



BetterHealth AMBASSADOR

Class of 2021
Training Toolkit

2021 BetterHealth Ambassador Training Toolkit

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Additional resources can be found under “BetterHealth Ambassador” on the City of Albuquerque website: <http://www.cabq.gov/BetterHealth>.



Human Resources Department

Timothy M. Keller, Mayor

January 7, 2021

Dear BetterHealth Ambassadors,

On behalf of Mayor Tim Keller and Chief Administrative Officer Sarita Nair, thank you for accepting our invitation to become the inspirational voice of wellness for your workgroup. For newcomers, your application shows that you have what it takes to influence your coworkers in a positive direction toward improved health. For returning Ambassadors, what can we say? Your dedication is remarkable! Welcome, everyone, to the City of Albuquerque BetterHealth Ambassadors Class of 2021!

As BetterHealth Ambassadors, you will play a key role in advancing the culture of health within our organization. The employee wellness program grew to new heights with the 2020 class of Ambassadors, and we expect to grow the program further in 2021 with new ideas and enthusiasm.

With support from the mayor's office and every department director and leader, I believe it is an exciting time to engage your colleagues. The Human Resources Department supports you, and we will do everything possible to ensure your success.

Congratulations!

Barbara Ruiz Salazar

Barbara Ruiz Salazar
Interim Director

BetterHealth AMBASSADORS

Program Overview

As part of the City of Albuquerque's BetterHealth initiative, our efforts for 2021 focus on engaging City leadership to promote the employee wellness program as well as improving physical activity, nutrition and brain health by engaging the majority of our employees in healthy lifestyle habits.

To help our organization make this cultural shift, we have enlisted volunteer BetterHealth Ambassadors who will share their enthusiasm, initiative and motivation to inspire others to be part of a meaningful, organization-wide wellness initiative. BetterHealth Ambassadors are asked to take a small amount of work time to encourage participation, relay and hand out information, send location-specific emails and assist with events as needed. It is assumed that time spent on these tasks does not interfere with overall job responsibilities. In the spirit of work-life balance, we've designed the role of BetterHealth Ambassador to be easy and fun – not another job!

Frequently Asked Questions

What is a BetterHealth Ambassador?

BetterHealth Ambassadors are wellness champions and advocates for healthy living, no matter where they are in their personal health journeys. Ambassadors serve as liaisons between the City of Albuquerque BetterHealth Program and employees in their departments, promoting health and wellness among coworkers and engaging them to participate.

What type of responsibilities will I have in this role?

- Coordinating a 2021 wellness kickoff event at your location. *Examples include:* well-being show and tell, Zoom meeting information session, home mailing, wellness bulletin board, wellness workshop
- BetterHealth Program input, promotion, and problem-solving
- Developing worksite promotional initiatives for coworkers
- Event greeter
- Participate on an Ambassador sub-committee

Where can I find more information about City of Albuquerque Employee Wellness initiatives and activities?

The BetterHealth program for city employees and their families offers a pathway to pursuing a healthy lifestyle. The program includes health education, wellness interventions, and campaigns to make healthy lifestyles easier at work. Science-based strategies are used to improve health. The healthy office culture that emerges over time will demonstrate that the City of Albuquerque truly values the health of its employees.

BetterHealth Ambassadors and City of Albuquerque employees can stay up to date on wellness programs by referring to the following website link, <http://www.cabq.gov/humanresources/employee-benefits/better-health-program> as well as the following BHA collaboration website link, <https://partner.cabq.gov/BHA/default.aspx>.

In addition, attending the BetterHealth Ambassador quarterly meetings and reviewing meeting notes are great ways to gather information about upcoming initiatives and activities.

What does it mean to “participate in and/or facilitate” Health & Wellness initiatives at my worksite?

As a BetterHealth Ambassador, you are not expected to create your own initiatives unless you want to. We do expect BetterHealth Ambassadors to be actively involved in at least two wellness initiatives per year. Some examples include:

- Joining BetterHealth programs, activities, or challenges and encouraging co-workers (including leaders: Directors, Managers and Supervisors) to get involved and complete them.
- Coordinating onsite or virtual Lunch & Learns or educational workshops on topics such as resistance bands, healthy meals and snacks at work, mindfulness, and getting better sleep.
- Facilitating a healthy potluck at your work location.
- Offer peer support by inviting co-workers to train for a community fitness event for a good cause, and all participants receive an incentive. Examples of events include Run for the Zoo or the Doggie Dash & Dawdle.
- Offer peer support by inviting co-workers to join you on a walk at lunch or during a break (while adhering to allotted break times and Department policies).
- Encouraging participation in the annual health fair.
- Posting wellness posters in your work location.

As a BetterHealth Ambassador, you will have valuable insight into which activities employees at your worksite would most enjoy. *No matter what you choose to do, we ask that you use your judgement, discuss your plans with your supervisor, obtain supervisor’s approval prior to announcing events, and invite Directors, Managers and Supervisors to participate.* By maintaining strong communication with managers and supervisors, you can eliminate surprises and awkward situations. Some departments have restrictions on when and where employees may exercise during the work day due to public perception that employees are “slacking off” while on the job. If your department has one of these policies, align all activities with the policy.

We also ask you to report back to the BetterHealth program staff with details of the event you organized, how it was received, and any feedback you have for improvement or additional activities. When possible, please send photos. We will be featuring a series of Success Stories in future promotional materials and would love to tell your story!

I am a trained fitness instructor. Can I lead an exercise class at my location?

There are many liability issues associated with leading physical activity classes and activities at work. To minimize liability, the BetterHealth program does not offer onsite classes, however Employee Health Services does. If you are interested in leading classes in the APD Gym, you must meet all requirements established by Employee Health Services, including having proof of current fitness certification, liability insurance, and current CPR certification. Employees who use the APD Gym must sign release of liability forms before using the gym. If you need assistance, contact David Pulliam dpulliam@cabq.gov or 505-768-4623.

The BetterHealth program stresses that participation in physical activity campaigns is voluntary and not a requirement of employment, and all physical activity must be done outside of work hours (before or after work or during unpaid breaks).

How much time is involved?

We anticipate that BetterHealth Ambassadors will need to commit one to two hours each month, attend at least 2 out of 4 quarterly Ambassador meetings, and participate in the annual training session.

- Quarterly Ambassador meetings – 1.25 hours each
- Annual BetterHealth Ambassador Training – 2 hours approved leave

Will I be expected to fulfill my BetterHealth Ambassador duties during work hours?

Yes, most duties can be handled during working hours.

Does being a BetterHealth Ambassador involve travel?

If you are unable to meet in person, quarterly meetings will be available via Zoom meeting. We encourage you to attend in person when possible and get better acquainted with your fellow ambassadors.

When do the quarterly meetings take place?

Please see page 11 for the 2021 BetterHealth Ambassador meeting schedule.

If I am eligible and chosen to be a City of Albuquerque BetterHealth Ambassador, how long will I stay in the role?

We ask that you commit to being an ambassador for the full 2021 calendar year. You will have the opportunity to re-apply to serve another term.

Is there a limit to how long I can be a BetterHealth Ambassador? BetterHealth Ambassadors may serve as long as they remain active in their role or for two consecutive years if another employee from their department and location is interested in taking on the role.

What if my situation changes and I am unable to fulfill my duties?

If you must opt out, we ask that you find a replacement representative from your location, if possible, and assist your successor in the transition.

What does 'Without Conflict of Interest' mean? For example, can I be a BetterHealth Ambassador if I work part time as a weight loss consultant? The primary purpose of a BetterHealth Ambassador is to communicate and promote the City of Albuquerque's BetterHealth Wellness Program and associated activities. The "Without Conflict of Interest" requirement prohibits BetterHealth Ambassadors from using their role as representatives of the City of Albuquerque to encourage or sell wellness or fitness-related products to coworkers. Our role is to encourage employees to improve eating habits, increase physical activity, avoid tobacco, reduce stress, and lead a balanced and healthy lifestyle in ways that best meet their needs. For example, you can be a BetterHealth Ambassador and still work as a weight loss consultant, but it is not appropriate for you to encourage, sell or promote any health and fitness programs or services, nutrition supplements, essential oils, etc. to fellow employees.

Can I find the information in this toolkit online?

Yes. This Toolkit and other materials are available in the new SharePoint site for BetterHealth Ambassadors. The site contains Ambassador meeting agendas, the 2021 program calendar, forms, and an opportunity to discuss ideas and share other documents. <https://partner.cabq.gov/BHA/default.aspx>

This document also can be found online under the 'BetterHealth Ambassador' section at <http://www.cabq.gov/humanresources/employee-benefits/better-health-program/betterhealth-ambassador>.

What is the difference between BetterHealth Ambassadors and members of the BetterHealth Wellness Committee?

The BetterHealth Ambassador program was established in 2016 to involve interested volunteer *employees* in reaching our workforce of over 6,000 employees at 168 work locations, encouraging them to be healthier, and making small changes in the work culture.

The BetterHealth Wellness Committee was established in 2012 for wellness *partners* to begin integrating wellness initiatives. Committee members include city employees with job descriptions that address employee health (such as employees from Employee Health Services), community health partners (such as American Cancer Society), health and wellness contractors (such as The Solutions Group, Presbyterian Health Plan, and Embodied Spirits), and representatives from the 17 participating government entities enrolled in the city's benefit plans. The Wellness Committee meets quarterly during months when Ambassadors do not meet.

Wellness contractors will be invited to Ambassador meetings to discern how the two groups can work together.

Both BetterHealth Ambassadors and members of the BetterHealth Wellness Committee assist in aligning existing City resources and aim to put new resources in place as needed.

I have some additional questions. Who can I contact?

For more information, please contact Wellness Coordinator raChelle Karman at 768-2921. You may also email questions to rkarman@cabq.gov. _____

BetterHealth AMBASSADORS Roles & Responsibilities

- Be a City of Albuquerque employee in good standing.
- Serve as a point of contact for BetterHealth wellness activities and programs in your department.
- Participate in the BetterHealth Ambassador Training Session.
- Participate in and/or coordinate at least two wellness initiatives during the year.
- Solicit employee feedback and share that information with fellow Ambassadors and BetterHealth staff.
- Conduct routine sweeps of posted BetterHealth flyers at your work location and remove anything that is not up to date.
- Provide constructive feedback on BetterHealth programs and practices and identify solutions to barriers.
- Participate in at least two of the quarterly BetterHealth Ambassador meetings. Meetings will be held in March, June, September, and December.
- Nominate a colleague to fill your role when your term is over.
- Assist your successor in the transition.

2021 Quarterly Meeting Calendar for BetterHealth Ambassadors

Date	Time
Wednesday, March 17	1:00-2:15 pm
Wednesday, June 16	1:00-2:15 pm
Wednesday, September 15	1:00-2:15 pm
Wednesday, December 1	1:00-2:15 pm
<p>All meetings will be held in City Hall or nearby facilities when able, and parking will be validated. Ambassadors who cannot participate in person can use Zoom Meeting.</p>	

BetterHealth Employee Wellness Program

2021 Focus

The definition of wellness has changed dramatically over the past several decades. More recent definitions include a range of programs that reach beyond diet and exercise to improved performance, emotional well-being, mindfulness and resiliency.

As the definition of wellness expands, so does the role of leadership. The success of any wellness-in-the-workplace project relies on leaders' active and visible participation and sponsorship. To this end, **the engagement of City leaders at all levels as advocates and promoters of the BetterHealth mission is a crucial element in the overall success of the program.**

In addition to leadership engagement, the 2021 City of Albuquerque BetterHealth Program will focus on achieving the four program goals below. All related initiatives are described in this section. You will receive updates about new programs and initiatives as they become available. *Activities with  are Presbyterian Health Plan sponsored activities.*

BetterHealth Program Goals

- 1) Deliver practical and accessible programs to prevent, detect, and reduce modifiable risk factors for cardiovascular disease, diabetes, and cancer. Modifiable risk factors include:
 - inadequate physical activity
 - unhealthy diet and eating habits
 - being overweight or obese
 - smoking and using other forms of tobacco
 - elevated blood pressure
 - prediabetes
 - abnormal cholesterol and triglyceride levels
 - high stress
 - lack of sleep and insufficient social support influence a person's ability to make wise health decisions
- 2) Create a health-conscious work environment
- 3) Build wide support, collaboration, and organizational alignment
- 4) Evaluate and continuously improve initiatives

One-Day Events

Annual Employee Health Fair

Every year the BetterHealth program hosts a health and benefits fair in the Convention Center for employees and their families. Approximately 1,000 people attend! Health screenings and flu shots are available. Benefits representatives answer questions about medical, dental, vision, life insurance, deferred compensation, flexible spending accounts, and retirement. In addition, community organizations and businesses promote their products and services.

Exhibitors use giveaways to attract participants to their booths. Instead of candy giveaways, the BetterHealth Program requires healthier alternatives. Employees can win great raffle prizes donated by exhibitors. Two hours Paid Leave – Other (PLO) is usually approved for employees to attend this event.

In 2016, 2017, 2018, 2019 and 2020 (virtually) Ambassadors greeted employees at the Health Fair entrance. In 2021, Ambassador greeters will be utilized again. Ambassadors may also volunteer to provide information at the Class of 2022 Ambassador recruitment table.

Healthy Academy 2021 – Topic TBD

A two-hour educational event designed to educate employees to improve their overall well-being. A cooking demonstration and meal are included! Two hours Paid Leave – Other (PLO) is usually approved for employees to attend this event. Family members are also invited. Ambassadors may volunteer to greet participants and distribute materials.

Date: Thursday, June 10, 2021

Location: Albuquerque Museum in Old Town or Zoom Webinar

Time: 2 sessions to choose from, 11:00am – 1:00pm and 3:00 – 5:00pm (afternoon session will be cancelled if done virtually)

Run for the Zoo...and Walk with us too!

500 benefits-eligible employees will be provided entry in the May 2021 event, along with a team t-shirt. BetterHealth Ambassadors initiated this campaign in 2017. Ambassadors may volunteer to assist with packet distribution, team photos on event day, and establishing the team tent as a meeting spot for coworkers and family members.

Assessment & Screening

Biometric Screenings

Biometric screenings are offered at select open enrollment meetings and the Annual Health & Benefits Fair. Includes lipid panel and glucose tests and initial results review. Components may include assessment of blood pressure, weight, body mass index (BMI), waist circumference, and body fat percentage.

Completely confidential.

Flu Shots & Colorectal Cancer Screening Assessment

Every fall, the BetterHealth program hosts flu shot clinics at 25 work site locations. This service is available to employees, spouses and dependents. Benefits of getting vaccinated include preventing illness and reducing the risk of spreading influenza to others.

To increase colorectal cancer screening for participants who are 50 and over, screening efforts are combined with annual flu shot events. Participants are provided an assessment form and if it is determined that they are at average risk for colorectal cancer they will receive a take home kit.

Mammography Van

The BetterHealth program promotes regular breast cancer screening. Every May and October the mammography van is conveniently located downtown to provide mammograms at no cost to City of Albuquerque employees and family members covered by Presbyterian Health Plan and other insurance plans. Additional worksite locations vary. Thirty minutes Paid Leave - Other (PLO) is usually approved for employees to participate.

Personal Health Assessment

Presbyterian offers a Personal Health Assessment to all City of Albuquerque benefits-eligible employees, spouses, and domestic partners, including employees covered by other medical insurance plans. A \$25 Gift Card from the BetterHealth Program is offered once every fiscal calendar year for completing the confidential online assessment. Individual responses are never disclosed, but aggregate data is reviewed for program planning.

Mobile Health Center

Services through the Mobile Health Center are offered to employees and family members age 2 and over who are enrolled in the City of Albuquerque's Presbyterian Health Plan. \$0 Co-Pay!

Medical services range from preventive wellness exams to urgent care. Call 220-6562 to schedule an appointment. Walk-in visits are seen based on availability of healthcare provider. View the monthly schedule at <http://www.cabq.gov/humanresources/employee-benefits/better-health-program/mobile-health-center>.

BetterHealth Ambassador

BetterHealth Ambassadors

In 2021, 53 selected employees from various work departments will share their enthusiasm, communication skills, and motivation to inspire their co-workers (including Directors, Managers and Supervisors) to be part of City of Albuquerque's organization-wide wellness initiative.

BetterHealth Program Emails, Posters, and Newsletters

- 1) To promote every BetterHealth program, email blasts are sent to Ambassadors, all HR Coordinators, and employees on the BetterHealth Email Distribution List. Ambassadors and HR Coordinators are asked to get the word out by forwarding information to employees. Ambassadors are highly encouraged to customize emails and the email subject lines, and remind colleagues that Ambassadors are there to help and answer questions.
- 2) Posters with BetterHealth event information and health messages are distributed regularly to Ambassadors and department contacts with a request to post. Ambassadors may consider developing a wellness bulletin board for the posters.
- 3) JohnnyBoards are customized frames that include BetterHealth flyers. Each month new flyers are posted in restrooms, above water fountains, and near time clocks at 10 locations with mostly field employees. Locations include Solid Waste Administration building; Eagle Rock; Cerro Colorado; Montessa Park Convenience Center, Montessa Park/Parks and Recreation; Yale, Daytona, and Alvarado Transit Centers; Pino Yard; and 4th Street Fueling Station.
- 4) A monthly newsletter called HealthyLife® Letter is distributed by email to Ambassadors and HR Coordinators with a request to share with employees. This newsletter is produced by the American Institute for Preventive Medicine and includes health tips, informative articles, recipes, and cooking tips.

