



BetterHealth AMBASSADOR

Class of 2022
Training Toolkit

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CITY OF ALBUQUERQUE



Human Resource Department
Timothy M. Keller, Mayor

January 6, 2022

Dear BetterHealth Ambassador,

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 2022!

PO Box 1293

As a BetterHealth Ambassador, 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 2021 class of Ambassadors, and we expect to grow the program further in 2022 with new ideas and enthusiasm.

Albuquerque

NM 87103

With support from the mayor's office, department directors and department leaders, 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.

www.cabq.gov

Congratulations!

Anthony R. Romero
Director

BetterHealth AMBASSADORS

Program Overview

As part of the City of Albuquerque’s BetterHealth initiative, our efforts for 2022 focus on engaging City leadership to promote the employee wellness program and improve 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?

- Ambassadors coordinate a 2022 wellness kickoff event at your location. Examples include: well-being show and tell, Zoom meeting information session, home mailing, wellness bulletin board, wellness workshop.
- Ambassadors provide BetterHealth Program input, promotion, and problem-solving.
- Ambassadors developing worksite promotional initiatives for coworkers.
- Ambassadors serve as greeters for events such as the annual Run for the Zoo and Health Fair.
- Ambassadors also participate in an Ambassador project team.

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/betterhealth>.

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 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).
- Encourage participation in the annual health fair.
- Post 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 judgment, discuss your plans with your supervisor, obtain your supervisor’s approval before 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?

Many liability issues are associated with leading physical activity classes at work; therefore, the BetterHealth program does not offer onsite physical activity courses taught by employees. 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. These requirements include having proof of current fitness certification, liability insurance, and a current CPR certification. Employees who use the APD Gym must sign a release of liability form 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. 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, a video conference link with a telephone number will be provided to attend the quarterly meetings. 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 7 for the 2022 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 2022 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 co-workers. 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 document also can be found online under the ‘BetterHealth Ambassador’ section at <http://www.cabq.gov/betterhealth>.

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 the American

Cancer Society), health and wellness contractors (such as The Solutions Group, Presbyterian Health Plan, and Embodied Spirits), and representatives from the 19 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. Whom can I contact?

For more information, please contact the Wellness Coordinator, raChelle Karman, at 768-2921. You may also email questions to <mailto: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 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 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.


2022 Quarterly Meeting Calendar for BetterHealth Ambassadors

Date	Time
Wednesday, March 16	1:00-2:15 pm
Wednesday, June 15	1:00-2:15 pm
Wednesday, September 14	1:00-2:15 pm
Wednesday, December 7	1:00-2:15 pm
<p style="text-align: center;">All meetings will be held in City Hall, and parking be validated. A video conference link with a call-in number will be provided for Ambassadors who cannot participate in person.</p>	

2022 Focus

The definition of wellness has changed dramatically over the past several decades. More recent descriptions 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 program's overall success.

In addition to leadership engagement, the 2022 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 this  symbol 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:
 - a. inadequate physical activity
 - b. unhealthy diet and eating habits
 - c. being overweight or obese
 - d. smoking and using other forms of tobacco
 - e. elevated blood pressure
 - f. prediabetes
 - g. abnormal cholesterol and triglyceride levels
 - h. high stress
 - i. 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

BetterHealth Employee Wellness Program

One-Day Events

Annual Employee Health Fair

The BetterHealth program hosts a Health and Benefits fair in the Convention Center for employees and their families every year. Approximately 1,000 people attend! Health screenings and flu shots are available. Benefits representatives answer medical, dental, vision, life insurance, deferred compensation, flexible spending accounts, and retirement questions. 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 approved for employees to attend this event with their supervisor's prior approval.

In 2016, 2017, 2018, 2019, 2020 (virtually), and 2021, Ambassadors greeted employees at the Health Fair entrance. In 2022, Ambassador greeters will be utilized again. Ambassadors may also volunteer to provide information at the Class of 2023 Ambassador recruitment table.

Healthy Academy 2022 – Positive Psychology

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 approved for employees to attend this event. Family members are also invited.

Ambassadors may volunteer to greet participants and distribute materials.

Date: Thursday, June 9, 2022

Location: Albuquerque Museum in Old Town or through a 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!

The BetterHealth Program pays for entry fees for the first 500 benefits-eligible employees who register for the annual Run for the Zoo in the May 2022 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 co-workers and family members.

Assessment & Screening

Biometric Screenings

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

Colorectal Cancer Screenings

We hope to increase screening for participants who are 45 and over; screening efforts are delivered through Presbyterian and offered at the Annual Health & Benefits Fair through TriCore labs. Participants are provided with a home test kit if it is determined that they are at average risk for colorectal cancer.

Culture Survey

The Culture survey is a short, anonymous, and confidential questionnaire where employees from all departments and divisions share their thoughts about the wellness culture at their home and workplace to assess the current wellness culture at the City of Albuquerque.

Flu Shots

Every fall, the BetterHealth program hosts flu shot clinics at 25 worksite 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.

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 the Presbyterian Health Plan and other insurance plans. Additional worksite locations vary. Thirty minutes of 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 Amazon 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 aged two and older 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 the availability of healthcare providers. View the monthly schedule at <http://www.cabq.gov/betterhealth>.

BetterHealth

BetterHealth Ambassadors

In 2022, 51 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 the City of Albuquerque's organization-wide wellness initiative.

