



January 10, 2024

2024 Employee Wellness Program

Here are a few items to note about the 2024 Employee 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.
- Click [HERE](#) to review the 2024 Wellness Program Guide. You can use this guide to plan out your wellness year and earn your 2025 wellness incentive.
- Check out the "Put This on Your Calendar" section below to see screenings scheduled for 2024.

Prompts For Positivity Challenge



The first wellness challenge for the 2024 Wellness Year, named "Prompts for Positivity," is set to kick off on 01/29/2024. This individual four-week challenge aims to alleviate the winter blues by encouraging participants to take daily moments for reflection on positivity. To earn wellness credits, complete a total of 12 journal prompts over the four weeks. Sign-ups for the challenge will be announced through an email from WellWorks and available through the WellWorks App.

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.

[Learn More](#)

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.

**Real
Appeal**

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 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

Start visiting the KRC or KFWC today to qualify for a chance to win a cash prize in 2024. Employees who visit these facilities 25 times or more in a quarter will be eligible to win. Don't miss out, plan your next visit today!

Each employee listed below visited the Kettering Recreation Center or KFWC more than 100 times in 2023. These employees 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
- Molly Henderson - Law Dept.
- Chayna Carswell - PRCA

WELLNESS EMPLOYEES OF THE MONTH

In place of the traditional Employee of The Month Award, we will award three high achievers from the 2023 Wellness Year. Each of the employees listed below will receive a \$50 award for their dedication to fitness.

Heather Boyer recorded the most steps and the most exercises. In 2023, Heather recorded 7,418,283 steps and 929 exercises, averaging more than 21,000 daily steps.

Dustin Sprague recorded the second most steps and exercises. In 2023, Dustin recorded 6,719,249 steps and 814 exercises.

Charlie Boothe recorded the most visits to KRC/KFWC. Charlie recorded an impressive 195 visits to KRC/KFC.

Do you know someone who deserves a Wellness Employee of The Month

nomination and a \$50 award? Please submit your nomination to [John Moore](#).

Wellworks For You

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](#)



- 1/1/2024 - 2024 Wellness Program Begins
- 1/29/2024 - "Prompts for Positivity" Challenge Begins
- 4/24/2024 - Vision Screening
- 4/26/2024 - Blood Drive
- 7/9/2024 - Mammogram Bus - Gov't Ctr. Parking Lot
- 8/16/2024 Blood Drive
- 8/14/2024 - Vascular Screening
- 10/28/2024 - 10/31/2024 - Biometric Screening
- 12/15/2024 - 2024 Wellness Program Deadline
- 12/20/2024 - Blood Drive

KETTERING HEALTH'S WELLNOTES



Veggie Bean Wrap

This Veggie-Bean Wrap only takes a few minutes to prepare and contains half the calories, fat and sodium of a typical fast-food burrito. Add salsa or hot peppers for a little extra zing! Find the recipe in the [January Wellnotes](#).

This month's edition features:

- Level Up Your Life: 5 Popular Ways to Be Healthier in 2024
- 6 Cool-Dude Tips to Lower Cholesterol
- The Flexibility Formula: 5 'Smart' Tips to Protect Your Joints
- Take the January Health Challenge!

[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

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

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