Eweb & City of Albuquerque Website, and SharePoint

Wellness program announcements are posted on eweb (<http://eweb.cabq.gov>) and the City of Albuquerque website, <http://www.cabq.gov/humanresources/employee-benefits/better-health-program>. For Ambassadors only, a SharePoint group site includes the 2021 program calendar, program flyers, meeting agendas, Ambassador forms, and an opportunity for group discussion. All Ambassadors may post on SharePoint.

Fresh Option Produce (see page 87)

The Fresh Option program is designed to deliver and encourage healthy snacks at meetings and celebrations. The program, which includes delivery of individual pieces of fresh produce, is available to BetterHealth Ambassadors at all City of Albuquerque locations.

Ways to use Fresh Options?

- a) Wellness educational workshops.
- b) BetterHealth program orientations and celebrations such as department challenge or to integrate well-being into celebrations.
- c) Staff days or retreats that include wellness initiatives, such as library staff day.
- d) Staff meetings or training with at least one wellness announcement.

Health Education Multi-Week Courses, Workshops & Video Links

Multi-week courses and 30 to 60-minute educational workshops on various topics are available for Ambassadors to coordinate at their work locations. Coordination may include reserving conference rooms, setting-up audiovisual equipment, inviting co-workers to attend with an email and flyer, and reporting results. See current Class Offerings on pages 71-77.

Please request workshops at least 3 weeks in advance (use the Ambassador Training Request Form on page 59). Upon receiving requests from Ambassadors, BetterHealth staff will contact presenters, check their availability and finalize the dates. Presentation times and days are flexible to accommodate various CABQ work schedules.

Educational video web links are included in the workshop list. Ambassadors may host a group viewing at any time or send a web link to employees and encourage them to view it when they have time.

Preparation for group showings includes reserving a conference room with a computer, monitor, Internet, and speakers. Then simply play the video. Workshops and videos are great opportunities to use the Fresh Option Produce benefit. Remember to discuss your workshop plans with your supervisor, obtain supervisor's approval prior to announcing workshops and invite supervisors to participate.

Mini Wellness Challenge (see page 89)

A variety of 4 to 6-week mini wellness challenges are available for you to run with your department at any time during the year. Challenges include:

- a) Hydrate for Health
- b) Strive for Five
- c) Sleep
- d) Exercise Daily
- e) Maintain Don't Gain
- f) Gratitude

Use the incentive request form to reward for challenge participation. Report challenge result using the reporting form.

Wellness at Work Online Platform

Online portal designed to help employees create personalized health improvement plans. The online platform houses the Personal Health Assessment (PHA), biometric screening results, recipes, workout plans and much more! Available to benefits-eligible employees, spouses and domestic partners.

Online challenges will be offered throughout 2021. Challenges range in length and promote topics such as hydration, physical activity and nutrition.

Blood Pressure

Check It! Self-monitoring Blood Pressure Stations

In May, a blood pressure monitoring program called Check It! will be offered to all employees and adult family members regardless of whether they have high blood pressure or not. This educational program focuses on simple changes participants can make to improve their overall health. Seventy self-monitoring blood pressure stations are available to use before, during, and after the Check It! intervention. Ambassadors may request a new self-monitoring blood pressure station if they don't have one at their worksite. Ambassadors will recruit participants into Check It! and encourage employees to regularly use the blood pressure monitors.

Diabetes Prevention

Good Measures Diabetes Prevention Program (DPP)

Participants who register for BetterHealth through Good Measures and meet the requirements of the DPP are given the option to enroll. The Diabetes Prevention Program is designed to help employees and family members with behavior changes that can help prevent the onset of type 2 diabetes. The program consists of 16 one-hour sessions delivered online over the course of a year. Dieticians provide individual coaching. Nutrition challenges keep participants engaged. Monthly classes allow in-person discussions. Before and after health screenings demonstrate health improvements to committed participants. Great prizes for completing pre-determined milestones!

Good Measures Diabetes Support & Connected Diabetes Care

Participants who register for BetterHealth through Good Measures and have been diagnosed with Type 1, Type 2, or gestational diabetes are given the option to enroll.

Personalized Diabetes Support: Participants with Type 1, Type 2, or gestational diabetes get support and education from their own diabetes dietitian coach. Participants work on what's most important to them. They learn how to eat to improve blood sugars, reduce complications and risks and feel their best.

Connected Diabetes Care: Participants with Type 1 or Type 2 diabetes get support from a clinical team and use high-tech tools, including a nutrition smartphone app, wireless glucometer, strips, and an insulin tracking pen that syncs to the Good Measures platform automatically. Participants learn about what affects their blood sugar—such as food, activity, medication, and stress—and how to manage it.

Nutrition

Good Measures Healthy Weight Program

The Good Measures Healthy Weight program is a personalized nutrition and weight loss program offered to employees. This is a year-long program that will help sustain healthy habits.

What's included

- A registered dietitian coach—check in by phone and online.
- A smart app that helps choose next best meals.
- Fun challenges with prizes!
- Convenient online group classes.
- Bluetooth scale to track your progress.

How the program can help participants.

- Eat for more energy, better sleep, and less stress.
- Lose or manage weight.
- Fit healthy eating into schedule and budget.
- Follow a specific diet (such as WeightWatchers, Mediterranean, vegan, Paleo, gluten-free, low-carb, etc.).
- Learn ways to change environment to set up for success.
- Form new habits that help sustain weight loss.
- Improve cholesterol, blood pressure, and blood sugar levels.
- Find easy ways to get more active.

Healthy Food in Offices - Nutrition Guidelines

Guidelines were developed in 2013 to demonstrate our commitment to Better Health. The availability of healthy foods at office celebrations and events can help employees make nutritious choices and can influence their long-term health and wellness. The guidelines and potluck sign-up templates are available by logging into Wellness at Work.

Also see the template for healthy office snacks on page 43.

Mother's Room in City Hall, Plaza Del Sol, Airport, and BioPark Zoo

Breastfeeding is one of the most highly effective preventive measures a mother can take to protect the health of her infant and herself, including the maintenance of a healthier weight. Employment is now the norm for U.S. women of childbearing age and we know that returning

to work after having a baby can be challenging. Breastfeeding is a personal decision; however, the BetterHealth program is committed to providing on-site lactation support.

The Mother's Room in City Hall includes two private pumping stations, a refrigerator to store breast milk, and a nearby sink to wash supplies. Commercial grade breast pumps are available to mother's using Ameda Purely Yours Express breast pumps. These mothers simply bring their own tubing.

Interested employees should contact the Health and Wellness Coordinator in the Insurance and Benefits office for more information.

The private Mother's Room at the airport is located near the security screening area, and it is available to employees and passengers. The private room at Plaza Del Sol is on the 5th floor in the Planning Department and is available to all employees. Check in at the reception desk, Code Enforcement Division. The Mother's Room at BioPark Zoo is for BioPark employees only.

All department HR Coordinators are prepared to identify temporary space for employees who wish to breastpump upon returning from maternity leave.

Baby Benefits

Presbyterian offers a program that will help you have a healthy pregnancy and baby. You can enroll in the Presbyterian Baby Benefits prenatal program in one of these ways:

- Online at mypres.phs.org
- Call us at (505) 923-5017
- Email us at PerformanceImp@phs.org
- When you join, you can earn prenatal and newborn reward cards to purchase healthy items. Join anytime during your pregnancy.

Physical Activity

28-Day Heart Healthy Step Challenge

A 28-day step challenge aligned with Heart Month. Challenge goal is 10,000 steps per day. Individual or team based. Syncing of most activity tracking devices automates challenge widget. Accessible via phone app and desktop version. Weekly automated emails providing tips and support sent via challenge platform.

Desk to 5K

Desk to 5K is a training program designed to progress participants through increases in intensity and distance toward the desired outcome of completing a 5k distance. The program is tailored for all fitness levels and is designed to assist participants in being active in a fun, social, non-competitive atmosphere.

Employee Health Services & Gym Locations

A number of work locations have on-site gyms for their employees, including Police Academy, Fire Academy, Aviation, and 911.

Employee Health Services staff provide employees with free fitness and endurance testing, personal training to strengthen muscles and manage weight, office ergonomic assessments, CPR training, and more! The 4-hour CPR training includes instruction on using an Automated External Defibrillator (AED) and First Aid for adults. Upon completing the course, participants receive an American Heart Association First Aid and CPR Certification Card that is valid for 2 years.

Employee Health Services is managed by the Risk Management Division, Department of Finance and Administrative Services. Contact Dave Pulliam at 768-4623.

The **APD Gym** located in the basement of APD Law Enforcement Center is free and open to all city employees who complete the enrollment form and fitness assessment provided by Employee Health Services staff.

View a complete list of City Community Centers with Fitness Centers on page 77. City Community Centers are no cost. Senior and Multigenerational Centers are \$20.00 per year.

The Departments of Family and Community Services and Senior Affairs also provide weight rooms and fitness equipment throughout Albuquerque for a small fee of \$15 per year. See City of Albuquerque website for more information.

Love to Ride Platform & Challenges

400 benefits-eligible employees will be provided access to the Love to Ride platform designed to increase ridership in the City of Albuquerque. BetterHealth Ambassadors initiated this campaign in 2020.

Million Step Challenge

The million-step challenge will begin in July. Challenge goal is to record 1 million steps before the end of the year. Individual based. Syncing of most activity tracking devices automates challenge widget. Accessible via phone app and desktop version. Weekly automated emails providing tips and support sent via challenge platform.

Presbyterian Gym Membership Benefit

All employees and dependents (age 18 and up) enrolled in the City of Albuquerque Presbyterian medical plan are eligible for the Presbyterian Gym Membership Benefit. The benefit includes use of 41 gyms in the ABQ Metro Area, including Defined Fitness, Planet Fitness, Anytime Fitness, and others. Interested employees must elect this gym benefit during Open Enrollment season in May or within 31 days of employment. Once a month employees pay income tax only on the gym's fair market value.

View a complete list of gyms available through the Presbyterian Gym Membership Benefit access instructions on page 81.

Take the Stairs

BetterHealth encourages employees to be physically active, including stair climbing during each work day. In 2014 the stairwells in City Hall were labeled and painted with motivating health designs.

Walking in Albuquerque Convention Center

The Albuquerque Convention Center is open to city employees for walking. Employees must sign in and out at the information desk and wear employee badges while walking. Occasional restrictions occur when conference attendance is high. The location is ideal when the weather is too hot, cold, or windy for outdoor activities!

Stress Management

Happiness Series

The Happiness Advantage uses the latest research in neuroscience and positive psychology to address the concept of mindset as an essential component of good health, performance and productivity. Through three 1-hour classes delivered onsite or via webinar, participants will learn how emotions and states of mind can drive us forward or hold us back. This program will guide participants to be the master of their personal happiness regardless of circumstance and teach techniques and exercises that will help elevate mood and personal performance.

Mindfulness courses

Mindfulness is an integrative, mind-body based approach that helps participants to manage their thoughts and feelings and mental health.

Mindfulness exercises are ways of paying attention to the present moment, using techniques like meditation, breathing, and yoga. Training helps participants to become more aware of their thoughts, feelings, and body sensations so that instead of being overwhelmed by them, they are better able to manage them. Practicing mindfulness can give more insight into emotions, boost attention and concentration, and improve relationships.

Mindfulness in the workplace can have a number of positive effects. These include a decrease in perceived stress, anxiety and worry. Regular practice has shown an increase in better concentration levels including memory tasks and multi-tasking as well as better sleep.

Mindfulness training is also practiced for peak performance to achieve goals, as well as attain new levels of performance, resiliency, and success.

Tobacco Cessation

Clickotine

A clinically-validated mobile program to help employees and family members quit smoking. Clickotine® provides science-backed and meaningful support to keep participants on track, help develop a customized quit plan and provide strategies for overcoming cravings and dealing with withdrawals

Sign-up by visiting <http://clktx.com/join/>. ENTER COMPANY CODE: P3FMX6

Quit for Life

The Quit For Life® (QFL) program is available to employees, spouses and domestic partners. When participants utilize program components as directed, including phone coaching, nicotine replacement therapy (NRT), and online tools, they are more likely to quit compared to trying to quit using tobacco products on their own. The program helps people quit using all types of tobacco, including chew and e- cigarettes.

Quit for Life allows participants to quit at their own pace. QFL coaches teach skills to control nicotine cravings and urges. Instructions for proper use of NRT are included with the program, and when appropriate, NRT can be mailed directly to the participant's home at no cost. Enroll online or by phone at any time during the year.

1-866-QUIT.4.LIFE (1.866.784.8454)

www.quitnow.net

New Year, New You Tobacco Cessation Challenge

Participants who enroll have 4 months to complete the Quit for Life Program to earn a prize. The Quit For Life® program is available to employees, spouses and domestic partners. The Quit For Life® program employs the essential practices to Quit for Life. The evidence-based principles help people quit using all types of tobacco. The Quit for Life program is available as needed

CABQ Leaders

Leadership Health & Wellness Coaching

Opportunity for 1-on-1 time with a certified health coach to review biometric screening results, provide guidance on role modeling, leading well and assist in creating a plan of action to improve health behaviors.

Wellness Engagement Modules

This learning modules will provide insight on ways directors, managers and supervisors can role model and support participation in BetterHealth program services.

Behavioral Health

Behavioral Health Services

Behavioral Health Services available to City of Albuquerque includes psychiatrists, psychologists, nurse practitioners, therapists, psychiatric social workers, registered nurses, and behavioral health technicians.

Services are available in a variety of settings including individual, group, video and text therapy.

See Page 115 for a complete list of behavioral health services available to City employees.

See Page 117 for a complete list of behavioral health services available to APD employees.

Health Coaching

Need inspiration and support on your wellness journey?

Get a health coach on your side. Health coaching is at NO COST to benefits eligible employees, spouses and domestic partners. Coaches combine special training and knowledge with empathy and compassion to help improve your accountability and results.

Our experienced health coaches have advanced degrees and can help you:

- set goals
- create action plans
- identify your motivation for change
- keep you on track
- manage setbacks and challenges
- celebrate victories

Connect with a health coach for help reaching your wellness goals. Email betterhealthcoach@phs.org for more information.

Employee Assistance Program (EAP)

The City of Albuquerque EAP serves employees and family members living in the home and provides five confidential counseling sessions at no cost. Employees and family members may work with counselors to reduce stress and improve health behaviors, such as quitting smoking, eating healthier, and losing weight. Call 768-4613 for an appointment. EAP is managed by the Risk Management Division, Department of Finance and Administrative Services.

 **Healthy Solutions**

Presbyterian Healthy Solutions Disease Management program is a coaching service for Presbyterian members who have one of the following chronic health conditions: Asthma, Coronary Artery Disease, Diabetes, or Hypertension. The program can help you improve your health. Presbyterian offers this service at no extra cost to you.

What can health coaching do for you?

Health coaching can help you learn how to take control of your health. If you want to feel better and live healthier, nurses are available to help you!

You and your health coach nurse will talk about:

- How you can make small changes that lead to healthier habits
- What might be keeping you from living a healthier lifestyle
- What healthy choices have worked well for you in the past
- How to work with your healthcare provider to meet your health needs and goals

- Healthy Solutions health coach nurses work with you by phone and/or video visit.
- They will encourage you to improve your health
- They can set up coaching times that work with your busy schedule

With a Healthy Solutions health coach nurse as your guide, you can learn how to make healthier choices every day. Connect with a health coach nurse to learn more, get started, and commit to a healthier life today!

Call 1-800-841-9705 or email HealthySolutions@phs.org.

28-DAY HEART HEALTHY STEP CHALLENGE

A 28-day step challenge aligned with Heart Month. Challenge goal is 10,000 steps per day. Individual or team based. Syncing of most activity tracking devices automates challenge widget. Accessible via phone app and desktop version. Weekly automated emails providing tips and support sent via challenge platform.

ANNUAL HEALTH & BENEFITS FAIR

The Annual Health & Benefits Fair is scheduled the last Friday of October. Visit over 100 wellness and benefits exhibits. All employees are eligible for 2 hours leave with supervisor's approval.

BETTERHEALTH AMBASSADOR APPLICATION, TRAINING & MEETINGS

BetterHealth Ambassadors (BHA) are a volunteer network of employees who will share their enthusiasm, initiative and motivation to inspire others to be part of a meaningful, organization-wide wellness initiative. The program includes a 3-hour annual training and quarterly 1.25-hour meetings. Ambassadors agree to dedicate approximately 2 hours of their time on a monthly basis to supporting the City's Culture of Wellness.

DESK TO 5K

Desk to 5K is a training program designed to progress participants through increases in intensity and distance toward the desired outcome of completing a 5k distance. The program is tailored for all fitness levels and is designed to assist participants in being active in a fun, social, non-competitive atmosphere.

