



BE *WELL* BULLETIN

EMPLOYEE WELLNESS PROGRAM

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The City of Kettering Employee Wellness Program uses the Be Well Bulletin to share all important and upcoming Wellness Program information. Distribution occurs the second Wednesday of each month.

October 14, 2020

IMPORTANT DEADLINE NOTICE



The Wellness Year is quickly drawing to a close! We hope everyone has found [Wellvibe](#) to be a very useful tool to track and submit Non-Activity Points and Activity Minutes!

With the fourth quarter of the wellness year coming to a close, we wish to remind you that **Activity Minutes and Non-Activity Points must be submitted by October 31st!** In the first three quarters, we allow a 10 day "grace period" to submit points after a quarter ends... this is NOT the case for the fourth quarter.

All Non-Activity Points and Activity Minutes earned August through October 2020 must be submitted in Wellvibe no later than Saturday, October 31, 2020!!

WELLNESS EMPLOYEES OF THE MONTH

Congratulations to Police Department's Jon McCoy and Craig Moore for being nominated and selected as October's Wellness Employees of the Month! As you'll read in the nomination, a callout goes to November 2019 Employee of the Month, Mike Martin.

[Read the nomination here.](#)



Do you know someone who deserves a nomination and a \$50 reward? Please submit your nomination to [Lindsey Patrick](#).

UPDATE TO ANNUAL BIOMETRIC SCREENING AND FITNESS PASS REQUIREMENTS

In a "normal" year, we would be sending you information on registering for a biometric screening at Trent Arena and details on taking an online Health Risk Assessment in Wellvibe to receive 15 Non-Activity Points and a free Fitness Pass to the Kettering Recreation Center and Kettering Fitness & Wellness Center.

But, we think we can all agree the word "normal" does not belong in 2020.

Did you know on average, approximately 240-260 employees participate in the wellness year kick-off biometric screenings? While we were able to successfully and safely provide "mid-year" biometric screenings in August (65 participants) and flu vaccinations in September (146 participants), we don't feel it is in the best interest of all involved parties to offer our "normal" kick-off biometric screenings in November. We will be postponing these biometric screenings to mid to late summer 2021.

However, we are still asking employees to complete the Wellvibe Health Risk Assessment between November 1st and November 15th. You will not be able to access the assessment prior to November 1st. When you complete the Health Risk Assessment, you will receive 5 Non-Activity Points and your FREE fitness pass will be issued/renewed.

If you are eager to "know your numbers", give your doctor a call and tell them what you're after! While the onsite biometric screenings are a convenient offering and certainly provide a great checks and balances, they should not be your only health indicator. It's still important to visit your doctor for an annual check-up!

UNITED WAY VIRTUAL 5K



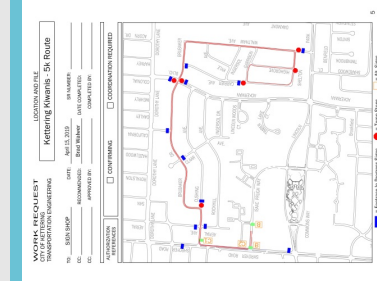
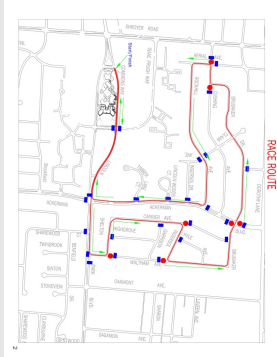
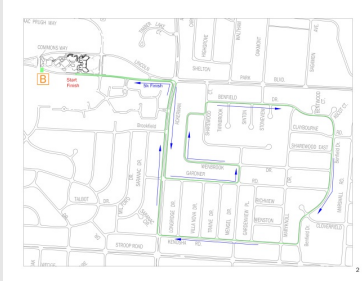
Looking for a way to get some Activity Minutes before the Wellness Year is over? Feeling inspired by the Nomination for the October Employees of the Month? **You're in luck!**

The United Way Campaign is in full swing and there's a new, fun way for you to support a great cause while earning some Activity Minutes!

Check out the [Run FROM 2020, Run FOR a Great Cause Virtual 5K!](#) All you need to do is register, pay \$10 and run, walk, jog, skip, hop, or crawl 3.1 miles between today and October 23! We know you can do it.

Register

Not sure where to start or where to go? Don't even worry about it! The Engineering Department has your back! Check out these 5K maps!



KETTERING HEALTH NETWORK'S WELLNOTES



PUMPKIN SPICE SMOOTHIE

How about a fall-friendly breakfast smoothie? This easy-to-make smoothie, made with canned pumpkin (not pie filling), only requires seven ingredients. Toss everything in a blender, and breakfast is ready in minutes.

[Give this recipe a try.](#)

This month's edition features:

- The Power of Pink: 8 Ways to Prevent Breast Cancer
- Neck & Shoulder Pain? Do THIS for 2 Minutes
- The Breakfast Club: 6 Reasons a Healthy-Morning Meal Matters
- Health Challenge: Limit Sugary Foods
- Ask the Wellness Doctor: Can hand washing help you avoid getting sick?

[READ WELLNOTES](#)



We are committed to helping you achieve your best health. Rewards for participating in a 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 Lindsey Patrick (937) 296-2446 or lindsey.patrick@ketteringoh.org.



did you know?



All Wellness Lectures are posted online!

[LIVE LECTURES](#)

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.

MINI - LECTURES

All Wellness information - forms, online points entry, past Be Well Bulletins, and much more - can be found on the City's Website!

[EMPLOYEE WELLNESS PAGE](#)



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 | lindsey.patrick@ketteringoh.org | www.ketteringoh.org/wellness-program

STAY CONNECTED

