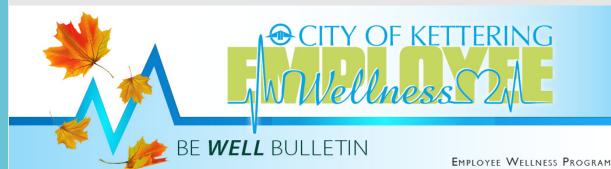
Be Well Bulletin - Monthly Wellness Program News



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



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



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.

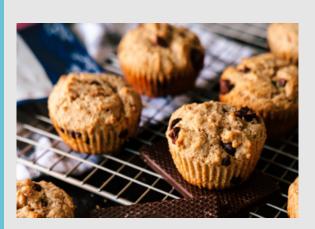
Troubleshooting

Wellness Program Guide



- 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 Yammy
- 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

<u>Unsubscribe mary.azbill@ketteringoh.org</u>

<u>Update Profile</u> |Constant Contact Data Notice

Sent byemployee.wellness@ketteringoh.orgpowered by