FLU SHOTS AND COLORECTAL CANCER ASSESSMENTS

Every fall, the City of Albuquerque hosts flu shot clinics at numerous work site locations. This service is available to employees, spouses and dependents ages 19 and older. Colorectal Cancer Assessments are made available at select locations for those age 50+ and home test kits are distributed to eligible participants.

GOOD MEASURES, DIABETES PREVENTION PROGRAM

The Good Measures innovative diabetes prevention program (DPP) recently received full CDC recognition for online programming. One of the differentiating factors of this DPP is the focus on nutritional balance: getting the right amount of nutrients based on one's unique needs. With the 26 sessions, Good Measures offers highly personalized coaching and technology that enables participants to eat for better health, starting with the foods they like, can afford, and can find.

GOOD MEASURES, HEALTHY WEIGHT PROGRAM

Good Measures (GM) Healthy Weight is a year long program with one-on-one virtual support from Registered Dietitian coaches, robust technology, and online group support classes.

HAPPINESS SERIES

The Happiness Advantage uses the latest research in neuroscience and positive psychology to address the concept of mindset as an essential component of good health, performance and productivity. Through three 1-hour classes delivered onsite or via webinar, participants will learn how emotions and states of mind can drive us forward or hold us back. This program will guide participants to be the master of their personal happiness regardless of circumstance and teach techniques and exercises that will help elevate mood and personal performance.

HEALTH ACADEMY

A 90-minute training including a cooking demonstration by a Registered Dietitian. Participants receive relevant health & wellness education as well as tools to engage in better health behaviors. Employees are given up to 2 hours administrative leave with supervisor approval.

BLOOD PRESSURE MONITORING PROGRAM

Provides tools to self-manage, drive behavior change and prevent serious health risk. Hello Heart is a clinically based smartphone solution that empowers participants to take ownership of their cardiovascular health. The program incorporates the concepts of remote monitoring, mentoring, and online tracking as key features to improve outcomes in hypertension management.

LEADERSHIP HEALTH & WELL-BEING COACHING

Opportunity for 1-on-1 time with a certified health coach to review biometric screening results, provide guidance on improvement and assist in creating a plan of action to improve health behaviors.

LOVE TO RIDE

Love to Ride is a cycling encouragement tool designed to help participants achieve all the benefits of cycling more. Love to Ride is an online cycling community for City of Albuquerque employees containing all the information needed to ride safely and comfortably.

MAINTAIN DON'T GAIN NUTRITION CHALLENGE

This individual challenge offers tips, ideas and support to help employees maintain or even lose weight during the holiday season. By participating in this challenge, you are giving yourself the gift of health!

MAMMOGRAPHY VAN SCREENINGS

Every May and October the mammography van is conveniently located downtown to provide mammograms at no cost to City of Albuquerque employees and family members covered by Presbyterian Health Plan and other insurance plans. Additional worksite locations vary.

MILLION STEP CHALLENGE

Race to a million steps! This individual step challenge will keep you motivated to move more July-December. The goal is to reach a million steps using a Wellness at Work platform compatible device or activity tracker. The ultimate challenge - be one of the first to complete.

MINDFULNESS BASED STRESS REDUCTION

Learn all the critical tools of mindfulness and meditation with mindfulness expert Michelle DuVal, MA, of The Mindful Center as she takes you through a clinically proven program in stress reduction.

- **21 Day Meditation Challenge:** Every day for 21 Days participants receive a new video teaching (5 min.) on an aspect of meditation, as well as a new downloadable guided meditation to cultivate their new skill of meditation as well as to develop the daily habit.
- **Calm and Strong: Meditation + Exercise (21 Days):** Every day for 21 Days participants receive a new video teaching (3 min.) on an aspect of meditation + a video demo of the new day's HIIT exercise, as well as a new downloadable guided meditation + exercise MP3 (12 min.). In 15 minutes a day participants develop both a daily meditation and a daily exercise habit.
- **Cool Mind, Cool Life: Calming Down and Chilling Out with Mindfulness:** Learn specific meditative and mindfulness practices designed to cool down the tense, irritable, and angry mind, teaching our brains and central nervous systems how to get out of fight or flight mode and into the "chill out mode," so that our everyday stressors don't get the better of us.
- **MILE (Mindfulness for Increased Life Engagement):** This cutting-edge training program is built around the latest brain research related to peak performance, resilience, focus, and "flow". The MILE program enhances the human capacity of mindfulness through established and empirically supported practices and exercises. Additionally, the program incorporates specific practices and exercises formulated to correspond to recent neuroscientific findings, competitive advances, and related research regarding optimal performance.
- **Mindfulness Based Stress Reduction (MBSR):** The program teaches participants a variety of different mindfulness practices including those for greater rest and relaxation, focus and concentration, also breathing meditation, eating meditation, walking meditation, and more.
- **Mindfulness for Sleep, Rest and Relaxation:** Designed for people struggling with getting good sleep, who commonly wake up in the morning feeling groggy and unrefreshed, and/or who wake up in the middle of the night with a racing mind. This program trains our brains in the meditative patterns associated with better sleep, rest and relaxation, as well as teaches people what the human brain needs on a daily basis to feel relaxed enough for sleep.
- **Mindfulness for Stress, Anxiety, Worry and Pain:** With the science to understand how our own biology can be working against us, and then the empirically supported mindfulness practices to help turn our mind and body into our ally again, this program can help shine some light into these otherwise isolating struggles in an accepted group setting.
- **Mindful Leadership:** Mindful Leadership trains leaders and employees to better understand themselves and work well with others—essential tools for productivity and happiness. This program focuses on specific practices to improve your organization's focus, collaboration, and leadership tools, as well as developing the skills of true stress reduction - specifically tailored toward the stressors of those in leadership roles - and of mindful listening.

MOBILE HEALTH CENTER

Services through the Mobile Health Center are offered to employees and family members age 2 and older who are enrolled in the City of Albuquerque's Presbyterian Health Plan.

OPEN ENROLLMENT EVENTS

Open enrollment takes place in May for employees to get the information they need to make informed decisions about their benefits enrollment and personal health needs.

PERSONAL HEALTH ASSESSMENT (PHA)

City of Albuquerque employees and their spouses or domestic partners are eligible to complete the confidential online Personal Health Assessment and receive a \$25 Amazon Gift Card from the BetterHealth Program. One gift card may be earned every fiscal year for completing the confidential assessment. The fiscal year runs July 1 to June 30.

RUN FOR THE ZOO AND WALK WITH US TOO!

Join Team CABQ to run or walk in any of the Run for the Zoo events whether set virtually or at the BioPark. Registration is covered for the first 500 employees who register.

QUIT FOR LIFE TOBACCO CESSATION PROGRAM

Participants who enroll have 4 months to complete the Quit for Life Program to earn a prize. The Quit For Life® program is available to employees, spouses and domestic partners. The Quit For Life® program employs the essential practices to Quit for Life. The evidence-based principles help people quit using all types of tobacco. The Quit for Life program is available as needed.

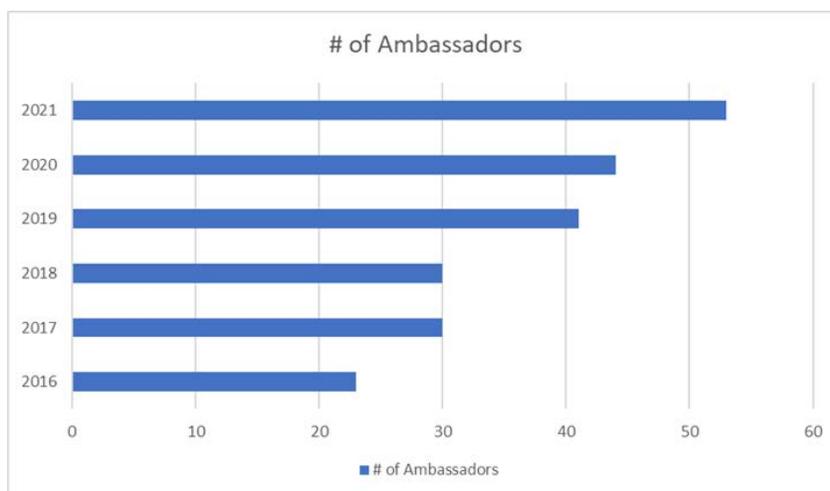
BetterHealth Ambassador Program Evaluation & Recognition

Employee Participation

A measure for the BetterHealth Ambassador program success is overall employee participation. Use of the sign-in template (can be found in the resource section on page 55) is required for all on-site activities to assist in this measure and should be returned to raChelle Karman rkarman@cabq.gov.

Ambassador Activities

The number of Ambassadors participating each year and the type of activities they pursue will also be tracked. The ultimate goal for the Ambassador program is to have 60 ambassadors per year, representing all work locations with more than 30 employees.



BetterHealth Ambassador Program Progress Report

In preparation for recruiting new Ambassadors each year, a progress report will be produced and distributed to senior leaders and department directors. The report will include Ambassador projects, participation results, and photos. Use of the reporting template (can be found in the resource section on page 57) is required for all on-site classes to assist in this measure and should be returned to raChelle Karman rkarman@cabq.gov.

BetterHealth Program Annual Report

Ambassador activities will be included in the annual BetterHealth Program Progress Report, where results from all BetterHealth interventions are described.

CABQ Quarterly Employee Recognition Program

As a BetterHealth Ambassador you could be nominated and recognized for your outstanding efforts in guiding City employees to better health.

You may also nominate fellow Ambassadors or employees who deserve to be recognized for their accomplishments in the area of health and wellness. The City Council awards recipients with one full day of paid leave! Nominations are due at the end of March, June, September, and December. For more information go to:

<https://www.cabq.gov/humanresources/workforce-development/employee-recognition-program>.

To nominate an employee for recognition, see the nomination form on page 31.



BetterHealth
AMBASSADOR
CITY OF ALBUQUERQUE

Submit this form to:

raChelle Karman rkarman@cabq.gov

**City of Albuquerque Quarterly Employee Recognition Award
Health & Wellness Category
Nomination by Current Year BetterHealth Ambassadors**

- Purpose-** Recognition for providing outstanding leadership and setting an example in support of the City’s pursuit of enhanced organizational effectiveness through improvements in the health and wellness of employees.
- Eligibility-** All classified and unclassified employees of the City are eligible for the award except for Division Manager positions or above. Employees must not have received disciplinary action within the last 2 years of nomination.
- Awards-** Each award recipient will be given one full day of paid leave to be used within one year of award. Plaques or other non-monetary gifts also may be awarded. Awards will be delivered at City Council meetings.

Name of employee nominee : _____

Nominee’s Department or Division: _____

Why does this employee deserve to be recognized? Please include detailed justification.

Nomination by BetterHealth Ambassador (name): _____

Date: _____

CITY OF ALBUQUERQUE BLOOD PRESSURE MONITOR LOCATIONS

CITY OF ALBUQUERQUE BLOOD PRESSURE MONITOR LOCATIONS		
Department	Work Location	Specific Location of Self-Monitoring Blood Pressure Station
1 Animal Welfare	Animal Welfare-Lucky Paws Coronado	Lucky Paws back room, behind the breakroom
2 Animal Welfare	Animal Welfare Eastside - Administration Building	Same room that is being used for the lactation room. Employees need to get a key to enter the room.
3 Animal Welfare	Animal Welfare-Westside	Carl Stanley's office
4 APD	APD NE Area Command on Osuna	APD NE Area Command
5 APD	APD SE Area Command on Louisiana	Conference Room
6 APD	Law Enforcement Center (Main)	LEC
7 APD	APD Police Academy	Police Academy
8 APD	APD Crime Lab	Break room
9 APD	911 Emergency Operations Center	Break room
10 APD	APD Foothills Area Command on Lomas	Foothills Area Command
11 APD	APD NW Area Command on Ellison	NW Area Command
12 APD	APD SW Area Command on Los Volcanes	SW Area Command
13 Aviation	Sunport	Aviation Employee Gym
14 Aviation	Sunport	Landside (Parking Division)
15 Aviation	Sunport	Air Field
16 Aviation	Double Eagle Airport	Double Eagle Airport
17 City Clerk	Plaza del Sol, City Clerk's Office	City Clerk break room - 7th Floor

18	City Council	City Hall City Council, 9th Floor	City Council Policy Conference Room
19	Cultural Services	Albuquerque Art Museum	Break room
20	Cultural Services	BioPark Aquarium	administration building, the cubicle closet to the back door, by Maryann's office
21	Cultural Services	BioPark Zoo	administration building in the "Privacy Room" next to Erica Hubbard's office
22	Cultural Services	City Hall Cultural Services, 6th Floor	Room 605, CSD Breakroom
23	Cultural Services	Library - Erna Ferguson Library	staff break room 3700 San Mateo Blvd, NE
24	Cultural Services	Library - Lomas/Tramway	Staff Room - 908 Eastridge NE
25	Cultural Services	Library - Main Library	staff break room – 501 Copper NW
26	Cultural Services	Library- Unser/Central	
27	DFAS	City Hall DFA Accounting, 8th Floor	Accounting-Room 8010 next to the office of Jesse Muniz
28	DFAS	City Hall Purchasing, 7th Floor	Purchasing Office
29	DFAS	City Hall DFA Budget and Admin office, 11th Floor	Break room
30	DFAS	Pino Yard Building H DFAS	Warehouse
31	DFAS	Employee Health Services, City Hall, Basement	EAP Lobby
32	DMD	City Hall DMD, 3rd Floor	3rd Floor
33	DMD	Plaza del Sol Parking Division	5th Floor
34	DMD	Plaza del Sol Construction Services	8th Floor
35	DMD	City Hall DMD, 7th Floor	Room 7057, Fiscal Library Area
36	DMD	1801 4th Street Facility-DMD	Bldg B

37	DMD	1801 4th Street Facility-DMD	Bldg A
38	DMD	Pino Yard Building B DMD Traffic Engineering	Building B Traffic Engineering
39	DMD	Pino Yard Building F DMD Street Maintenance	Plotter Area
40	DMD	Streets- Satellite 3 Office	
41	DTI	Plaza del Sol, 311	Room 30, The "Chill Room" on the 6th floor of PDS
42	DTI	1801 4th St. Facility-DTI	4th Street Breakroom
43	DTI	City Hall DTI ERP, 8th Floor	ERP
44	DTI	City Hall DTI, 2nd Floor	Room 2061 Break Room
45	Economic Development	City Hall Economic Development, 11th Floor	Room 11015 on the round table in the conference room
46	Environmental Health	City Hall Environmental Health, 3rd Floor	EHD Front Conference Room
47	Environmental Health	Montessa Labs	
48	Environmental Health	Vehicle Pollution Management	
49	Family & Community Services	City Hall Family Community Services, 5th Floor	Family and Community Services
50	Family & Community Services	Child Development Administration	Child Development Administration
51	Family & Community Services	Governor Bent Pre K	Governor Bent Pre K
52	Family & Community Services	CABQ/Bernalillo County Area Agency on Aging, 700 4th St SW, Suite A	Reception office, middle of East Wing
53	Fire	Fire Academy	Cubicle near administrative staff
54	HR	City Hall, HR 7th Floor	Room 702 Insurance & Benefits Division Lobby
55	HR	City Hall, Public Service University	PSU Lobby

56	Internal Audit/Inspector General	City Hall, 5th Floor	Internal Audit/Inspector General
57	Legal	City Hall Legal, 4th Floor	Old City Hall, Room 403, Litigation - room across the hall & in between Sandra's and Michael's offices
58	Mayor's Office/CAO	City Hall Mayor's Office/CAO, 11th Floor	Mayor's Office, in the back near the Communications Director's office
59	Parks & Recreation	Pino Yard Building C Parks & Recreation	Building C
60	Parks & Recreation	1801 4th Street Facility-Parks & Rec Administration Building	In a quiet section of the kitchen
61	Parks & Recreation	Balloon Fiesta Park	One of the offices at BFP
62	Planning	Plaza del Sol Planning Dept	Plaza Del Sol, Cubicle next to reception area on the 3rd floor
63	Senior Affairs	Los Volcanes Sports & Fitness Center	Front desk Area
64	Senior Affairs	CASA (Senior Affairs Administration)	CASA Break Room
65	Senior Affairs	North Domingo Baca	North Domingo Baca
66	Solid Waste Management	Pino Yard Building D Solid Waste Clean City	5501 Pino NE, Bldg. D
67	Solid Waste Management	Solid Waste Driver's Lounge	4600 Edith NE, 1 st floor
68	Transit	Transit - Alvarado Transportation Center	ATC Employee Break Room, 2nd Floor
69	Transit	Transit - Daytona Transit Facility	Daytona Operations Drivers Lounge
70	Transit	Transit - Yale Transit Facility	Yale Drivers Lounge
WATER AUTHORITY BLOOD PRESSURE MONITOR LOCATIONS			
	Department	Work Location	Specific Location of Self-Monitoring Blood Pressure Station
1	Customer Service	City Hall, Water Authority 1st Floor	Customer Service Break Room
2	Water Authority	City Hall, Water Authority 5th Floor	Room 5027 Break Room

3	Compass Bank	12th floor	Break Room
4	Pino Yard	Pino Yard	Break Room
5	Surface Water	Surface Water Treatment Plant	Break Room
6	Compass Bank	14th floor	Break Room
7	Compliance	2nd St.	Mark Gallegos's Office
8	NWSA		Break Room
9	SWRP		Control Room
10	SWRP		Lisa Carreons's Office
SANDOVAL COUNTY BLOOD PRESSURE MONITOR LOCATIONS			
	Department	Work Location	Specific Location of Self-Monitoring Blood Pressure Station
	Sandoval County	HR Waiting area	2 designated private areas for monitoring.
MIDDLE RIO GRANDE CONSERVANCY DISTRICT BLOOD PRESSURE MONITOR LOCATIONS			
	Department	Work Location	Specific Location of Self-Monitoring Blood Pressure Station
	MRGCD	2nd St., Albuquerque	
	MRGCD	Copper Ave, Albuquerque	
	MRGCD	Belen,	
	MRGCD	Cochiti	
	MRGCD	Socorro	
ALBUQUERQUE HOUSING AUTHORITY BLOOD PRESSURE MONITOR LOCATION			

Department	Work Location	Specific Location of Self-Monitoring Blood Pressure Station
Albuquerque Housing Authority	Albuquerque Housing Authority 1840 University Blvd SE	To be determined
	CITY OF BELEN BLOOD PRESSURE MONITOR LOCATION	
Department	Work Location	Specific Location of Self-Monitoring Blood Pressure Station
		To be determined

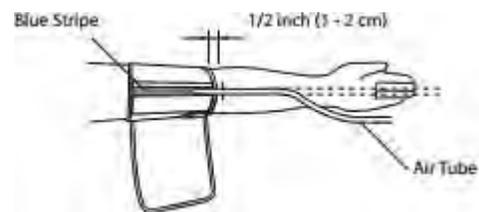
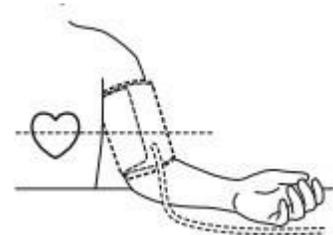
How to take a successful Blood Pressure Reading



Make sure the Blood Pressure Monitor is plugged into the electrical outlet.

