

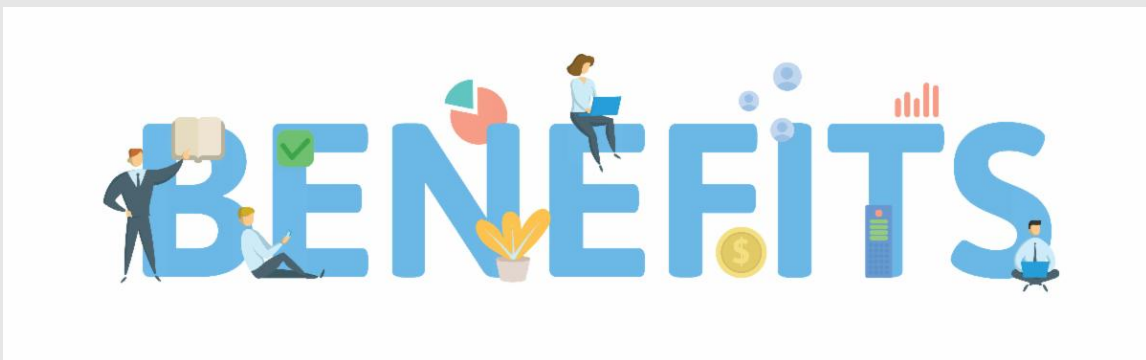


BE **WELL** BULLETIN

EMPLOYEE WELLNESS PROGRAM

July 12, 2023

## 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

# 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:

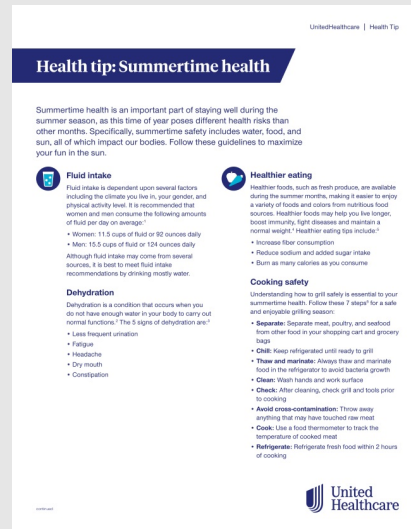
- is an employee, spouse, or dependent (18 years or older);
- is enrolled in the Kettering Employee Medical Plan;
- has a BMI of 23 or higher.

Enroll Today

## Summer Safety

July is Summer Safety Awareness Month. United Healthcare has provided a few Summer health tips to consider while enjoying the best Summer offers. These health tips include hydration, cooking safety, and sun exposure. Click on the flyer or the button below to learn how to enjoy your Summer safely.

Summer Safety  
Tips



## Register Today! Challenge Your Palate

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 is open and the challenge begins on July 17 and ends on August 27. Log into the Wellworks platform today and register for this challenge.

# 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 5<sup>th</sup>!*



800.425.4657  
info@wellworksforyou.com  
www.wellworksforyoulogin.com



70 E Lancaster Pike  
Frazer, PA 19355

Wellworks For You

## WELLNESS EMPLOYEE OF THE MONTH

Congratulations to Tyler Class from the Public Service Department for being nominated and selected as the July 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](#)





- 07/05/2023 - Registration open for "Challenge Your Palate"
- 07/12/2023 - Hearing Screening - 9 a.m. - 2 p.m. - Police Dept.
- 07/17/2023 - 08/27/2023 - Wellness challenge "Challenge Your Palate"
- 07/17/2023 - Health Ins. Education - 9 - 9:45 a.m. - Council Chambers
- 07/24/2023 - 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



### Black Bean Homerun Hummus Wrap

It's baseball season. Skip the hot-dogs and try something a little healthier like this Black Bean Home-Run Hummus Wrap recipe in the [July Wellnotes](#).

### This month's edition features:

- Use Your Phone: The Insanely-Easy Way to Be More Active.
- Rethink Red Meat Before You Fire Up the Grill This Summer
- The Surprising Benefits of hanging Out With Healthy People
- 4 Healthy-grilling Tips

[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.

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)

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