



BE **WELL** BULLETIN

EMPLOYEE WELLNESS PROGRAM

June 14, 2023

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.

[Enroll Today](#)

Hearing Screening

Huh? Would you repeat that? I can't hear you.

What did you say?

Do you find yourself using these statements often?

Hearing loss can affect cognitive health.

Studies have shown that older adults with hearing loss have a greater risk of developing dementia than older adults with normal hearing. Cognitive abilities (including

memory and concentration) decline faster in older adults with hearing loss than in older adults with normal hearing.

Your Employee Wellness Program is here to help by providing hearing screenings. Sign-up today for a hearing screening on Wednesday, July 12 from 9 am to 2 pm.

Kettering Health Corporate Outreach Screening

Hearing Screening

July 12th, 2023
9am-2pm
Police Station



What to expect?

With this baseline hearing screening, your hearing will be tested at multiple frequencies using pure-tone testing to identify potential hearing loss.

All participants are educated on strategies to help protect their hearing.

Registration Required:

<https://bit.ly/COKhearing23>



Questions?

Contact Corporate Outreach at (937) 558-3917



[Sign Up](#)

Challenge Update

Spring Slim Down Challenge was a great success with 34 employees working hard and successfully completing the challenge. Firefighter David Parker was randomly selected from these 34 challenge participants and received a 40oz Stanley Flip Straw Jug. Complete a 2023 challenge for your chance to win!

Coming Soon!

Challenge Your Palate is the second challenge of the 2023 Employee Wellness Program. This 6-week challenge is designed to help you build healthy eating habits and regain control of your diet. Registration opens on July 5th and the challenge begins on July 17 and ends on August 27.

Challenge Your Palate

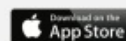
A HEALTHY HABITS CHALLENGE



PARTICIPATION MADE EASY

Easily sync your device, check the Challenge Leaderboard, track your habits, and even confirm your Wellness Program completion status with the Wellworks For You Mobile App!

Download through the Google Play or App Store to get started.



COMING SOON!

JULY 17, 2023 – AUGUST 27, 2023

*This individual challenge requires you to complete different healthy eating habits over the course of **SIX (6) weeks** to help you develop habits that will stay with you for the rest of your life.*



EARN A REWARD INCENTIVES FOR COMPLETION

Once all **six (6) weeks** are complete, you will automatically receive **10 Points** towards your Step 1 of the wellness program and be entered into a prize raffle!

*Registration opens
on July 5th!*



800.425.4657
info@wellworksforyou.com
www.wellworksforyoulogin.com



70 E Lancaster Pike
Frazer, PA 19355

Wellworks For You

Benefits Spotlight Health Insurance Education



Knowledge is power in the battle to combat the rising cost of healthcare. Your human resource team has built a Health Insurance Education Session to empower you to reduce your healthcare expenses and maximize your medical benefits. Come learn about our medical insurance plan, preventative healthcare, wellness, and how to be a savvy healthcare consumer at one of the three Health Insurance Education Sessions listed below.

PRESENTED BY THE HR DEPARTMENT



HEALTH INSURANCE

EDUCATION SESSIONS

Monday, July 17
9 – 9:45 a.m.
Council Chambers

Monday, July 24
1 – 1:45 a.m.
Council Chambers

Thursday, August 10
9 – 9:45 a.m.
Council Chambers

Topics:

- Learn about the Kettering Employee Medical Insurance Plan
- Health Savings Accounts
- How to be a savvy healthcare consumer
- Value of preventative healthcare
- Employee Wellness Program



CITY OF KETTERING

WELLNESS EMPLOYEE OF THE MONTH

Congratulations to Lt. Craig Moore from the Police Department for being nominated and selected as the June 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](#).

Thank you for being patient with the changes to our 2023 Employee Wellness Program and the move to the WellWorks platform. Below are answers to the most frequently asked questions about each of the two steps.

Step 1: Earn 100 points

- **Why didn't I receive points after watching the training videos and completing the quiz in the Training Center?** Points are not awarded for completing courses in the Training Center. The Training Center courses are optional and provided only for education.
- **How do I complete the physician results form?** The physician results form will automatically be completed for anyone who participates in the Bio-metric screening in November. This form can also be completed by your primary care physician.

Step 2: Complete 1.5 million steps or 150 exercises (30-minute minimum)

- **Why is the WellWorks app not receiving information from my fitness tracker?** Make sure your device is synchronized with the WellWorks app. Once per week, open the WellWorks App and your fitness tracker app at the same time for about 5 minutes. This will initiate communication between these two apps.

**Device
Troubleshooting**

**Wellness Program
Guide**



- 07/05/2023 - Register for "Challenge Your Palate"
- 07/17/2023 - 08/27/2023 - Wellness challenge "Challenge Your Palate"
- 07/17/2023 - Health Ins. Education - 9 - 9:45 a.m. - Council Chambers
- 07/12/2023 - Hearing Screening - 9 a.m. - 2 p.m. - Police Dept.
- 07/24/2023 - Health Ins. Education - 1 to 1:45 p.m. - Council Chambers
- 07/26/2023 - Dog Days of Summer - 11:30 a.m. to 1 p.m. - Delco Park
- 08/10/2023 - Health Ins. Education - 9 - 9:45 a.m. - Council Chambers
- 08/11/2023 - Blood Drive - 10 a.m. to 4 p.m. - 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 a.m. to 4 p.m. - KFD Community Room
- 07/09/2024 - Mammogram Bus - Gov't Ctr. Parking Lot

KETTERING HEALTH'S WELLNOTES



Homemade Guacamole

Hungry for some guac with chips? Check out the homemade guacamole recipe in the [June Wellnotes](#).

This month's edition features:

- The Two-Minute Formula to Live Longer
- Slow Down at Meal Time to Prevent Diabetes
- What Your Waist Size Says About Your Health
- I'm so confused... What does a healthy diet look like?

[READ WELLNOTES](#)



EMPLOYEE WELLNESS
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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

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