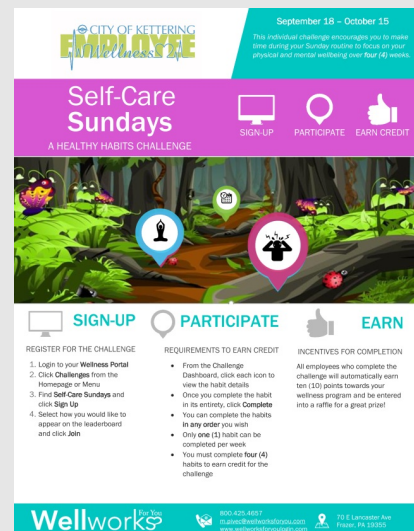




September 14, 2023

Self-Care Sundays Challenge Sign-up Today!

It is impossible to give to others from an empty cup. Maximize your ability to serve and care for others by caring for yourself. This philosophy is the reason for the Self-Care Sundays Wellness Challenge. During this challenge, participants will complete weekly self-care activities on Sundays to be better equipped to tackle the coming week. This four-week challenge begins on 9/18/2023, and you can sign up today through the Wellworks portal.



2023 Flu-shot Clinics Sign-ups are Open

The Employee Wellness Program has partnered with Premier Health to offer FREE Flu Vaccines to ALL ACTIVE full-time, part-time, elected officials, seasonal, temporary, and contractual City of Kettering employees. NEXT MONTH, Premier Health will administer the quadrivalent vaccine at various dates, times, and locations throughout the City. Appointments are required and employees are encouraged to schedule an appointment at their assigned worksite/department. Click the link below to reserve your spot.

Government Center Virginia Room

10/03/22 11:00 a.m. - 2:00 p.m.

10/04/22 11:00 a.m. - 2:00 p.m.

Kettering Fire Headquarters

10/03/22 7:30 a.m. - 9:00 a.m.

10/04/22 7:30 a.m. - 9:00 a.m.

10/05/22 7:30 a.m. - 9:00 a.m.

Kettering Police Department (Huddle Room)

10/02/22 2:30 p.m. - 3:30 p.m.

10/03/22 9:00 p.m. - 10:00 p.m.

Public Service/VMC/Facilities (Public Service Lunchroom)

10/06/22 7:30 a.m. - 9:30 a.m.

Sign-up sheet available at Melissa Sherwood's desk

Parks Maintenance (Valleywood Lunchroom)

10/02/2022 7:30 a.m. - 8:30 a.m.

Sign-up sheet available in the lunchroom

Kettering Recreation Center (Conference Room 4)

10/05/2022 11:00 a.m. - 1:00 p.m.

Municipal Court (Judge's Library)

10/06/22 2:30 p.m. - 4:30 p.m.

Sign-up

2023 Bio-metric Screening Sign-ups are Open

Bio-metric screenings will again be offered to all full-time employees from Monday, November 6 through Thursday, November 9 from 7:00 a.m. to 11:00 a.m. Screenings will be held at the Kettering Recreation Center in the Multi-purpose Room. Click below to schedule your annual screening.

Employees who complete the bio-metric screening will receive a complimentary combination pass to the Kettering Recreation Center and 50 non-activity points toward the 2023 wellness program. Completing the bio-metric screening will complete the "2023 Physician Results Form" activity in Wellworks. Computers will be available at these screenings to make your

annual enrollment elections and complete your health risk assessment for an additional 25 non-activity points for the 2023 wellness program.

Sign-up



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

National Wellness Month

Congratulations to Sherry Morse from the Planning and Development Department for winning the National Wellness Month raffle!

Each employee who logged into the Wellworks portal during the month of August was automatically entered to win a fun prize (40 oz. Stanley Flip Straw Jug). Sign-up and complete the Self-Care Sunday Challenge for your next chance to win.

Kettering Recreation Center 100 Visit Club

Each employee listed here has visited the Kettering Recreation Center or KFWC more than 100 times since 1/1/2023. These employees have demonstrated consistency in their commitment to their health and fitness.

- Scott Geisel - KPD
- Heather Boyer - PRCA
- Ryan Fife - Public Service
- Joel Sagasser - KFD
- Charlie Boothe - Public Service
- Gary Schussler - PRCA
- Dan Phillips - Public Service
- Randall Harper - Finance

WELLNESS EMPLOYEE OF THE MONTH

Congratulations to Bob Lachat from the Public Service Department for being nominated and selected as the September 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.

Wellness Program Guide



- 9/5/2023 - 9/17/2023 - Self-Care Sundays Sign-up Period
- 9/18/2023 - 10/15/2023 - Self-Care Sundays Challenge
- 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 - KRC
- 07/09/2024 - Mammogram Bus - Gov't Ctr. Parking Lot

KETTERING HEALTH'S WELLNOTES



Fruit Yogurt Parfait

Hungry for a healthy breakfast or snack with a little sweet and a little crunch? Try this recipe in the [September Wellnotes.](#)

This month's edition features:

- The Email-Health Connection: Stop Doing THIS After Work
- Exercise Rx: The Prescription to Prevent 5 Health Problems
- The Zzz Factor: 7 Tips to Help You Sleep Better
- 4 Health Benefits of Walking

[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

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