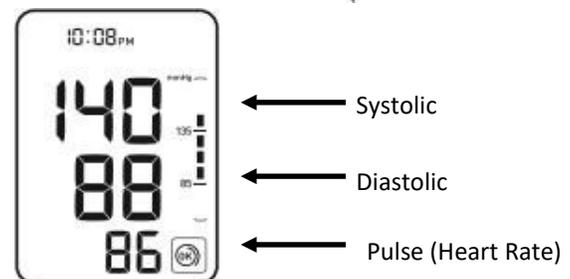
Applying the Blood Pressure Cuff:

1. Make sure the air hose is securely attached to the main unit.
2. Push shirt sleeve high up on upper arm.
3. Sit in the chair with your feet flat on the floor. Place your left arm on the table so the cuff is level with your heart.
4. Place the bottom of the cuff 1/2 inch above your elbow.
5. With palm facing up, apply the cuff so that the air hose is aligned with the center of your arm and hand.
6. Wrap the cuff firmly in place around your arm using the fastener— ensure that there is enough space to fit 2 fingers between the cuff and your arm.



Taking a Measurement:

1. After properly applying the cuff, press the START button.
2. Make sure to sit still, refrain from talking and breathe at a normal pace.
3. The cuff will automatically inflate. Once optimal inflation is reached, it will begin to take the measurement.
4. When the measurement is complete, the monitor will display your blood pressure and your pulse.
5. Accurately write down your blood pressure reading.
6. Press the white button to clear your blood pressure reading from the display.



If monitor, air hose or arm cuff are broken or not functioning properly, please contact:
CABQ Insurance and Benefits Division—768-3758



**Check.
Change.
Control.™**

I Have a High Blood Pressure Reading, Now What?

- 1** Make sure you have been calmly sitting down for at least 5 minutes before taking your blood pressure reading. Also, do not drink coffee or smoke tobacco within 30 minutes before taking your blood pressure, as these can affect the outcome.
- 2** Adjust and make sure the blood pressure cuff is fitting correctly. Sit comfortably in the chair with both feet flat on the floor.
- 3** Take your blood pressure reading again.

BLOOD PRESSURE CATEGORY	SYSTOLIC mm Hg (upper number)		DIASTOLIC mm Hg (lower number)
NORMAL	LESS THAN 120	and	LESS THAN 80
ELEVATED	120 – 129	and	LESS THAN 80
HIGH BLOOD PRESSURE (HYPERTENSION) STAGE 1	130 – 139	or	80 – 89
HIGH BLOOD PRESSURE (HYPERTENSION) STAGE 2	140 OR HIGHER	or	90 OR HIGHER
HYPERTENSIVE CRISIS (consult your doctor immediately)	HIGHER THAN 180	and/or	HIGHER THAN 120

If your blood pressure is in the yellow or orange zones of the above chart, you are in the **Elevated** or **Hypertension Stage 1 or Stage 2 Category**. Follow up by scheduling an appointment with your doctor for steps and options to address your blood pressure.

When to consult your doctor immediately?

If your blood pressure is higher than **180/120**, wait about 5 minutes and try taking a reading again. If the second reading is just as high, consult your doctor immediately.

Hypertensive emergencies generally occur at blood pressure levels exceeding 180 systolic OR 120 diastolic, but organ damage can occur at even lower levels in individuals whose blood pressure had not been previously high.

Guidelines have been developed to demonstrate our commitment to Better Health

The availability of healthy foods at office celebrations and events can help employees make nutritious choices and can influence their long-term health and wellness.

Healthy Foods at Work

Guidelines:

1. Make colorful fruits and vegetables half of all food offerings.*
2. Offer smaller portions of foods.
3. Offer foods low in solid fats, added sugars, and sodium.
4. Offer more whole-grain foods.
5. Make water more available.
6. Consider eliminating unnecessary snacks, such as candy dishes.

* For information and tips about filling half your plate with fruits and veggies, visit FruitsAndVeggiesMoreMatters.org.

Recommendations:

Food Safety

Food should be delivered just prior to serving time.
Always wash hands prior to handling any food.
Food left out for more than two hours should be discarded.
Clean all surfaces before and after food service.

Consider Special Dietary Needs and Food Allergies

Offer food such as vegetarian, vegan, dairy free, and gluten free.

Fundraising Events

Instead of frequent chocolate bar, cookie and nacho sales choose activities that are fun, creative, and energizing!
For example, sell raffle tickets for a fruit basket or sporting event. Organize a Nerf hoop competition, a crazy hat contest, carnival games, or a pumpkin carving contest. Hold a carnation sale for Valentine's Day or guess the number of beans in a jar.



BetterHealth

CITY OF ALBUQUERQUE AND
PARTICIPATING GOVERNMENT ENTITIES

Better you.



City of Albuquerque

MAYOR / CAO OFFICE

Richard J. Berry, Mayor

ADMINISTRATIVE INSTRUCTION NO: 4-9 (2017)

TITLE: Prohibiting Smoking and the Use of Smokeless Tobacco Products on City Property and Vehicles

PRIMARY DEPARTMENT: Legal Department

This Administrative Instruction Governs Smoking and the Use of Smokeless Tobacco Products on City Property and in and Around City Vehicles.

DEFINITIONS:

"City Contractor" means (1) anyone working under contract with the City at times they perform the contract on City property or (2) anyone who is an employee of a company providing labor to the City at the times they perform services or labor on City property.

"City Employee" means all people employed in any manner by the City and receive any compensation of any type from the City for their services.

"City Property" means all real property owned or leased by the City or real property occupied by City employees in their normal duties. City property includes but is not limited to all buildings of any type, parking structures and lots and all other structures located on City property.

"City Vehicle" means any vehicle owned, leased or borrowed for the use by the City. City vehicle also means any vehicle under the control of any City employee. City vehicle does not mean a vehicle owned and operated by a City contractor unless such contractor provides a vehicle to the City for use by City employees.

"City Volunteer" means all volunteers for City programs who are under the direction of a person employed by the City while providing their volunteer services on or at City Property.

"Smokeless Tobacco Products" means loose leaf, pouch, pulverized or shredded tobacco products that are chewed, snuffed, or placed in the mouth instead of being smoked. Nicotine replacement therapies approved by the Food and Drug Administration, including, but not limited to nicotine gum, lozenge, patch, and nasal spray, are not smokeless tobacco products.

“Smoking” or “smoke” means inhaling, exhaling, burning, or carrying any lighted or heated cigar, cigarette, or pipe, or any other lighted or heated tobacco or plant product intended for inhalation, including hookah, whether natural or synthetic, in any manner or in any form. “Smoking” or “smoke” also includes the use of an electronic smoking device which creates an aerosol or vapor, in any manner or in any form, or the use of any oral smoking device for the purpose of circumventing the prohibition of smoking in this Administrative Instruction.

“Vehicle” means any device in, upon, or by which any person or property is or may be transported or drawn propelled by a power other than human power, and includes but is not limited to automobiles, trucks, trailers, motorcycles, tractors, buggies, and wagons. The term “vehicle” includes all devices regardless of the type or power, including but not limited to electric power and any type of gas or gasoline power or any combination thereof and any connected trailer or semi-trailer.

PROHIBITION:

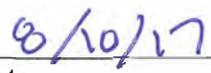
No City employee, City volunteer or City contractor shall smoke or use smokeless tobacco products in or within 30 feet of a City vehicle when such vehicle is not located on City property.

No person, including but not limited to City employees, City volunteers or City contractors shall smoke or use smokeless tobacco products within 30 feet of the entrance to any structure located on City property. This prohibition applies to all members of the public.

REFERENCES: *None*



Robert J. Perry
Chief Administrative Officer



Effective Date



ADMINISTRATIVE INSTRUCTION NO. 7-53

SUBJECT: Break Time for Lactation

The Effective Date:

This Administrative Instruction is effective immediately.

The City of Albuquerque recognizes the health benefits of breastfeeding and supports accommodation of mothers who choose to utilize their own breast pump to express breast milk upon returning to work after maternity leave of absence.

This Administrative Instruction is in compliance with the break time requirement for nursing mothers in the Patient Protection and Affordable Care Act (PPACA), which took effect on March 23, 2010 (P.L. 111-148). PPACA also amended Section 7(r) of the Fair Labor Standards Act (FLSA) which regulates break time for nursing mothers.

This Administrative Instruction also aligns with New Mexico state law [NMSA 1978, Section 28-20-2 (Amended 2007)] which requires employers to provide flexible break time and a clean, private space, not a bathroom, in order to foster the ability of a nursing mother who is an employee to use a breast pump in the workplace.

Policy

A. Flexible Scheduling

1. A nursing employee is allowed to use a breast pump to express milk during the work day using her regular break and meal periods. Since the frequency and duration of lactation breaks will likely vary throughout the nursing period, a nursing employee shall be allowed a reasonable flexible break schedule for lactation with her own breast pump. The time allowed for milk expression breaks each work day will not exceed the combined total amount of time for regular employee break and meal periods. For time above and beyond the combined total amount of time for break and meal periods, the employee may request a lactation break schedule that includes the use of available vacation or sick leave accruals. An employee who does not have sufficient vacation or sick leave accruals must request the use of Personal Leave Without Pay.
2. Under no circumstances will the employee be paid overtime pay to complete their work due to the time required to express milk.
3. In order to prepare a work schedule and coverage for a nursing employee who provides uninterrupted city services, the employee must provide to her supervisor at the beginning of each pay week a proposed schedule for expressing milk with a breast pump.
4. All flexible lactation break schedule requests are subject to approval by the department based on reasonableness of the request. Supervisors will consult with the employee to identify a flexible break schedule that considers

ADMINISTRATIVE INSTRUCTION NO. 7-53

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4. All flexible lactation break schedule requests are subject to approval by the department based on reasonableness of the request. Supervisors will consult with the employee to identify a flexible break schedule that considers

parameters of the employee's job description and the service being provided.

B. Designated Lactation Space

1. Each department will provide a sanitary, lockable, private room or other space where an employee can express milk with her own breast pump in privacy, shielded from view, and free from intrusion from coworkers and the public. This room or space may be used by other on-duty city employees when the room is not being used to express milk.
2. Where possible, the room will be located near a sink with running water for washing hands and rinsing out breast pump parts, and have an electrical outlet. Where possible, the room or space will be in close proximity to the employees' work area. The room may not be a toilet stall or bathroom. If employees prefer, they may express milk in their own private office or other comfortable locations agreed upon in consultation with the employee's supervisor.
3. It is the employee's responsibility to keep the location clean after each use and remove any personal items.
4. Nursing employees who do not work in an office setting but provide uninterrupted city services may be required to use a room or space established by this Administrative Instruction at a city facility that is not operated by the department in which the employee works. The employee would be required to use this room or space in order to minimize travel time to and from the employee's work location to the room or space.
5. Some departments may elect to provide transportation for the employee from the field to the building in which the lactation space is located.
6. Twice a year, in January and in July, the Human Resources department will distribute a list of each city facility that has or may have a private room or space for expressing milk. This list will provide the following information: Name of facility or complex, street address, days and hours of operation, location of the room or space, parking information, any restrictions for the use of the room or space, contact name, phone number, and email address. Department representatives may use the list to identify facilities that meet the needs of their department. Each department is responsible for making lactation space arrangements.

C. Storing Breast Milk

1. Nursing employees will provide their own containers and storage unit such as small ice chest or thermos from home if these accommodations are not in place.
2. If breast milk is stored in a common refrigerator, the expressed milk container must be placed in a clean, closed container, which has the mother's name and date on it. It is the employee's responsibility to remove expressed milk at the end of each day.

D. Employee's Responsibility

1. Employees need to inform their supervisor as early as possible of their intention to continue breast pumping following maternity leave of absence. At least two (2) weeks' advance notice should be given. This provides the department time for all

necessary arrangements to be made.

2. At the beginning of each pay week, provide the supervisor a proposed break schedule for expressing milk with a breast pump.

E. Supervisor's Responsibility

1. Upon receiving an employee's advance notification of her intention to express milk during the work day, the department must take necessary steps to ensure schedule and room arrangements are made prior to an employee's return to work.
2. Retaliation is prohibited against an employee who files a complaint, institutes a proceeding, or testifies in a lactation break time investigation (Section 15(a)(3) of the FLSA).

F. Human Resources Department Responsibility

1. Provide list identified in section B-6 of this Administrative Instruction.
2. As part of the procedure for applying for maternity leave under the Family and Medical Leave Act, mothers shall be provided this Administrative Instruction.

G. Maximum Time Frame for Schedule Adaptation

1. The flexible lactation break schedule and space accommodations for employees will expire one year from the date of birth of the child.
2. If the employee discontinues breast pumping before the child's first birthday, the employee is obligated to inform her supervisor of the date she will discontinue breast pumping. Failure to inform the supervisor upon discontinuing breast pumping and continuing to utilize the space accommodations or schedule adaptation would be considered a policy violation subject to appropriate disciplinary action.

H. Scope

This Administrative Instruction applies to all current employees, classified and unclassified, including but not limited to interns, volunteers and seasonal employees.

This Administrative Instruction is effective upon signature by the Chief Administrative Officer of the City and will remain in ~~effect until~~ amended.



Robert J. Perry, Chief Administrative Officer



Date

NUTRITION STANDARDS FOR VENDING MACHINE BEVERAGES AND SNACK

TITLE: Nutrition Standards for Vending Machine Beverages and Snack

PRIMARY DEPARTMENT: Human Resources

Background:

The City of Albuquerque desires to provide a healthier food and beverage vending program for vending machines located on all City property; and to further promote the City's commitment to improving the health of its employees and visitors of all City of Albuquerque properties.

This instruction pertains to vending machines on City property, owned or leased, and real property upon which City operations are conducted or is occupied by City employees in their normal duties. City property includes but is not limited to all buildings of any type, parking structures, parking lots, and all other structures including the grounds of unenclosed space located on City Property.

Policy:

In alignment with the U. S. Department of General Services Administration document "Health and Sustainability Guidelines for Concessions and Vending Operations":

Calorie Labeling of Articles of Food in Vending Machines: The vending machine operator shall provide a sign in close proximity of each article of food or the selection button that includes a clear and conspicuous statement disclosing the number of calories contained in the article when the Nutrition Facts Panel or Calorie Content is not visible.

Trans fat: Only offer items that contain 0 grams trans fat per serving as defined by the United States Food and Drug Administration.

Sodium:

Only offer snack items that contain no more than 230 milligrams sodium per serving (excludes refrigerated meals).

Individual meal items must contain no more than 480 milligrams sodium per serving.

In addition to meeting the menu labeling, trans fat, and sodium requirements listed above, at least 25% of all packaged food choices must meet the following criteria:

Limit all snack (not refrigerated meals) items to no more than 200 calories per item (excluding nuts and seeds without added fats, oils, or caloric sweeteners).

Limit total calories from saturated fat to no more than 10% (excluding nuts and seeds without added fats or oils).

Limit calories from sugars to no more than 35% of total weight (excluding fruits or vegetables without added caloric sweeteners).

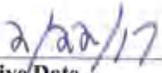
Beverage requirements:

At least 50% of available beverage choices (other than 100% juice and unsweetened milk) must contain no more than 40 calories per serving.

