



BE **WELL** BULLETIN

EMPLOYEE WELLNESS PROGRAM

August 9, 2023

Last Chance 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 healthcare expenses and maximize your medical benefits. Come and 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

National Wellness Month



August is National Wellness Month. The Employee Wellness Program encourages wellness through physical activity and preventative healthcare. Each are critical components of a healthy lifestyle. Any full-time employee can celebrate by logging into their Wellworks account in August to be automatically entered to win a fun prize. It is not too late to begin or continue working toward earning your 2024 Wellness incentive. You can record your steps, exercises, and preventative healthcare points using the Wellworks Portal until 12/15/2023. Please contact your department wellness representative or John Moore for help using the Wellworks portal or synchronizing your fitness tracking device.

[Wellworks](#)

The logo for Real Appeal features the words "real" and "appeal" in a lowercase, rounded, orange font. A red smiley face is positioned below the letter "a" in "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.

[Enroll Today](#)

WELLNESS EMPLOYEE OF THE MONTH

Congratulations to Officer Marcus Loel from the Police Department for being nominated and selected as the August 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. Your primary care physician can also complete this form.

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



- 07/17/2023 - 08/27/2023 - Wellness challenge "Challenge Your Palate"
- 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



Zucchini Lasagna

Wondering what to do with an end-of-summer supply of zucchini? Give this recipe in the [August Wellnotes](#).

This month's edition features:

- Beware of Bacteria in Swimming Water: 7 Ways to Stay Safe
- The Link Between Brain Health and a Zombie Attack
- 5 'Sneaky' Reasons to Eat More Zucchini This Summer
- 5 Steps to a Healthy green Salad

[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

City of Kettering | 3600 Shroyer Rd, Kettering, OH 45429

[Unsubscribe mary.azbill@ketteringoh.org](mailto:mary.azbill@ketteringoh.org)

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