bike to work.

Brad Walwer will meet up at the Government Center flagpoles at the south building to lead anyone interested in biking 6.5 miles downtown for pancakes. He will be leaving promptly at 7:15. Anyone interested should shoot him an email. Immediately following the pancake breakfast is the regional Bike Miami Valley Bike Summit hosted by the City of Dayton. So bikers may be biking back from Dayton on their own or at least without Brad.

Otherwise, enjoy a good bike ride as the weather is playing its part.

# Benefits Spotlight

## Special Enrollment Periods



Each year, benefits-eligible employees make their benefit elections during the Annual Open Enrollment Period. This Open Enrollment Period is typically in early November. Special Enrollment Periods are when employees can change their benefit elections outside the Annual Open Enrollment period.

Employees qualify for a Special Enrollment Period following a life event such as:

- getting married, divorced, legal separation, or annulment
- having a baby
- death of a dependant
- change in a dependant's benefit eligibility
- change in your or your spouse's benefit eligibility

Following one of these life events, an employee typically has 31 days to make benefit election changes.

## WELLNESS EMPLOYEE OF THE MONTH

Congratulations to Firefighter Dane Jobe from the Fire Department for being nominated and selected as the May 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](#).

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](mailto: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 simple orange smiley face is positioned below the word "real".

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**



- 07/12/2023 - Hearing Screening - 8:00 am to 1:00 pm - Police Dept.
- 07/26/2023 - Dog Days of Summer - 11:30 am to 1:00 pm - Delco Park
- 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



### Stuffed Mushrooms

Hungry for a healthy no-meat dish?

### This month's edition features:

- The Five-Minute Fix for Sitting Too Much
- Brain Drain: This Is What Happens When You Eat Junk Food
- The Dark Side of Blue Light: 7 Reasons to Limit Screen Time
- Is Social Media Bad For Your Mental Health?

Check out the stuffed portobello mushroom recipe in the [May Wellnotes](#).

[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](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.