If milk is offered, only offer 2%, 1% and non-fat milk dairy-type products.

If juice is offered, offer at least one 100% juice with no added caloric sweeteners. Vegetable juice must contain no more than 230 milligrams sodium per serving.

REFERENCES: Council Resolution R-16-52 (Enacted)

<hr/> <p>Robert J. Perry Chief Administrative Officer</p> <hr/> <p>Effective Date</p>	 <hr/> <p>Robert J. Perry Chief Administrative Officer</p>  <hr/> <p>Effective Date</p>
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BetterHealth
AMBASSADOR
CITY OF ALBUQUERQUE

Submit this form to:

raChelle Karman rkarman@cabq.gov

Program Reporting

Ambassador Name: _____

Location: _____ **Location** _____

Program Name: _____

Program Dates: _____

Report: Please write a brief description of the program from implementation to outcome. If you have any specific measures such as health improvement, behavior change, improved morale or teamwork please add those to the report. If you have any specific success stories please include those as well. Please include Sign-in sheet.

This form will be offered quarterly through Survey Monkey.



BetterHealth
AMBASSADOR
CITY OF ALBUQUERQUE

Program Reporting • Page 2

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BetterHealth
AMBASSADOR
CITY OF ALBUQUERQUE

Submit this form to:

raChelle Karman rkarman@cabq.gov

Training Request

Ambassador Name: _____

Location: _____ **Location** _____

Training session you are requesting: _____

Please submit this form at least 3 weeks prior to your requested training.

Please make an effort to have an 8 attendee minimum when requesting a training.

Date: _____

Time: _____

Room: _____

How many people do you expect to attend? _____

Parking instructions for facilitator and other important information about your facility, such as security:

(Please provide full address including city and zip)



BetterHealth
AMBASSADOR
CITY OF ALBUQUERQUE

Submit this form to:
raChelle Karman • rkarman@cabq.gov

INCENTIVE REQUEST FORM

Ambassador Name: _____

Location: _____

Brief description of how incentive will be used: _____

INCENTIVE:

Water Bottle: How many: _____
Stainless steel with BetterHealth logo

Pens: How many: _____

\$5 Juice It Up!, Sprouts or Subway Gift Cards. How many: _____
*Host one of the designated classes. Each participant and host will receive a gift card.
Limited Supply.*

Cookbook, Open Space Pass, Yoga Mat or Fit Ball:
(1 item to raffle during class) Raffle tickets provided.
Check one item: Cookbook Open Space Pass Yoga Mat Fit Ball
How many raffle tickets: _____

Other: _____ How many: _____
See inventory list on back of this page. (While supplies last)

CABQ GIVEAWAY INVENTORY

Item		Item	
Key Stylus for opening doors and pushing buttons with BetterHealth logo		Blueray glasses with BetterHealth logo	
Lip Moisturizer with BetterHealth logo		Jump rope with BetterHealth logo	
1oz. lotion with BetterHealth logo		PopGrip with BetterHealth logo	
Essential Oil Infused Candle with BetterHealth logo		Resistance Band with BetterHealth logo	
Hand Sanitizer with Carabiner with BetterHealth logo		Citrus Juicer	
2 lb. hand weight		Snack container with BetterHealth logo	
Hand Grip with BetterHealth logo		Travel Set with Sleep Mask and Ear Plugs with BetterHealth logo	

Office Snack Sign-up Sheet

Theme
Week of



• Name:

• Item:

Thank you for supporting healthy eating patterns for all.

Everyone has a role in creating a healthy eating environment at work and in our homes and schools.

Dietary Guidelines for Americans 2015-2020



SAMPLE Office Snack Sign-up Sheet

Theme Munchie Snacks

Week of Jan 12, 2020



Lisa

roasted peanuts no salt

Mark

lightly salted popcorn

Susan

celery sticks

Linda

crunchy peanut butter

April

raisins

Tim

sliced cucumbers

Kim

apples

Andrea

Triscuit crackers

Shannon

baby carrots

Shannon G

cucumber water

Tanya

cherry tomatoes

• Name:

• Item:

• Name:

• Item:

• Name:

• Item:

Thank you for supporting healthy eating patterns for all.

Everyone has a role in creating a healthy eating environment at work and in our homes and schools.

Dietary Guidelines for Americans 2015-2020





Event Name

Date & Time

Location





April 13, 12-1pm

ITSD Grand Central, City Hall

Location

Workout Recipes for
"Time in Zone"

by Nuvity Coach Kimberlee Kavasch

All employees invited

Bring your own lunch

*Become the BETTER YOU through
BETTER MOVEMENT*



Health & Wellness Classes
BetterHealth Ambassadors Arrange at Their Work Locations or Remotely
Use the Training Request Form

BetterHealth, Better You

This is an opportunity to share the current offerings available to all employees through the BetterHealth Employee Wellness Program. The presentation will be tailored to highlight programs and benefits most relevant at the time offered. (30 minutes)

Organization: raChelle Karman & BetterHealth Program Service Provider(s)

***NEW!* Optimize Your Immune System**

You can strengthen your immune system by eating healthy foods. Eating nutrient-rich, whole foods may help you boost your immune system and fight against. This class will share foods you can eat to boost your immune system, other health tips, answer common questions and provide tasty, healthy recipes you can make. (30-60 minutes)

Organization: The Solutions Group, a division of Presbyterian Healthcare Services
Qualifies for \$5 Sprouts or Subway gift cards for participants and host (Limited Supply).

Quick & Simple Healthy Meal Demonstrations

Meal prep demonstrations are a great way to show off easy and delicious recipes as well as bring people together over a topic we all enjoy. Demos are a good way to promote ingredients that participants may be unfamiliar with or to highlight a less common preparation method. (30-60 minutes)

Organization: The Solutions Group, a division of Presbyterian Healthcare Services

***NEW!* No Sweat**

Every movement we do throughout the day counts! This class teaches you how the simple science of motivation can bring you a lifetime of fitness. “Gift” yourself with movement any and every way you can. (30-60 minutes)

Organization: The Solutions Group, a division of Presbyterian Healthcare Services
Qualifies for \$5 Sprouts or Subway gift cards for participants and host (Limited Supply).

Better Sleep Tips & Tricks

Sleeping really should be one of the easiest and most natural things for all of us to do, but for many it’s a nightmare. This class will explore research and techniques that will give insight to a better night’s rest. (1 hour)

Organization: The Solutions Group, a division of Presbyterian Healthcare Services

Nutrition Class Videos

The Solutions Group, a division of Presbyterian Healthcare Services

Available 24/7/365

AV Needs: Computer, Monitor, Sound/Speakers and Internet

Workplace Wellness that Works *with Laura Putnam*

<https://zoom.us/rec/share/sY5I9aAIBn7KefSTplfRI5dkFg9twE36vpOHLNvVrTYfYLcmyYYGAy4Vz86vdkQ.wJRW6I0Cw55xyRNa>

CABQ Managers on the Move *with Laura Putnam*

<https://zoom.us/rec/share/WR-nbvKVECZYeL2F8cKb-LAx4LWUD8GPTOF2trqJp-eTLix7iCvMoZ68kvzbEyr8.uOj0EoWuq4FspUdl>

Healthy Weight & Diabetes Prevention

https://zoom.us/rec/share/gAfMUwly3X-Q9qkODOXJXY1BUpc7_Dwrk1iINPq8V_RRRFu9NABci0XhGLBsR4EGY.AW0NO77KCKwchHKT

Stretch!

https://zoom.us/rec/share/0ePw_T3eZtCkwh6adhyOAHiTlg-boUeWJ5XrfNrhTpBtV2ok5DqzuoaCeVXXQPdA.N0op04mugfZDVRuT

Men's Health

https://zoom.us/rec/share/QXbGppgAHA8yc4AybpAyIH0_2dKIP_iT2vPRovGC1gnR8ypHLdclM8D_4iUUGkO6.V6stbUjBxIIAhSqv

Women's Health

<https://zoom.us/rec/share/E7PqHA60vtivrRIHeGwOU4iUFRRYE68bWRtUgmCVuGzGL6VLzyuUGsQyCRynQF6p.pTCJZXghFr6S5dg>

How to Stock a Healthy Pantry *with Registered Dietitian Jennie McCary*

“Fail to plan, plan to fail.” But it doesn't have to be that way! Having a well-stocked pantry ensures that when meal time comes around, you will be only be a few ingredients away from a nutritious meal rather than heading to the closest drive thru! This class will cover the essentials to stocking a healthy pantry. (15 minutes)

<http://www.turriproductions.com/betterhealthcabq>

Eating Healthy on a Budget *with Registered Dietitian Ingrid Jorud*

Learn the three steps for healthy eating on a budget—planning, purchasing, and preparing. Learn how to plan meals and snacks ahead of time. (13 minutes)

<http://www.turriproductions.com/betterhealthcabq>

Enjoy Nutritious Food That Tastes Great *with Registered Dietitian Jennie McCary*

Small changes can make a large difference such as choosing healthier fats, less salt, and less added sugars. Discover spices, herbs, and salt-free seasonings that will give you new ways to eat healthfully. (15 minutes)

<http://www.turriproductions.com/betterhealthcabq>

Recipe Makeover *with Registered Dietitian Ingrid Jorud*

This class will provide you with all the tools you need to take one of your favorite family recipes and revise it to make it lower in solid fats (saturated and trans fat), sodium, and added sugars and include more vegetables, fruits, and whole grains. Savor the taste and the tradition! (12 minutes)

<http://www.turriproductions.com/betterhealthcabq>

A Look at the 2015-2020 Dietary Guidelines *with Registered Dietitian Jennie McCary*

<https://attendee.gotowebinar.com/register/8861240562559685122>

This 22-minute recorded webinar will provide an overview of the new 2015-2020 Dietary Guidelines for Americans and highlight key recommendations to help guide people towards a healthier way of eating. You may print handouts for your colleagues at

<https://www.choosemyplate.gov/printable-materials>.

Maximize Your Metabolism *with Registered Dietitian, Ingrid Jorud*

<http://goo.gl/mwUmuV>

The word metabolism is used often. But what exactly is metabolism and what affects your metabolism? Learn about the body systems and ways to maximize your metabolism through food and fitness changes. (12 minutes)

Fuel Your Body for Exercise *with Registered Dietitians Jennie McCary & Ingrid Jorud*

<https://bit.ly/2EY3Ty0>

What you eat affects how you feel and how well you perform. Whether you're a weekend warrior or athlete, learn how to choose the best combination of nutrients to fuel your workout and maximize performance. This workshop includes practical pre- and post-nutrition and hydration strategies. (18 minutes)

Feed Your Second Brain *with Registered Dietitian Jennie McCary*

<https://bit.ly/2wLf12e>

Gut health is a cornerstone for overall well-being and a healthy weight. It's no secret that what we eat affects how we feel and has the power to heal. Participants will become better acquainted with foods that promote better digestion, soothe, help boost immunity and flatten the belly. (14 minutes)

Nutrition Webinar Recordings (Seminars Conducted over the Internet)
Available 24/7/365

AV Needs: Computer, Monitor, Sound/Speakers and Internet

Nutrition Decisions Webinar Series *with Professor and Nutrition Specialist Dr. Carolyn Dunn, North Carolina State University*

Steps to Eating the Med Way

The Mediterranean-style eating pattern has been shown to promote health and decrease risk of many chronic diseases. Eating the Mediterranean way is not only healthy, it is delicious and satisfying. Foods that you once thought of as too high in fat or unhealthy, including nuts, olive oil, olives, and whole grains, become an everyday part of your diet. This webinar mini-series will demonstrate simple steps to eating the Med way by making easy changes to the foods you eat.

Webinar Recordings (each 1 hour): <https://goo.gl/cNlw2d>

- **Not All Carbs Are Created Equal**
- **Diets: Fad or Fact**
- **Life Hacks: *Eat Healthy On a Busy Schedule***
- **Steps to Eating the Med Way**
 - **Overview of the Mediterranean Diet**
 - **Steps to Eating the Med Way: *Change Your Protein***
 - **Steps to Eating the Med Way: *Swap Your Fats and Snack on Nuts***
 - **Steps to Eating the Med Way: *Eat More Fruits, Vegetables, and Whole Grains***
 - **Steps to Eating the Med Way: *Rethink Your Sweets***

Organization: Eat Smart, Move More, Weigh Less - North Carolina State University

City Community Centers with Fitness Centers

Alamosa Community Center

6900 Gonzales Rd SW (Coors and Bridge),

Barelas Community Center

801 Barelas Rd. SW 87102 Atlantic Ave. & 8th St

Cesar Chavez Community Center

7505 Kathryn SE 87108 Louisiana Blvd. & Kathryn Ave

Dennis Chavez Community Center

715 Kathryn SE (Kathryn & Walter)

Don Newton/Taylor Ranch Community Center

4900 Kachina St. NW 87120 Montano Rd. & Kachina St

Herman Sanchez Community Center

1830 William St. SE 87102 Trumbull Ave. & William St

Holiday Park Center

11710 Comanche Rd. NE 87111 Juan Tabo Blvd. & Comanche Rd

Mesa Verde Community Center

7900 Marquette Ave. NE 87108 Marquette Ave. & Tennessee St

Thomas Bell Community Center

3001 University Blvd. SE 87106 University Blvd. & Gibson Blvd

Los Duranes Community Center

2920 Leopoldo NW 87104

West Mesa Community Center

5500 Glenrio Rd. NW 87105 Coors Blvd. & Glenrio Rd

Senior Centers/Multigenerational Centers with Fitness Centers

Los Volcanes 50+ Fitness Center

6500 Los Volcanes NW

Manzano Mesa Multigenerational Center

501 Elizabeth St SE

North Domingo Baca Multigenerational Center

7521 Carmel NE

Palo Duro Senior Sports & Fitness Center

3351 Monroe NE

County Community Centers with Fitness Centers

Los Padillas Community Center

2117 Los Padillas Rd. SW

Raymond G. Sanchez Community Center

9800 4th Street NW

Vista Grande Community Center

15 La Madera Road
Sandia Park,

Westside Community Center

1250 Isleta Blvd SW

City Pools with Lap Swims

West Mesa Aquatic Center

6705 Fortuna Road NW

Highland Pool

400 Jackson SE

Los Altos Pool

10100 Lomas NE

Sandia Pool

7801 Candelaria NE

Valley Pool

1505 Candelaria Road NW

Eisenhower Pool

11001 Camero NE

Rio Grande Pool

1410 Iron Avenue SW

Sunport Pool

2033 Columbia Drive SE

Presbyterian Gym Membership Benefit for July 1, 2018 - June 30, 2019

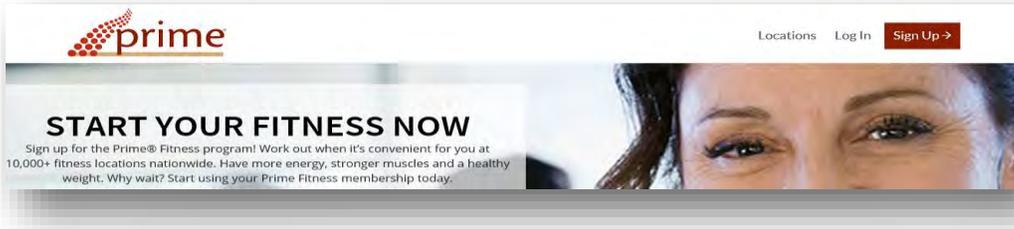
- ***New employees*** must enroll in Presbyterian Health Plan with Gym Membership within 31 days of employment. Enrolled dependents 18 and over receive the gym benefit when employees enroll.
- ***Current employees who already have the Presbyterian Gym Benefit*** will remain enrolled unless they make changes in Employee Self Service by June 8, 2018.
- ***Current employees who wish to add the Gym Benefit*** must select the Presbyterian Health Plan with Gym Membership through Employee Self Service by June 8, 2018. Enrolled dependents 18 and over receive the gym benefit when employees enroll.
- IRS considers gym memberships as a taxable benefit. Income tax deductions occur with each pay check.

