

ANNUAL HEALTH AND BENEFITS FAIR

The Annual Health & Benefits Fair is scheduled for XXX. Visit over 100 wellness and benefits exhibits. All employees are eligible for 2 hours leave with supervisors approval.

BETTERHEALTH AMBASSADOR APPLICATION, TRAINING & MEETINGS

BetterHealth Ambassadors (BHAs) are a volunteer network of employees who will share their enthusiasm, initiative, and motivation to inspire others to be a part of a meaningful, organization-wide wellness initiative. The program includes a 2-hour annual training and quarterly 1-hour meetings. Ambassadors agree to dedicate approximately 2 hours of their time on a monthly basis to supporting the City's Culture of Wellness.

BETTERHEALTH CLINIC

The City of Albuquerque is proud to bring health care to your workplace. Employees can receive care quickly and conveniently during the workday. The onsite BetterHealth Clinic is available to City of Albuquerque employees, spouses, and children covered under the City's insurance plans.

BOOK CLUB

This virtual 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 and discussed in ways that may challenge your beliefs or enable you to improve your own well-being.

BLOOD PRESSURE MONITORING PROGRAM

This offering 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 into the kitchen and shares some health-conscious recipes and cooking techniques.

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.

DINNER WITH A DIETICIAN

This program teaches people and their caregivers how to cook for optimal health based on a chosen topic, either Diabetes or Hypertension. It offers lifestyle tips for managing these diseases. Participants will receive weekly emails that include the instructional video, recipes, and a grocery list for the meal of the week plus additional educational handouts.

EATING WITH PURPOSE

A 6-week non-diet, weight-neutral, mindfulness-based program that empowers employees to take charge of decisions about eating, physical activity, health, and well-being. It guides participants through the innovative mindful eating cycle to gain greater awareness about what, how, and why you eat, and offers practical strategies for a balanced lifestyle.

FLU SHOTS

Every fall, the City of Albuquerque hosts flu shot clinics at numerous work locations. This service is available to employees, spouses, and dependents age 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 medical 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 2-hour educational event designed to help employee's manage specific conditions to improve their overall health. Participants receive relevant health and wellness education as well as tools to engage in better health behaviors. Employees are given up to 2 hours administrative leave with supervisor approval.

HEALTH COACHING (1:1)

Lifestyle habits are complex and multi-factorial, involving the interaction of genetics and environment. Our coaching program helps effectively tease out these factors and address them on an individual basis, an approach that helps employees change behaviors and produce positive outcomes. Participants will learn how to set appropriate goals, create an action plan, identify personal motivation and establish coping skills and a support system. This personalized approach to health management allows employees to work directly with a health coach in a one-on-one setting. All our health coaches have advanced degrees in their chosen field as well as a wide variety of certifications.

H3 SERIES- HEALTHY HEART HABITS

Learn about your heart health and self-monitor your blood pressure in this interactive challenge! The program launches with a 1-hour training where you will learn all about healthy heart habits and the importance of blood pressure, followed by education on how to use a blood pressure monitor. You'll then have a 4-week opportunity to track your own blood pressure and explore your trends. A final one-on-one session with a health coach will assist you in setting goals to keep you moving forward!

HEALTHY AND WHOLE HOLIDAY THRIVE 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!

LEADER WELL-BEING TRAINING

This training informs and inspires leaders to lead well with well-being and provides them with resources and the confidence to implement change where needed. Building a culture of well-being and resilience where team members have a sense of trust, find meaning in their work, have authentic personal interactions, and feel supported, positively impacts their well-being. It is in the best interest of both the individual and the organization for employees to thrive in all aspects of their life, and the leader has significant influence on these drivers.

MINDFULNESS-BASED STRESS REDUCTION

Learn all the critical tools of mindfulness and meditation through a clinically proven program in stress reduction through the expertise of Michelle DuVal. The program teaches participants a variety of different mindfulness practices including those for greater rest and relaxation, focus, and concentration, as well as 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.

NURTURE YOUR MENTAL WELL-BEING

Optimal mental health is more than simply the absence of illness: it's the optimization of circumstances that allow all to thrive in all areas of well-being. Just as physical fitness provides us with an increased ability to respond to life in all its richness, mental well-being can be supported to increase positive emotions and to be more responsive, and less reactive. Join us to learn about fundamental skillsets that support mental well-being to include mindset, sleep, mood, physical health, connection, and habits.

NOOM

A virtual, personalized, healthy lifestyle program delivered through your mobile phone utilizing psychology and small goals to change your habits for good! The program includes daily articles, food and exercise logging, goal specialists, and peer group support.

OPEN ENROLLMENT EVENTS

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

PERSONAL HEALTH CHECKS

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 Health Check incentive may be earned every fiscal year for completing the confidential assessment.

REVITALIZE THROUGH REST SERIES

Inspired by The 7 Types of Rest by Dr. Saundra Daulton-Smith and Rest: Why You Get More Done When You Work Less by Alex Soojung-Kim Pang, this restorative series explains the science of rest resistance and challenges the culture of extreme overwork. Although we may not be able to control our workload, we will explore how prioritizing rest goes beyond optimizing sleep and how to capitalize on active pursuits that will equal restoration in seven key areas.

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 XXX employees who register.

TOBACCO CESSATION PROGRAM

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 well-being.

WELLNESS AT WORK PHYSICAL ACTIVITY AND HABIT CHALLENGES

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.

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