



December 13, 2023

## Blood Drive **\*\*NEW LOCATION\*\*** 12/15/2023



### City of Kettering Blood Drive Kettering Recreation Complex – Multipurpose Room

Friday, Dec. 15  
9:00 a.m. – 3:00 p.m.

2900 Glengarry Dr,  
Kettering, OH 45420

To schedule an appointment, go to [www.donortime.com](http://www.donortime.com) and enter sponsor code 1575.

All registered donors receive an **e-ticket** to the wonderland of **Kings Island WinterFest**.

**Solvita**™  
Blood Center  
Formerly Community Blood Center



\*While supplies last

Everyone who registers to donate blood at the City of Kettering blood drive will get a Winterfest ticket while quantities last.

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](#)

## Current Wellness Year Ends 12/15/2023 New Wellness Year Begins 1/1/2024

The 2023 wellness program will end on 12/15/2023. If you earn non-activity points between 12/16/2023 and 12/31/2023, please submit them directly to Michelle at Wellworks ([m.pivec@wellworksforyou.com](mailto:m.pivec@wellworksforyou.com)) for processing.

There are a few items to note about the 2024 wellness program.

- To complete the activity portion of the program, record 1.5 million steps or 5,000 activity minutes. You no longer need to track 30-minute exercises.
- You can skip the biometric screening in 2024 by completing the Physician Results Form during your annual physical. Have your doctor complete the Physician Results Form during your annual physical and receive 50 points in addition to the 25 points awarded for the annual physical. That is correct, you will earn 75 of the 100 non-activity points with a single visit to the doctor.
- Check out the "Put This on Your Calender" section below to see screenings scheduled for 2024.

## 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.

# real appeal

## Turning a new page.

A new year can be full of goal-setting optimism. Do you have some resolutions in mind? If you're looking for a support system to help you stay focused, look no further. With Real Appeal®, you can establish healthy habits that actually stick.



HELPING YOU CREATE LASTING CHANGE



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### New Year, Same You, Healthier Habits

Real Appeal is a healthy lifestyle and weight management program designed to meet you where you're at. Get personalized support to help you set realistic goals and stay on top of them.

Real Appeal is available to members at no additional cost as part of your benefits.



Visit [enroll.realappeal.com](http://enroll.realappeal.com) or scan the QR code to make your resolutions into realities.

Have your health insurance ID card handy when enrolling.

### Real Appeal helps you stay on track.



#### Personalized support.

Communicate 1:1 with an online coach to discuss your specific health goals and circumstances.



#### Motivational resources.

Engage with a community of inspiring members. Plus, receive a Success Kit complete with scales, a balanced portion plate, and more.



#### Fitness at your fingertips.

Set goals, track your meals and activity, stream expert-led workouts, and access hundreds of recipes, all from your online dashboard.

Real Appeal is offered at no additional cost to members as part of their benefits, subject to eligibility requirements.

The Real Appeal program is educational in nature and is not a substitute for medical advice.

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# 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
- Ed Drayton - KPD

## WELLNESS EMPLOYEE OF THE MONTH

Congratulations to the Fire Department's David Walker for being nominated and selected as the December 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](#).



Do you have questions about the Employee Wellness Program? You are probably not the only person who has asked the same question. We have worked to update the FAQ page on our Wellness Program Website. You can check out this page the next time you have a question. If you don't find your answer on this FAQ page, reach out to your department's wellness representative.

[Employee Wellness FAQ's](#)

[Wellness Representatives](#)



- 12/15/2023 - Blood Drive - Kettering Recreation Center
- 1/1/2024 - 2024 Wellness Program Begins
- 4/24/2024 - Vision Screening
- 4/26/2024 - Blood Drive
- 7/9/2024 - Mammogram Bus - Gov't Ctr. Parking Lot
- 8/2/2024 Blood Drive
- 8/14/2024 - Vascular Screening
- 10/28/2024 - 10/31/2024 - Biometric Screening
- 12/20/2024 - Blood Drive

## KETTERING HEALTH'S WELLNOTES



### Potato Soup

Warm up a cold winter night with this easy-to-make soup. It's packed with healthy veggies with a creamy texture you'll love. Find the recipe in the [December Wellnotes](#). [Wellnotes](#).

### This month's edition features:

- Holiday Screen Time: The Curious Reason to Cut Back
- Deck the Halls with Avocados: A Gift for the Heart
- Hustle & Bustle: 4 Ways to Stay Active During the Holidays
- 5 Steps to Prevent Holiday Weight Gain

[READ WELLNOTES](#)



[EMPLOYEE WELLNESS](#)

[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)

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

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

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