41 Participating Gyms in the ABQ Metro Area & Santa Fe as of March, 2018	
Ab's Exclusive Fitness (Santa Fe)	Life 180 Biorhythm Center, Inc. (Belen)
Amplify Strength and Conditioning (ABQ)	Main Street Muscle & Fitness Center (Los Lunas)
Anytime Fitness (ABQ, Rio Rancho, Santa Fe)	New Heart (ABQ)
B-Firm Toning Gym (ABQ)	New Mexico Sports & Fitness Center (Santa Fe)
Belen Community Center	Paradigm Physical Therapy (Los Lunas)
Body in Rhythm (Belen)	Planet Fitness (Basic Membership - ABQ, Los Lunas, Rio Rancho, Santa Fe)
BodyShock Fitness Studio (Los Lunas)	Powerflex Gym (ABQ)
Center for Ageless Living – Health & Wellness Program (Los Lunas)	Simms Fitness (ABQ)
Christus St. Vincent Health & Fitness Center (Cardiac & Pulmonary Rehab Gym (Santa Fe)	Life 180 Biorhythm Center, Inc. (Belen)
Country Strong Fitness (Moriarty)	Roots Fitness (Rio Rancho)
CrossFit Petroglyph (ABQ)	Route 66 Health and Fitness (Moriarty)
Crunch Fitness (ABQ) NEW! Aug 2018	Sports & Wellness (ABQ) – <i>extra cost</i>
Curves (ABQ, Bernalillo)	The HIT FIT Club (ABQ)
Defined Fitness (ABQ, Rio Rancho)	The Open Gym (ABQ)
Elite Muscle (Belen)	The Sports Clubs (Rio Rancho)
Elite Physique Gym (Rio Rancho)	UFC Gym (ABQ, Rio Rancho)
E-Town Fitness (Estancia)	Westside Fit Body Bootcamp (ABQ, Rio Rancho)
Extreme Fitness (Belen)	XPAC Fitness Center (ABQ)
Family Fitness (Edgewood)	YMCA (ABQ)
Fitness Plus for Women (Santa Fe)	Z-FIT of New Mexico (ABQ)
Hardkor Fitness (Belen)	



Presbyterian Prime Membership- How to print Membership Card

1. Visit primemember.com
2. Select Login or Sign Up if New User



3. Enter Login information



Or Sign up if New User



4. Select Print or Download



GREATER ALBUQUERQUE	
Feb. 13, 2021	Cupid's Chase 5K 2020 https://www.comop.org/cupidschase/
Mar. 21, 2021	Miles for Minds 2020: 5K, Kids K, and 2-Miler https://www.irunfit.org/run-fit-events/miles-for-minds
Mar. 28, 2021	Duke City Marathon: Marathon, Half Marathon, 10K run, 10K Walk, 5K Run, 5K Walk. https://www.dukecitymarathon.com/postponement
Sep. 12, 2021	NM Chips and Salsa Half Marathon 2020: Half Marathon, 10K, 5K, and Kids K https://www.irunfit.org/run-fit-events/chips-and-salsa-half-marathon
Ongoing	City of Albuquerque Parks and Recreation Department http://www.cabq.gov/parksandrecreation/recreation
Ongoing	City of Rio Rancho Parks, Recreation and Community Services http://ci.rio-rancho.nm.us/index.aspx?nid=16
Ongoing	Searchable Database of Athletic Events for All Ages and Abilities http://www.active.com/
The races below have a date for 2021, however it is not confirmed. Will update as we get more information.	
Feb. 7, 2021	NM Super Bowl Run 2020: 10K, 5K and Kids K https://www.irunfit.org/run-fit-events/super-bowl-run
Feb, 2021 (TBD)	Sweetheart Run 2020: 10K, 5K, 10K Team and Kids K https://www.irunfit.org/run-fit-events/sweetheart-run
March 6, 2021	Chocolate and Coffee Run 2020: 5K and Kids K http://irunfit.org/run-fit-events/chocolate-and-coffee-run
June 6, 2021	TyRUNnosaurus 5K Run/Walk, Kids 1-Mile, and Kids K http://irunfit.org/run-fit-events/tyrunnosaurus-run
June 12, 2021	Lickety Split 5K and Kids K http://irunfit.org/run-fit-events/lickety-split
Jun. 20, 2021	Cherry Garcia Run 2020: 10K, 5K, and Kids K https://www.irunfit.org/run-fit-events/cherry-garcia-run

July 18, 2021	Chunky Monkey Run 2020: 10K, 5K, and Kids K	http://irunfit.org/run-fit-events/chunky-monkey-run
July 27, 2021	Lavender Run in The Village 2020: 4 Miller, 10K, and Kids K	http://irunfit.org/run-fit-events/lavender-run-in-the-village
No Date for 2021. Will update as we get more information.		
Mar. 15 2020	NM Shamrock Shuffle 2020: 10-Miler, 10K, 4 Miler, and Kids K	https://www.irunfit.org/run-fit-events/shamrock-shuffle
Apr. 4, 2020	Albuquerque Half Marathon 2020: Half Marathon, 10K, 5K, and Kids K* Nothing for 2021* This was virtual in Nov of 2020.	https://www.irunfit.org/run-fit-events/albuquerque-half-marathon
April 18, 2020	Mariposa Women's Run 2020: 5K and Kids K	http://irunfit.org/run-fit-events/eventdetail/119/-/2020-mariposa-women-s-run
Apr. 18, 2020	Cedro Peak Ultra 50K, Marathon & Half Marathon *Unable to plan 2021 due to COVID*	https://ultrasignup.com/register.aspx?did=71022
May 3, 2020	Run for the Zoo	https://runforthezoo.org/
TBA	2020 VGES Grizzly Run or Walk	https://runsignup.com/Race/Events/NM/RioRancho/VGESGrizzlyRun
TBA	Roswell Alien Chase	http://www.ufofestivalroswell.com/shows/24th-annual-alien-chase/ They will post more details early 2021
July 4, 2020	Rio Rancho Red White & Blue Run 2020: 4 Miller, 10K, and Kids K	http://irunfit.org/run-fit-events/rio-rancho-red-white-blue-run
Aug 15, 2020	Foam Glow	https://foamglow.com/albuquerque-2020/
Jul. 4, 2020	Los Alamos July 4 th Firecracker Fun Run	https://laymca.org/firecracker-5k-family-fun-run
GREATER ALBUQUERQUE		
Community Service and Volunteer Opportunities		
Ongoing	Albuquerque Are Extension Master Gardeners	http://www.abqmastergardeners.org/
Ongoing	Albuquerque Heading Home	http://www.abqheadinghome.org/make-a-difference/volunteer/

Ongoing	Albuquerque Public Schools	http://www.aps.edu/community/volunteer-with-aps/volunteer-with-aps
Ongoing	Big Brothers Big Sisters of Central New Mexico	http://www.bbbs-cnrm.org/volunteer/
Ongoing	Casa Esperanza	http://casanm.org/donations/volunteer/
Ongoing	City of Albuquerque	http://www.cabq.gov/abq-volunteers/
Ongoing	City of Rio Rancho Volunteer Program	http://ci.rio-rancho.nm.us/index.aspx?NID=334
Ongoing	Cuidando los Niños	http://www.clnkids.org/get-involved.aspx
Ongoing	Foster Grandparent Program	https://www.cabq.gov/seniors/senior-volunteer/foster-grandparent-program
Ongoing	Meals on Wheels of Albuquerque	http://mow-nm.org/
Ongoing	New Mexico Commission of Community Volunteerism	http://www.dws.state.nm.us/nmccv
Ongoing	New Mexico Volunteer Connection	https://www.centerforonprofitexcellence.org/volunteer-connection
Ongoing	PB&J Family Services	http://pbjfamilyservices.org/how-to-help/
Ongoing	Presbyterian Volunteers	https://www.phs.org/community/Pages/volunteer.aspx
Ongoing	Roadrunner Food Bank	http://www.rffb.org/take-action/volunteer/
Ongoing	Ronald McDonald House Charities of New Mexico	http://www.rmhc-nm.org/get-involved/
Ongoing	St Martin's Hospitality Center	http://www.smhc-nm.org/how-you-can-help/volunteer/
Ongoing	The Storehouse of New Mexico	https://storehousenm.org/
Ongoing	United Way of Central New Mexico	https://www.uwcnm.org/you-can-help/volunteer
Ongoing	Volunteer March	http://www.volunteermatch.org/
LAS CRUCES		
Feb. 13, 2021	Cupid's Chase 5K 2021	http://imatter.comop.org/site/TR?fr_id=1911&pg=entry
SANTA FE		
May 22, 2021	Jemez Mountain Trail Runs	https://www.jemezmountaintrailruns.org/
Ongoing	The Food Depot	https://www.thefooddepot.org/
Ongoing	United Way of Santa Fe County	http://www.uwsfc.org/
Ongoing	City of Santa Fe	http://www.santafenm.gov/volunteer_programs
CLOVIS		
Ongoing	City of Clovis Parks and Recreation	http://www.cityofclovis.org/?page_id=689

Ongoing	Curry County Retired Senior Volunteer Program and Foster Grandparent Program	http://www.volunteermatch.org/search/org/73889.jsp
Ongoing	Food Bank of Eastern New Mexico	http://www.fbennm.org/volunteer/
Ongoing	Clovis Meals on Wheels	https://www.centerforprofitexcellence.org/nonprofit-directory/nonprofit/13521
Ongoing	New Mexico Coalition for Literacy	https://newmexicoliteracy.org/clovis/
Ongoing	United Way of Eastern New Mexico	http://www.unitedwayennm.org/
ESPANOLA		
Ongoing	Espanola Community Market	http://www.espanolacommunitymarket.org/members-volunteers/volunteers/
Ongoing	New Mexico Coalition for Literacy	https://newmexicoliteracy.org/espanola/
Ongoing	Presbyterian Health Services	https://www.phs.org/community/Pages/volunteer.aspx
Ongoing	United Way of Northern New Mexico	https://unitedwaynmm.org/
RUIDOSO		
Ongoing	New Mexico Coalition for Literacy	https://newmexicoliteracy.org/ruidoso/
Ongoing	Ruidoso Community Center Retired Senior Volunteer Program	http://www.ruidoso-nm.gov/news-info/2016/8/24/rsyp-volunteer-program
SOCORRO		
Ongoing	City of Socorro- Public Parks and Recreation Facilities	http://www.socorronm.gov/city-services/public-parks/
Ongoing	Literacy Volunteers of Socorro County	https://www.centerforprofitexcellence.org/nonprofit-directory/nonprofit/3491
Ongoing	New Mexico Coalition for Literacy	https://newmexicoliteracy.org/literacy-directory/community-directory/socorro/
Ongoing	Socorro County Chambers of Commerce	https://socorrochamber.org/
Ongoing	United Way of Central New Mexico	https://www.uwcnm.org/you-can-help/volunteer
TUCUMCARI		
Ongoing	City of Tucumcari Parks Department	http://www.cityoftucumcari.com/parks.html
Ongoing	New Mexico Coalition for Literacy	https://newmexicoliteracy.org/tucumcari/
Ongoing	United Way of Quay County	https://www.unitedway.org/local/united-states/new-mexico/united-way-of-quay-county
* Presbyterian Sponsored Event		

FRESH OPTION PRODUCE



BetterHealth

The Fresh Option program is designed to deliver and encourage healthy snacks at meetings and celebrations. The program, which includes delivery of individual pieces of fresh produce, is available to BetterHealth Ambassadors at all City of Albuquerque locations.

WAYS TO USE FRESH OPTIONS?

- Wellness educational workshops.
- BetterHealth program orientations and celebrations such as Good Measures & Nuvita orientations and Check Change Control celebrations.
- Staff days or retreats that include wellness initiatives, such as library staff day.
- Staff training with at least one wellness announcement.
- Staff meetings with at least one wellness announcement.

HOW TO REQUEST A PRODUCE DELIVERY

1. Any BetterHealth Ambassador may initiate a Fresh Option order. Each BetterHealth Ambassador is limited to two produce deliveries per calendar year.
2. Requests are accepted via online submission only using the [Produce Request Form](#). Orders must be received at least one week prior to the requested Tuesday/Wednesday distribution date.
3. A typical order can provide a serving of fresh produce to as little as 6 to as many as 50 employees. Please allow 2 weeks for larger requests of up to 150. The Produce Request Form requires contact information, event information, complete delivery address, quantity of produce and date of activity. Time of delivery is not guaranteed so please do not request delivery on the day of your event. You should receive confirmation that your order was received within 2 business days of being submitted.
4. You are responsible for meeting or picking up your order from your delivery location. Tuesday is the delivery day for offices east of the river. Wednesday is the delivery day for offices west of the river. Deliveries can be made Monday-Friday only if your location is open for delivery between 2pm-7pm.
5. The produce does not come washed. All produce is organic so there is no pesticide residue. When completing the Produce Request Form, you will select one of the following options for your delivery:
 - All produce ready to eat at time of delivery.
 - Produce may require minor preparation by requesting Ambassador such as slicing and peeling.
 - Produce will be prepped by requesting Ambassador. All forms acceptable.Visit www.skarsgardfarms.com to view available produce options. All deliveries will include only fresh and raw edible mixed produce. We will do our best to accommodate requests for specific fruits and vegetables. Examples of preparation-free produce include apples, oranges, grapes, strawberries, tomatoes, blueberries, and nectarines. Examples of produce that require minor preparation include mangoes, pineapple, avocado, cantaloupe, bell pepper, cucumber, and broccoli.
6. The delivery does not include napkins, paper plates or any preparation utensils.
7. Place the *BetterHealth*, *Better You* and the *Fruit & Veggies More Matters* stickers on your produce before the event.

PRODUCE REQUEST FORM

[Click here](#) to make a produce request



Whether you're sitting or exercising, your body needs water to function properly.



HYDRATE FOR HEALTH 4-WEEK CHALLENGE

Meet the goal of 56 oz per day.

- In this challenge, you'll aim to drink seven 8-ounce glasses a day
- Track your daily water intake on the tracking sheet

Challenge Begins: _____

BetterHealth Ambassador Program

For more information, contact:



BetterHealth

Better you.

MAINTAIN DON'T GAIN



6-WEEK CHALLENGE

- 1. Set a personal goal for the challenge.**
- 2. Each week log your weight.**
- 3. Aim to maintain weight within 2 pounds.**

Challenge Begins: _____

BetterHealth Ambassador Program

For more information, contact:



BetterHealth
Better you.

MAINTAIN DON'T GAIN



MY **SMART** GOAL

Specific, **M**easurable, **A**ttainable, **R**ealistic, **T**ime-oriented

Example: I will walk for 30 minutes after work 5 days a week.

RECORD YOUR WEIGHT AND YOUR GAIN OR LOSS EACH WEEK.

DATE	WEIGHT	GAIN	LOSS
Pre-holiday		+	-
Week		+	-
Post-holiday		+	-
Total gain/loss results		+	-

5 TIPS TO HELP YOU NAVIGATE THE HOLIDAY SEASON:

- 1. Control portions.** Keep your portions small, especially with calorie-heavy foods like gravy, eggnog, and desserts.
- 2. Keep moving.** Do whatever you can to squeeze in 10-minute intervals of activity throughout the day.
- 3. Weigh in regularly.** Check in with the scale at least once a week.
- 4. If you don't love it, don't eat it.** Why waste calories on foods that don't knock your socks off? Use those extra calories for something you love.
- 5. Savor every bite.** Sit down, relax, and enjoy every bite of your meal. Take your time and savor the flavors, textures, and aroma of each food. Eating slowly will help you enjoy the meal and will give your brain time to receive the signal that your stomach is happily full.

SLEEP AWARENESS CHALLENGE

In this challenge, you'll track your sleep habits using the 7-day sleep diary.

Review your completed diary to see if there are any patterns or practices that are helping or hindering your sleep.



DAY 1
Start the week by making time for the sleep your mind and body needs. Most adults need 7 to 9 hours to function properly.

DAY 2
Leave a couple of hours between eating and going to bed. It will help you reap the maximum benefits of a good night's sleep.

DAY 3
Power down to recharge! Blue light from screens can disrupt your circadian rhythm and affect your ability to sleep. Turn off your mobile devices before you head to bed!

DAY 4
Make your bedroom all about sleep! A comfortable mattress, pillow and bedding will help you get a good night's sleep. Keep your room dark and use cool paint colors for the walls.

DAY 5
Create a bedtime ritual. Make deep breathing, stretches and other relaxing exercises part of your pre-slumber ritual, to wind down and help get your mind ready for sleep.

DAY 6
Put your troubles aside and drift away. Keep a piece of paper next to your bed and write down any worries of the day before putting your head down to sleep. You'll sleep better!

DAY 7
Remember, sleep is important for everything!



Challenge Begins: _____

BetterHealth Ambassador Program

For more information, contact:





STRIVE FOR FIVE

4-Week Nutrition Challenge

- In this challenge, you'll aim to eat at least 5 servings of fruits and vegetables each day for 4 weeks (Goal=140 servings)
- Eating more fruits and veggies can help you improve your nutrition and your overall health!
- Track your fruit and vegetable intake daily on the tracking sheet

Challenge Begins: _____

BetterHealth Ambassador Program

For more information, contact:



STRIVE FOR FIVE 4-Week Nutrition Challenge

Track your fruit and vegetable servings intake on the daily tracking sheet:

WEEK	MON	TUE	WED	THU	FRI	SAT	SUN	TOTAL
1								
2								
3								
4								
Total Servings Fruits & Vegetables:								



What's a Serving?

- 1/2 CUP** raw fruits or vegetables
- 1 MEDIUM** banana/orange/apple
- 1/4 CUP** dried fruit
- 1 CUP** raw leafy vegetables
- 1/2 CUP** cooked vegetables
- 3/4 CUP** fruit or vegetable juice (no additional sugar added)

EXERCISE DAILY 4-WEEK CHALLENGE



Physical Activity Guidelines for Adults

- Adults should move more and sit less throughout the day. Some physical activity is better than none. Adults who sit less and do any amount of moderate-to-vigorous physical activity gain some health benefits.
- For substantial health benefits, adults should do at least 150 minutes (2 hours and 30 minutes) to 300 minutes (5 hours) a week of moderate-intensity, or 75 minutes (1 hour and 15 minutes) to 150 minutes (2 hours and 30 minutes) a week of vigorous-intensity aerobic physical activity, or an equivalent combination of moderate- and vigorous-intensity aerobic activity. Preferably, aerobic activity should be spread throughout the week.
- Additional health benefits are gained by engaging in physical activity beyond the equivalent of 300 minutes (5 hours) of moderate-intensity physical activity a week.
- Adults should also do muscle-strengthening activities of moderate or greater intensity and that involve all major muscle groups on 2 or more days a week, as these activities provide additional health benefits.

