

2023 BetterHealth PROGRAMS



BetterHealth
CITY OF ALBUQUERQUE AND
PARTICIPATING GOVERNMENT ENTITIES
Better you.

INITIATIVES	JANUARY	FEBRUARY	MARCH	APRIL	MAY	JUNE	JULY	AUGUST	SEPTEMBER	OCTOBER	NOVEMBER	DECEMBER
One-Day Events					Run for the Zoo and Walk with Us too!	Annual Health Academy				Annual Health & Benefits Fair (Oct 27)	Great American Smokeout	
Assessment & Screening	Personal Health Check											
	Mobile Health Center & Onsite BetterHealth Clinic (City Hall)											
					Open Enrollment				Flu Shot Events			
					Mammography Van Screenings					Mammography Van Screenings		
BetterHealth Ambassador	BetterHealth Ambassador Training		BHA Meeting			BHA Meeting			BHA Meeting		BetterHealth Ambassador Application	BHA Meeting
Emotional	Mindfulness Based Stress Reduction (MBSR)											
	Nourish Your Green Zone											
Financial								Right On the Money				
Personal Growth	Wednesday Well-being Webinars											
Physical	Virtual Cooking Show											
	Good Measures – Diabetes, Hypertension, and Weight Programs											
	Tobacco Cessation											
			Activity Challenge	Desk to 5K		Blood Pressure Monitoring Program		Intentional Eating			Healthy & Whole Holiday	
											Blood Pressure Monitoring Program	
Social			Book Club		Work of Art							
Leader Well-being	Supervisor Training		Supervisor Training		Supervisor Training		Supervisor Training		Supervisor Training		Supervisor Training	
									Annual Leader Well-being Training			

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.

BOOK CLUB

This virtual wellbeing book club suggests a book title with a focus on self-development. Readers are given the opportunity to connect in a guided virtual space. Book sections are assigned in increments and discussed in ways that may challenge your beliefs or enable you to lean in to self-care.

BLOOD PRESSURE MONITORING PROGRAM

Provides tools to self-manage, drive behavior changes and help prevent serious health risk. This program empowers participants to take ownership of their cardiovascular health. The program incorporates the concepts of remote monitoring and online tracking as key features to improve blood pressure self-awareness.

COOKING SHOW

The virtual Cooking Show inspires participants to bring fun back to the kitchen and shares some health-conscious methods of food preparation.

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

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.

GOOD MEASURES

The Good Measures approach enables individuals and families to unlock the power of food to help them improve their daily health and manage their medical conditions. Programs focus on nutritional balance: getting the right amount of nutrients based on one's unique needs. 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. Programs include: Healthy Weight, Diabetes Prevention Program, Heart Health, and Diabetes Self-Management.

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.

HEALTHY & WHOLE HOLIDAY CHALLENGE

This individual challenge offers tips, ideas and support to help employees feel their best during the holiday season. By participating in this challenge, you are giving yourself the gift of health!

ACTIVITY CHALLENGE(S)

Individual or team-based challenges aimed to sow seeds of camaraderie and accountability with social features like buddies, teams, team chat, and an interactive dashboard.

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.

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.

MINDFULNESS BASED STRESS REDUCTION

Learn all the critical tools of mindfulness and meditation through a clinically proven program in stress reduction. 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.

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.

NOURISH YOUR GREEN ZONE TRAINING (NEW)

Learn to identify the elements of well-being and understand how common work and home factors can cause wellness to go out of balance. You'll also learn how to recognize signs of stress in yourself and in others, and what strategies help build resilience and promote wellness in all of life's dimensions.

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)

Benefits-eligible City of Albuquerque employees can complete the confidential online Personal Health Assessment on Wellness at Work and receive a gift card incentive from the BetterHealth Program. The PHA incentive may be earned every fiscal year for completing the confidential assessment. The fiscal year runs July 1 to June 30.

RIGHT ON THE MONEY CHALLENGE (NEW)

Money mastery can be intimidating for many. Right On the Money removes the fear by making learning about finances fun, then taking simple steps to get on the path to financial well-being. Right On the Money is a 4-week financial education program wrapped in a fun game.

RUN FOR THE ZOO AND WALK WITH US TOO!

Join team CABO 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.

TOBACCO CESSATION PROGRAM

Participants who enroll and complete the Tobacco Cessation Program will earn a prize. A comprehensive tobacco cessation program is available to employees, spouses and domestic partners. The program uses evidence-based principles to help people quit using all types of tobacco. The tobacco cessation program is available as needed.

WEDNESDAY WEBINARS

The Wellbeing Webinars are designed to give participants the tools, knowledge and support they need to improve and upgrade their wellbeing.

WELL-BEING SERIES

Three 1-hour classes delivered onsite or via webinar, participants will be provided the latest research in addressing concepts of well-being. This program will guide participants in topics such as connection, achievement, growth, resiliency, health, meaning and safety regardless of circumstance and teach techniques and exercises that will enhance well-being.

WORK OF ART (NEW)

This is a program about the art of living an emotionally healthy life. Learn the skills to build emotional fitness, including ways to foster resilience and boost happiness. Learn more about the science behind mindfulness, optimism, gratitude, connection, and their impact on emotional well-being.

For more information visit: <https://www.cabq.gov/humanresources/employee-benefits/better-health-program>