



BE **WELL** BULLETIN

EMPLOYEE WELLNESS PROGRAM

November 15, 2023

Open Enrollment 2024

Open Enrollment for the 2024 benefit plan year (beginning 1/1/2024) opened on 11/6/2023 and closes at 5:00 p.m. on 11/17/2023. Open Enrollment is the only time, outside of a special enrollment period, to make changes to your medical, dental, vision, or life insurance elections. Click on the link below to watch the 2024 Open Enrollment information video, receive access to all of the information about the 2024 benefit plan year, and complete your online benefit elections.

[Open Enrollment 2024](#)

Health Risk Assessment Biometric Screening Physician Results Form

Everyone who completed the biometric screening will receive 50 points for the 2023 wellness program and a 2024 Combination Pass to the Kettering Recreation Center. The biometric screening satisfied the requirement for the physician results form.

Suppose you were unable to attend the biometric screening. In that case, you can have the physician results form completed by your doctor to receive the 50 points and a 2024 pass to the Kettering Recreation Center. Please complete and submit this form by 12/15/2023.

After completing your biometric screening/physician results form, log into

MyUHC and complete your health risk assessment to earn 25 points. Employees not enrolled in the employee healthcare plan will receive 25 points for the health risk assessment by completing the biometric screening/physician results form. Employees enrolled in the healthcare plan must complete the health risk assessment to earn the 25 points. Instructions for completing your health risk assessment are available through the link below.

[HRA Instructions](#)

[Physician Results Form](#)

Blood Drive

****NEW LOCATION****

12/15/2023



Blood Drive
CITY OF KETTERING

Kettering Recreation Complex
Multipurpose Room
2900 Glengarry Dr,
Kettering, OH 45420

FRIDAY
DECEMBER 15, 2023
9AM TO 3PM

TO SCHEDULE AN APPOINTMENT, GO TO WWW.DONORTIME.COM,
ENTER CODE:1575

Answer the bell to donate and you'll be "Sleigh-in-It" in the holiday long-sleeve t-shirt! Our gift to you when you register to donate blood with Solvita Blood Center from Nov. 6 - Dec. 31.



Donate blood and hearts will be glowing!

The holidays are a wonderful time to put aside the challenges of this busy season and give the gift of blood so that many will have more time... more joy... more life.

Solvita
Blood Center
Primary Community Blood Center

- Donor Time App
- 937-461-3220
- DonorTime.com

Sign up today to make a life-saving blood donation. Employee Council, Wellness Committee, and PRCA One have teamed up to offer three chances to donate blood in 2023. An employee who participates in each of the 2023 blood drives will be eligible to win a fun prize. The third and final blood drive for 2023 will take place December 15, 2023, from 9:00 a.m. to 3:00 p.m. This blood drive will be at the Kettering Recreation Center in the Multipurpose Room.

[Sign-up](#)

RetireMed

Medical insurance coverage is often the most stressful part of retirement. Fortunately, we have a tool available to help through an often stressful season of unknowns. RetireMed is a division of McGohan Brabender that assists with Medicare, Medigap, Medicare Advantage, and other forms of retirement medical coverage. Follow the link below to access free educational resources provided by RetireMed.

[Sign-up](#)

The logo for Real Appeal features the words "real" and "appeal" in a lowercase, rounded, orange font. A curved orange line under the "real" part of the logo forms a smile-like shape.

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](#)

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.

Keep up the great work!

- 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
- Andy Zedella - KPD
- James Ankrom - P&D
- Daniel Greenfield - Courts
- Robert Lachat - Public Service

WELLNESS EMPLOYEE OF THE MONTH

Congratulations to the Engineering Department's Jeremy Cox for being nominated and selected as the November 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



- 11/06/2023 - 11/17/2023 - Open Enrollment
- 11/13/2023 - 12/08/2023 - Holiday Saving Spree
- 12/15/2023 - Blood Drive - Kettering Recreation Center
- 07/09/2024 - Mammogram Bus - Gov't Ctr. Parking Lot

KETTERING HEALTH'S WELLNOTES



Cranberry Pumpkin Muffins

Hungry for a sweet treat or breakfast starter made from fall-friendly ingredients? Find a recipe for Cranberry Pumpkin Muffins in the [November Wellnotes](#).

This month's edition features:

- Give This Root Vegetable a Try: It's Yummy
- 4 Healthy Habits to Jingle Your Way Through the Holidays
- Click, Swipe & Tap THIS Tech Tool to Stay Healthy
- Fasting For Better Health

[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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