MODERATE VS. VIGOROUS ACTIVITY

Moderate: Walking briskly, bicycling (10-12 mph), water aerobics, tennis

Vigorous: Hiking uphill, jogging at 6 mph, bicycling fast (14-16 mph), swimming laps, aerobic dancing

Challenge Begins: _____

BetterHealth Ambassador Program

For more information, contact:



BetterHealth

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EXERCISE DAILY

4-WEEK CHALLENGE

DIRECTIONS:

List a fitness goal for each day. Include time (in minutes) and the type (walking, boxing, HIIT, weights, etc.) of activity. When completed place a check mark in the circle. Examples: 15-minute run or 50-minute yoga class

DAY 1 _____	<input type="checkbox"/>	DAY 15 _____	<input type="checkbox"/>
DAY 2 _____	<input type="checkbox"/>	DAY 16 _____	<input type="checkbox"/>
DAY 3 _____	<input type="checkbox"/>	DAY 17 _____	<input type="checkbox"/>
DAY 4 _____	<input type="checkbox"/>	DAY 18 _____	<input type="checkbox"/>
DAY 5 _____	<input type="checkbox"/>	DAY 19 _____	<input type="checkbox"/>
DAY 6 _____	<input type="checkbox"/>	DAY 20 _____	<input type="checkbox"/>
DAY 7 _____	<input type="checkbox"/>	DAY 21 _____	<input type="checkbox"/>
DAY 8 _____	<input type="checkbox"/>	DAY 22 _____	<input type="checkbox"/>
DAY 9 _____	<input type="checkbox"/>	DAY 23 _____	<input type="checkbox"/>
DAY 10 _____	<input type="checkbox"/>	DAY 24 _____	<input type="checkbox"/>
DAY 11 _____	<input type="checkbox"/>	DAY 25 _____	<input type="checkbox"/>
DAY 12 _____	<input type="checkbox"/>	DAY 26 _____	<input type="checkbox"/>
DAY 13 _____	<input type="checkbox"/>	DAY 27 _____	<input type="checkbox"/>
DAY 14 _____	<input type="checkbox"/>	DAY 28 _____	<input type="checkbox"/>



Gratitude

CHALLENGE



4-Week Challenge Begins: _____

BetterHealth Ambassador Program

For more information, contact:



BetterHealth

Better you.

Gratitude & Giving Calendar

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	
<input type="checkbox"/> What 3 things are you most grateful for?	<input type="checkbox"/> Write a thank you note to someone special.	<input type="checkbox"/> Pay for a person's coffee behind you in line.	<input type="checkbox"/> Open the door for someone today.	<input type="checkbox"/> Leave a post-it-note on a mirror that says 'You are Beautiful.'	<input type="checkbox"/> Write down 3 Good Things that happened to you today.	<input type="checkbox"/> Smile at a stranger.	
<input type="checkbox"/> Compliment yourself.	<input type="checkbox"/> Show thanks to your body and get active for 10 minutes.	<input type="checkbox"/> Reach out to an old friend.	<input type="checkbox"/> Compliment a stranger.	<input type="checkbox"/> Write a short message of thanks for something "negative" in your life.	<input type="checkbox"/> Take a picture of one thing, person, place or specific moment that makes you feel grateful. Share it with your social network.	<input type="checkbox"/> Write about something you feel grateful for in your life today.	
<input type="checkbox"/> Enjoy the people around you. Take a moment to appreciate their unique talents, abilities and personalities.	<input type="checkbox"/> Pick one of your five senses to focus on. Take note of how many gifts come to you via that single port of entry.	<input type="checkbox"/> Stand in front of the mirror and tell yourself three things you love about yourself.	<input type="checkbox"/> Write a thank you note to the mail carrier.	<input type="checkbox"/> Give back with a random act of kindness.	<input type="checkbox"/> Say 'no' to something that is making you feel overscheduled or overwhelmed.	<input type="checkbox"/> Eat a fruit or vegetable and reflect on it's positive nourishment.	
<input type="checkbox"/> Show your gratitude to someone by really listening to what they have to say.	<input type="checkbox"/> Make someone else's day easier by offering to do a chore or errand.	<input type="checkbox"/> Compliment someone on a talent, skill, or strength that you admire.	<input type="checkbox"/> Celebrate other's joys as if they were your own.	<input type="checkbox"/> Start today with a happy thought.	<input type="checkbox"/> Good sleep makes up better people. Commit to a full night's rest.	<input type="checkbox"/> Give something of yours to someone who would enjoy it, and let them know specifically why you want them to have it.	
<input type="checkbox"/> Inhale 1-2-3-4-5 Exhale 1-2-3-4-5	<input type="checkbox"/> Take a moment to be honest about how you are feeling.	<input type="checkbox"/> Give a hug or handshake to make someone smile.					

This printable calendar is to help us all think about the things we have to be grateful for each day. Count your blessings and enjoy better health and happiness.



UNPLUG ELECTRONICS

Plug in to Your Life

HERE'S THE CHALLENGE:

Power-down for one hour each day. Choose a specific period of the day to intentionally power-down. (i.e. first hour of the day, last hour of the day, lunch, dinner, or the hours just before your kids go to bed. The specific time of the day is not important.)

One of the best ways to bring balance to any home or space is to engage with one another. Electronics often get in the way of this and unplugging from technology can help you invest time with those who matter most.

Reframe unplugging as a special time to connect – *without distraction* – with friends and loved ones, yourself, nature and your space.

DAY 1

DAY 2

DAY 3

DAY 4

DAY 5

DAY 6

DAY 7

--	--	--	--	--	--	--

Reflect on how your commitment to spending time unplugged rewarded you.

MY TIME UNPLUGGED ALLOWED ME TO:

MY TIME UNPLUGGED SHOWED ME:

MY TIME UNPLUGGED MADE ME FEEL:

Challenge Begins: _____

BetterHealth Ambassador Program

For more information, contact:



BetterHealth

Better you.

30 DAYS OF OUTDOOR ACTIVITIES

Rewilding Challenge

1 Start a nature journal. Record your Rewilding Challenge experiences.	2 Go outside with your wildings and practice forest bathing. Just sit and listen.	3 Take off your shoes and feel the ground under your feet.	4 Lay down on the earth and focus all your energy on the sky above.	5 Take your meal outside.	6 Gather treasures in nature, like acorns, leaves, rocks, and build a mandala.	7 Lay on your belly and look down. Focus on the tiniest of details of the ground.
8 Write a nature haiku.	9 Learn new ways to get out. Ask a friend what their favorite outdoor activity is.	10 Combine stewardship & nature. Go on a litter cleanup walk.	11 Find a seed pod and examine it.	12 Lift up a rock and see what is living underneath.	13 Make a meal together and connect to your food.	14 Gather nature items from the ground and make a self portrait.
15 Prepare a warm drink and enjoy it outside together.	16 Help a neighbor by performing an outdoor chore for them.	17 Make a nature weaving with sticks, string, and some nature treasures.	18 Go birding. See how many feathered friends you can count.	19 Go outside and notice how many different trees you can find and identify.	20 Discover a new outdoor place.	21 Make a bird feeder from simple home materials.
22 Make a sound map.	23 Get your hands dirty by doing some seed starting with soil and potting.	24 Grab your gear and go for a hike or nature walk.	25 Lay a blanket down and look up at the night sky.	26 Sit next to a tree and truly contemplate its aliveness.	27 Map out a 1-mile loop.	28 Climb a tree or stand on top a large rock.
29 Grab some paper and pencil and make a tree or leaf rubbing.	30 In your nature journal, write an outdoor intention and watch it manifest!					

Challenge Begins: _____

BetterHealth Ambassador Program

For more information, contact:



30 Day De-Clutter Challenge

<p>1</p> <p>empty one junk drawer</p>	<p>2</p> <p>purge your clothes closet</p> 	<p>3</p> <p>go through DVD/CD collection</p>	<p>4</p> <p>clean out spice drawer</p>	<p>5</p> <p>clean out fridge</p> 	<p>6</p> <p>clean off kitchen table</p> 	<p>7</p> <p>purge kitchen cabinets</p> 
<p>8</p> <p>donate old books and magazines</p> 	<p>9</p> <p>clean out your wallet</p> 	<p>10</p> <p>clean out your purse</p>	<p>11</p> <p>purge makeup drawer/bag</p>	<p>12</p> <p>clean and organize plasticware drawer</p>	<p>13</p> <p>purge bathroom cabinets</p>	<p>14</p> <p>go through old shoes</p> 
<p>15</p> <p>go through your inbox and unsubscribe</p> 	<p>16</p> <p>purge and organize linen closet</p>	<p>17</p> <p>purge medicine cabinet</p> 	<p>18</p> <p>clean out freezer</p> 	<p>19</p> <p>clear off kitchen counters</p>	<p>20</p> <p>clean out desk</p> 	<p>21</p> <p>clean out pantry</p>
<p>22</p> <p>back up photos on your phone and delete</p> 	<p>23</p> <p>get rid of extra bags and accessories</p> 	<p>24</p> <p>clean out your car</p> 	<p>25</p> <p>clean out laundry room</p> 	<p>26</p> <p>purge, donate, and organize toys</p>	<p>27</p> <p>donate old games/craft supplies</p> 	<p>28</p> <p>organize cleaning supplies</p>
<p>29</p> <p>purge your social media following lists</p> 	<p>30</p> <p>clean</p>					

Challenge Begins: _____

BetterHealth Ambassador Program

For more information, contact:



OUTDOOR SCAVENGER HUNT

Explore your backyard or neighborhood and search for common outdoor objects in the list below. Mark off each item found in nature. Try to find as many as possible and have fun!

LOOK

- A flower
- A leaf
- A bird
- A bird's nest
- A spider's web
- A seed
- A patch of grass
- Something yellow
- A weed
- A butterfly
- A rock
- A large tree
- An insect
- Something with a scent
- A feather
- A twig or branch
- A patch of dirt
- A squirrel

What else do you see?

LISTEN

- A bird chirping
- The wind
- Leaves rustling

What else do you hear?

FEEL

- Sunrays
- Breeze
- Raindrops

What else do you feel?

4-Week Challenge Begins: _____

BetterHealth Ambassador Program

For more information, contact:





SharePoint Collaboration Web Site

<https://partner.cabq.gov/BHA/>

City of Albuquerque Partner Entrance > BetterHealth Ambassadors

City of Albuquerque BetterHealth Ambassadors

Home

View All Site Content

Documents

- Shared Documents
- Agendas
- Forms
- Fliers

Lists

- Calendar
- Tasks

Discussions

- Team Discussion

Sites

- People and Groups
- Pictures
- BRAManager
- Recycle Bin

Announcements

Welcome to the Better Health Ambassador Web Site
by Karman, Rachelle L. 12/18/2018 11:49 AM
This site is for the BetterHealth Ambassadors to collaborate more efficiently and effectively on the Health & Wellness Initiatives for the City of Albuquerque!

Calendar

December, 2018

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
25	26	27	28	29	30	1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25 Holiday	26	27	28	29
30	31	HOLIDAY	2	3	4	5

Links

There are currently no favorite links to display. To add a new link, click "Add new link" below.

Home page

City of Albuquerque Partner Extranet - BetterHealth Ambassadors

Home > BetterHealth Ambassadors

Clicking on this breadcrumb will take you back to this home page

Calendar

December, 2018

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
25	26	27	28	29	30	1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
		Holiday				
30	31	1	2	3	4	5
		HOLIDAY				

BetterHealth AMBASSADOR CITY OF ALBUQUERQUE

Home page

Announcements

Calendar

- Display meetings & events

Announcements

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9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
		Holiday				
30	31	1	2	3	4	5
		HOLIDAY				

Center

Calendar

New Actions Settings

January, 2019 Expand All Collapse All Day Week Month

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
30	31	1 HOLIDAY	2	3	4	5
6	7	8	9	10 8:00 AM 2019 BHA Training	11	12
13	14	15	16	17	18	19
20	21 HOLIDAY	22	23	24	25	26
27	28	29	30	31	1	2

Scroll through Calendar months using the back and forward arrows.

Click on an event to view the details

Calendar

BetterHealth Ambassadors > Calendar > 2019 BHA Training

Calendar: 2019 BHA Training

Close

New Item Edit Item Delete Item Manage Permissions Alert Me Export Event

Title	2019 BHA Training
Location	Council Chambers (basement City Hall)
Start Time	1/10/2019 8:00 AM
End Time	1/10/2019 11:00 AM
Description	Class of 2019 Better Health Ambassador Training
All Day Event	
Recurrence	
Workspace	

Created at 12/6/2018 9:39 AM by Karman, Rachelle L.
Last modified at 12/17/2018 2:53 PM by Karman, Rachelle L.

Close

Details of the meeting displays. Click Close when you have finished viewing.

Calendar

**BetterHealth
AMBASSADOR**
CITY OF ALBUQUERQUE

Links

- ▣ BetterHealth Program
- ▣ BetterHealth Ambassador Information
- ▣ Check, Change, Control Information

Various useful links ☺

R
i
g
h
t

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Documents

- ▣ Shared Documents
- ▣ Agendas
- ▣ Forms
- ▣ Flyers

Lists

- ▣ Calendar
- ▣ Tasks

Discussions

- ▣ Team Discussion

Sites

People and Groups

Pictures

- ▣ BHAIImages

Recycle Bin

BetterHealth Ambassador Meeting Agendas

Various forms for the Ambassadors to use

Flyers for various events, like run 4 the zoo

The place where we share ideas

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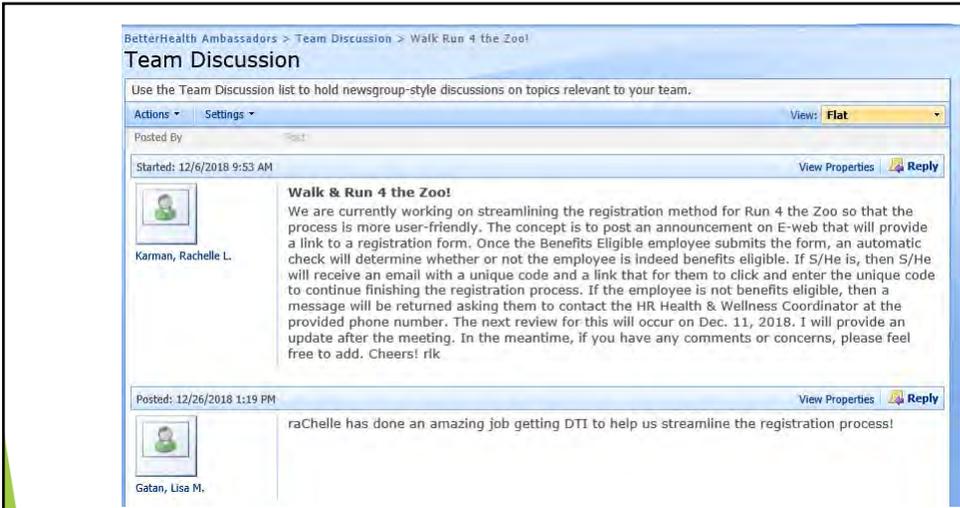
A list of discussions will appear here

To view a discussion, click on the discussion's title to open in a new window

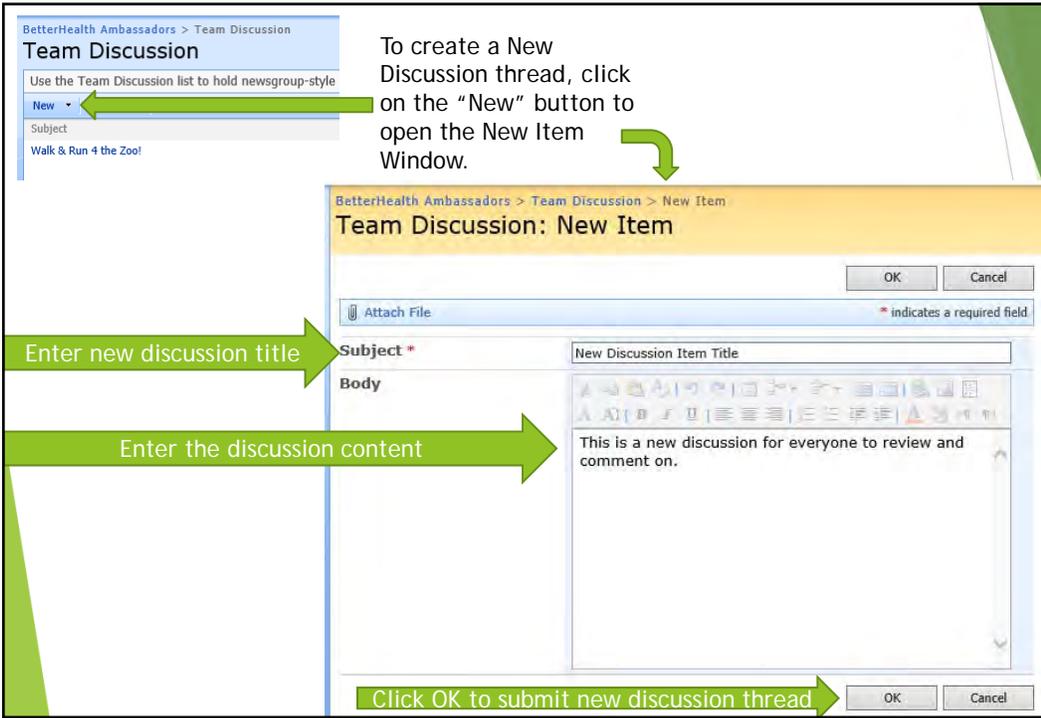
This particular discussion is already underway with multiple participants.

Click on Reply to add your comments

When you have finished entering your comments, click OK to save discussion.



comments will appear below the original post.



BetterHealth Ambassadors > Team Discussion

Team Discussion

Use the Team Discussion list to hold newsgroup-style discussions on topics relevant to your team.

New Actions Settings

Subject	Created By	Replies	Last Updated
New discussion Item Title NEW	Karman, Rachelle L.	0	12/26/2018 12:44 PM
What's Run 4 the Zool	Karman, Rachelle L.	0	12/26/2018 12:29 PM

NEW

New discussions now appear at the top of the Team Discussion list.

New discussions appear with the word "NEW" next to the discussions title.

All discussions will display who created the thread.

Team Discussion



**BetterHealth
AMBASSADOR**
CITY OF ALBUQUERQUE

COLLABORATION WEB SITE
<https://partner.cabq.gov/BHA/>

Technical Support
For the
BetterHealth Ambassadors
Collaboration Web site:
raChelle Karman
768-3888
rkarman@cabq.gov



Department Wellness Needs & Interests

This tool can help you:

- assess your department's wellness needs
- provide guidance for creating a healthier workplace.

For maximum effectiveness, consider the options below of who should complete and discuss the results of the audit. At the end, prioritize next steps to create and maintain a healthy workplace.

Who should complete the audit:

- *Option 1 – WA completes the audit.*
- *Option 2 – WA brings the audit to Staff Meeting to complete.*
- *Option 3 – WA brings the audit to Department Leadership team to complete*

Instructions:

- Complete the department needs and interest survey.
- Return the BetterHealth Ambassador Feedback and Summary page to raChelle Karman, rkarman@cabq.gov.

NEEDS & INTEREST SURVEY

Please indicate the workplace need and personal need for each of the following areas if they were offered at work during the next year.	WORKPLACE NEEDS THIS			
	CURRENTLY PROVIDED	NOT NEEDED	MIGHT BE NEEDED	YES, NEEDED
1. Educational Programs				
HEALTH				
a. Cancer Prevention	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
b. Heart Disease Prevention	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
c. Stroke Prevention	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
d. Cholesterol Reduction	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
e. Headache Prevention	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
f. Cold / Flu Prevention	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
g. Weight Management	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
h. Managing Chronic Health Conditions (i.e. diabetes, hypertension)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
i. Managing Chronic Pain (i.e. neck/shoulder injuries, back injuries)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
j. Self-Care	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
k. Asthma Management	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
i. Other - Specify:	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
RESILIENCY & MEANING				
a. Gratitude	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
b. Mindfulness	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
c. Stress Reduction	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
d. Work/Life Balance	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
e. Other - Specify:	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
2. Health Risk Behavior/Lifestyle Programs				
a. Substance Use/Responsible Use	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
b. Using Health Tracking Devices (i.e. fitness trackers)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
c. Mental Health Screening & Resources	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
d. Subsidized/Discounted Gym Membership	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
e. Personal Training	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
f. Nutrition Education	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
g. Stretching	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
h. Walking Programs	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
i. Massage Therapy	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
j. Relaxation Techniques	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
k. Tobacco Dependence/Smoking Cessation	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
l. Other - Specify:	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Please indicate the workplace need and personal need for each of the following areas if they were offered at work during the next year.	WORKPLACE NEEDS THIS			
	CURRENTLY PROVIDED	NOT NEEDED	MIGHT BE NEEDED	YES, NEEDED
3. Employee Assistance Programs				
a. Parenting Successfully/Dependent Care	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
b. Controlling Anger/Managing Emotion	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
c. Relationships	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
d. Life Satisfaction	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
e. Legal Advice	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
f. Financial Counseling	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
g. Other - Specify:	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
4. Immunization Programs				
a. Flu Shots	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
b. Tetanus Shots	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
c. Lyme Disease Vaccine	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
d. Hepatitis 'B' Vaccine	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
e. TB Testing/Screening	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
f. Pneumonia	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
g. Shingles	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
h. Other - Specify:	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
5. Screening Programs (Life Stage/Condition Appropriate Health Evaluations)				
a. Blood Pressure Checks	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
b. Blood Sugar (<i>diabetes</i>)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
c. Cholesterol Levels	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
d. Multiphasic Blood Screenings	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
e. Body Fat Testing	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
f. Cardiovascular (<i>EKG's</i>)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
g. Colon / Rectal	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
h. Prostate Checks (<i>PSA</i>)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
i. Fecal Occult and Blood Testing	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
j. Mammograms	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
k. Vision	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
l. Hearing Screening	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
m. AIC Testing	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
n. Waist Circumference	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
o. Body Mass Index	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
p. Bone Mineral Density	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
q. Exercise Tolerance Testing (<i>sub-maximal</i>)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
r. Skin Cancer	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
s. Health and Wellness Genetic Testing	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
t. Other - Specify:	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Please indicate the workplace need and personal need for each of the following areas if they were offered at work during the next year.	WORKPLACE NEEDS THIS			
	CURRENTLY PROVIDED	NOT NEEDED	MIGHT BE NEEDED	YES, NEEDED
6. Workplace Health Culture				
a. Onsite Vending Machines with Healthy Choices	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
b. Healthy Meetings (<i>walking, healthy food/drink</i>)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
c. Healthy Options for Onsite Cafeteria or Vendor	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
d. Community Supported Agriculture Option (<i>CSA</i>)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
e. Onsite Exercise Equipment and/or Classes	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
f. Employee Recognition of Health Living	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
g. Other - Specify:	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
7. Physical Workspace and Safety				
a. Positive Safety Climate	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
b. Accommodations as Needed to Do Best Work	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
c. Physical Location	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
d. Inclusivity Culture	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
e. Appropriate Environment (<i>temperature/lighting/venting/noise</i>)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
f. Ergonomics	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
g. Drinkable Water Available	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
h. Back Safety	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
i. Visiting Onsite Healthcare	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
j. Other - Specify:	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
8. Work Policies, Practices, and Norms				
a. Organizational Support/Respect/Fairness	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
b. Culture of Health	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
c. Workers Compensation/Injury Care	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
d. Flexibility in Work Scheduling	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
e. Volunteerism	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
f. Community Involvement	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
g. Other - Specify:	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

BetterHealth Ambassador Feedback

Please answer the following:

What lifestyle goals are employees in your department planning to act on in the next 12 months?

What will make their healthy choice easier to achieve?

How can the BetterHealth program support employees in your department's efforts to achieve a healthier lifestyle?



BetterHealth

CITY OF ALBUQUERQUE AND
PARTICIPATING GOVERNMENT ENTITIES

Last updated: May 2019

Better you.

Behavioral Health Services

Service	Eligibility	Hours	Address	Website	For Appointment
<p>Employee Assistance Program</p> <ul style="list-style-type: none"> Professional counselors Employee counseling Crisis intervention Referral services Confidential, private, covered by HIPAA. 	<p>Available to employee and household family members</p> <p>No Cost</p>	<p>On Call 24/7 & by appointment</p>	<p>City of Albuquerque 400 Marquette Ave NW, Albuquerque, NM 87102</p> <p>Entities 1240 Pennsylvania NE, Suite C Albuquerque, NM 87110</p>	<p>Eweb/EAP</p> <p>www.solutionsbiz.com</p>	<p>City of Albuquerque Appointment 505-768-4613</p> <p>Entities Appointment 505-254-3555</p>
<p>NM Crisis and Access Line</p> <p>A professional mental health crisis line. Masters level clinicians provide mental health services to all persons experiencing any kind of emotional crisis, mental health or substance use concern.</p>	<p>Available to employee and household family members</p> <p>No Cost</p>	<p>24/7</p>	<p>Phone Hotline</p>	<p>www.nmcrisisline.com</p>	<p>855-662-7474</p>
<p>Presbyterian Talkspace</p> <p>Behavioral coaching app ages 18 and older. With Talkspace text therapy you can:</p> <ul style="list-style-type: none"> Engage with a therapist the same day that help is needed, not weeks later Get matched to a therapist based on your unique needs Develop a one-on-one relationship with the same therapist throughout your engagement Live a happier, healthier life 	<p>Available to employee and household family members with Presbyterian Health Plan</p> <p>No Cost</p>	<p>24/7</p>	<p>Remote application and desktop</p>	<p>www.talkspace.com/php</p>	<p>Download on the App Store or Google play</p>
<p>Presbyterian Outpatient Behavioral Health Care</p> <ul style="list-style-type: none"> Individual and group therapy Medication evaluation Medication management Psychological testing 	<p>Available to employee and household family members with Presbyterian Health Plan</p> <p>Applicable Copayment</p>	<p>Hours vary based on provider</p>	<p>Presbyterian 8312 Kaseman Ct NE Albuquerque, NM 87110</p>	<p>www.phs.org/doctors-services/services-centers/behavioral-health</p>	<p>505-291-5300</p>
<p>Presbyterian Inpatient Behavioral Health Services</p> <ul style="list-style-type: none"> Acute psychiatric stabilization Diagnostic evaluation Medication management Group therapy Psychosocial evaluation Family engagement Inpatient care for child, adolescent, adult and geriatric patients 	<p>Available to employee and household family members with Presbyterian Health Plan</p> <p>Applicable Copayment</p>	<p>M-F 6am-7pm, Weekends/ Holidays 3pm-5pm</p>	<p>Presbyterian Kaseman Hospital 8300 Constitution Blvd NE, Albuquerque NM 87110</p>	<p>www.phs.org/doctors-services/services-centers/behavioral-health</p>	<p>505-291-2560</p>



BetterHealth

CITY OF ALBUQUERQUE AND
PARTICIPATING GOVERNMENT ENTITIES

Last updated: May 2019

Better you.

Behavioral Health Services

Wellness at Work resources	Service	Eligibility	Hours	Address	Website	For Appointment
<ul style="list-style-type: none"> • Online portal • Create personalized health improvement plans • Personal Health Assessment (PHA) • Biometric screening results • Workshops • Articles and much more! 	<ul style="list-style-type: none"> • Available to benefits-eligible employees, spouses and domestic partners. • No Cost 	24/7	Desktop application	www.mypres.org	Access through MyPres	
<ul style="list-style-type: none"> • Online programming for common challenges, such as trouble sleeping, feeling down, feeling tense or anxious. • Helpful tips and videos based on your interests and needs. 	<ul style="list-style-type: none"> • Available to employee and household family members with Presbyterian Health Plan • No Cost 	24/7	Series of applications available remote and desktop	www.ontobetterhealth.com/php	Download on the App Store or Google play	
<ul style="list-style-type: none"> • Online suite of stress management and resilience-building resources which includes: <ul style="list-style-type: none"> • Training videos • Relaxation music • Meditation • Stress tests • A journaling feature and much more 	<ul style="list-style-type: none"> • Available to benefits-eligible employees, spouses and domestic partners. • No Cost 	24/7	Remote application and desktop	https://mystresstools.com/registration/tsg-coa	Access through www.solutionsbiz.com	



APD Behavioral Health Services

Last updated: May 2019



Service		Eligibility	Hours	Address	Email or Website	For Appointment
Employee Assistance Program	<ul style="list-style-type: none"> Professional counselors Employee counseling Crisis intervention Referral services. Confidential, private, covered by HIPAA. 	Employee and household family members No Cost	On Call 24/7 & by appointment	400 Marquette Ave NW, Albuquerque, NM 87102	Eweb/EAP	505-768-4613
Behavioral Sciences	<ul style="list-style-type: none"> Psychological services, including consultation and treatment, needed by sworn and civilian personnel and their family members. Confidential, private, covered by HIPAA. 	Employee and household family members No Cost	On Call 24/7 & by appointment	1501 Broadway Blvd SE, Albuquerque, NM 87102	apbds@cabq.gov	505-764-1600
APD Chaplain	<ul style="list-style-type: none"> Provide a ministry of presence, support, and counsel to members of the Albuquerque Police Department and their families. 	Employee and household family members No Cost	On Call 24/7	400 Roma Ave NW, Albuquerque, NM 87102	apdchaplainunit@cabq.gov	505-768-2131
NM Solutions	<ul style="list-style-type: none"> Provides access to psychological services, including consultation and treatment, needed by sworn and civilian personnel and their family members. Confidential, private, covered by HIPAA. 	Employee and household family members No Cost	By Appointment	Downtown 707 Broadway NE, Ste 500, Albuquerque, NM 87102 Westside 2551 Coors Blvd NW, Albuquerque, NM 87120	www.newmexicosolutions.com	Downtown 505-268-0701 Westside 505-833-2300
Peer Support team	<ul style="list-style-type: none"> Private, safe, and supportive environment for law enforcement personnel. Volunteer law enforcement and civilian personnel provide emotional support for after crisis, serious illness, or injury, resources/referrals for professional assistance. 	Employee only No Cost	On Call 24/7	400 Roma Ave NW, Albuquerque, NM 87102	apdpeersupport@cabq.gov	505-967-6587
Safe Call Now	<ul style="list-style-type: none"> Confidential, comprehensive, crisis referral service for all public safety employees and their family members. 	Employee and household family members No Cost	24/7	Phone Hotline	www.safecallnow.org	206-459-3020
COPLINE	<ul style="list-style-type: none"> National law enforcement hotline manned by retired law enforcement officers. Provides peer support for crisis intervention and referrals to mental health professionals. 	Employee and household family members No Cost	24/7	Phone Hotline	www.copline.org	800-267-5463
NM Crisis and Access Line	<ul style="list-style-type: none"> A professional mental health crisis line. Masters level clinicians provide mental health services to all persons experiencing any kind of emotional crisis, mental health or substance use concern. 	Employee and household family members No Cost	24/7	Phone Hotline	www.nmcrisisline.com	855-662-7474



APD Behavioral Health Services

Last updated: May 2019



Service	Eligibility	Hours	Address	Email or Website	For Appointment
Presbyterian Talkspace Behavioral coaching app ages 18 and older. With Talkspace text therapy you can: <ul style="list-style-type: none"> Engage with a therapist the same day that help is needed, not weeks later Get matched to a therapist based on your unique needs Develop a one-on-one relationship with the same therapist throughout your engagement Live a happier, healthier life 	Employee and household family members with Presbyterian Health Plan No Cost	24/7	Remote application and desktop	www.talkspace.com/php	Download on the App Store or Google play
Presbyterian Outpatient Behavioral Health Care <ul style="list-style-type: none"> Individual and group therapy Medication evaluation Medication management Psychological testing 	Employee and household family members with Presbyterian Health Plan Applicable Copayment	Hours vary based on provider	Presbyterian 8312 Kaseman Ct NE Albuquerque, NM 87110	www.phs.org/doctors-services/centers/behavioral-health	505-291-5300
Presbyterian Inpatient Behavioral Health Services <ul style="list-style-type: none"> Acute psychiatric stabilization Diagnostic evaluation Medication management Group therapy Psychosocial evaluation Family engagement Inpatient care for child, adolescent, adult and geriatric patients. 	Employee and household family members with Presbyterian Health Plan Applicable Copayment	M-F 6am-7pm, Weekends/ Holidays 3pm-5pm	Presbyterian Kaseman Hospital 8300 Constitution Blvd NE, Albuquerque NM 87110	www.phs.org/doctors-services/centers/behavioral-health	505-291-2560
Wellness at Work resources <ul style="list-style-type: none"> Online portal <ul style="list-style-type: none"> Create personalized health improvement plans Personal Health Assessment (PHA) Biometric screening results Workshops Articles and much more! 	Benefits-eligible employees, spouses and domestic partners No Cost	24/7	Desktop application	www.mypres.org	Access through MyPres
On to Better Health <ul style="list-style-type: none"> Online programming for common challenges, such as trouble sleeping, feeling down, feeling tense or anxious. Helpful tips and videos based on your interests and needs. 	Employee and household family members with Presbyterian Health Plan No Cost	24/7	Series of applications available remote and desktop	www.ontobetterhealth.com/php	Download on the App Store or Google play
Stress Stop <ul style="list-style-type: none"> Online suite of stress management and resilience-building resources which includes: <ul style="list-style-type: none"> Training videos Relaxation music Meditation Stress tests A journaling feature and much more 	Benefits-eligible employees, spouses and domestic partners. No Cost	24/7	Remote application and desktop	https://mystresstools.com/registration/tsg-coa	Access through www.solutionsbiz.com