BetterHealth Program Emails, Posters, and Newsletters

- 1) Email blasts are sent to Ambassadors, all HR Coordinators, and employees on the BetterHealth Email Distribution List to promote every BetterHealth program. 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 question.
- 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 16 locations where mostly field employees work. Facilities include the Solid Waste Administration building; Eagle Rock; Cerro Colorado; Montessa Park Convenience Center, Montessa Park; Parks and Recreation; Yale, Daytona, and Alvarado Transit Centers; Pino Yards; Balloon Museum; Don Reservoir Convenience Center; DMD Satellite Offices; City Hall 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.

E-web & City of Albuquerque Website

Wellness program announcements are posted on eweb (<http://eweb.cabq.gov>) and the City of Albuquerque website, <https://www.cabq.gov/betterhealth>.

Fresh Option Produce (see page 77)

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 challenges 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.

- Reporting results.

See current Class Offerings on pages 65-69.

Please request workshops at least three weeks in advance (use the Ambassador Training Request Form on page 53). 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 watch the video when they have time.

Preparation for group showings includes reserving a conference room with a computer, monitor, Internet, and speakers. Then 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 your supervisor's approval before announcing workshops and invite supervisors to participate.

Mini Wellness Challenge (see page 87-109)

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
- g) Scavenger Hunt
- h) Preventive Health

Use the incentive request form to reward for challenge participation. Report challenge results using the reporting form on page 51.

Wellness at Work Online Platform

The Wellness at Work Online portal is 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 more! Available to benefits-eligible employees, spouses, and domestic partners.

Online challenges will be offered throughout 2022. 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 to participate in Check It! and encourage employees to use the blood pressure monitors regularly.

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. Dietitians provide individual coaching, nutrition challenges keep participants engaged, and 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 assigned 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

NOOM

Noom is a psychology-based program that empowers you to make healthier choices and empower you to take control of your health for good. Powered by behavioral science, technology, and human coaches, Noom helps millions of people meet their personal health and wellness goals—from weight management to diabetes prevention to stress reduction.

Program Features:

- **Daily Articles:** Bite-sized articles available in your app that cover topics like the psychology of weight loss, behavior change, nutrition, & exercise

- Food & Exercise Logging: Noom makes logging easy (because, let's be honest, it can feel like a chore). Noom's food logging is built so you can log a meal in 30 seconds or less.
- Goal Specialist: One-on-one support by a dedicated goal specialist to help users set small goals that add up to their big picture
- Peer Groups: Noom peer groups are there 24/7 to celebrate successes, help with struggles, and share tips & tricks.

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 39.

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 a private pumping station, a refrigerator to store breast milk, and a nearby sink to wash supplies. Commercial grade breast pumps are available to mothers 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 open to all employees. Check in at the Code Enforcement Division reception desk. 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 breast pump 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

Heart Healthy Step Challenge

A Heart-Healthy step challenge aligns with Heart Month and is individual or team-based. The challenge goal is 10,000 steps per day. Syncing of most activity tracking devices automates the challenge through a platform

widget accessible via a phone app and desktop version. Weekly automated emails providing tips and support are sent via the challenge platform.

Desk to 5K

The Desk to 5K is a training program designed to progress participants through increased 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

Several work locations have on-site gyms for their employees, including the 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 valid for two years.

The Risk Management Division manages employee Health Services, Department of Finance and Administrative Services. Contact Dave Pulliam at 768-4623.

The **APD Gym** located in the basement of the 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 71. City Community Centers are at no cost. Senior and Multigenerational Centers are **\$20.00 per year**.

Million Step Challenge

The million-step challenge begins in July. The Challenge goal is to record 1 million steps before the end of the year and is individual-based. Syncing of most activity tracking devices is automated through a platform widget, which is accessible via a phone app and desktop version. Weekly automated emails providing tips and support sent via challenge platform.

Presbyterian Gym Membership Benefit

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

A complete list of gyms available through the Presbyterian Prime Gym Membership Benefit can be found at primemember.com. Access instructions on page 73.

Take the Stairs

BetterHealth encourages employees to be physically active, including stair climbing during each workday. 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

Mindfulness Courses

Mindfulness is an integrative, mind-body-based approach that helps participants manage their thoughts, 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 become more aware of their thoughts, feelings, and body sensations so that instead of being overwhelmed by them, they can better manage them. Practicing mindfulness can give more insight into emotions, boost attention and concentration, and improve relationships.

Mindfulness in the workplace can have several 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, and better sleep.

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

Well-being Series

Three 1-hour classes are delivered onsite or via webinar to provide participants with the latest research in addressing concepts of well-being. The series will guide participants in connection, achievement, growth, resiliency, health, meaning, and safety regardless of circumstance and teach techniques and exercises that enhance well-being.

Tobacco Cessation

Clickotine

Clickotine is a clinically-validated mobile program to help employees, and family members quit smoking. Clickotine® provides science-backed evidence 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 Try.Clickotine.Com. **ENTER COMPANY CODE: 731C73**

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 stop 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 three 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 and 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

Core Value: Sustaining a Health-Conscious Work Environment

Opportunity for communication about the BetterHealth Program and support of employee well-being to direct reports.

Performance Evaluations have traditionally been a forum for anxious feelings and ambiguous feedback; however, evaluations are an opportunity for employees to communicate feedback and needs to the organization in 2022. In addition, the conversation can focus on how leaders can support employees in their well-being journey.

Managers can use this time to cover well-being subjects with their employees, such as whether an employee has been working late, or what their interests and growth aspirations are outside of their work life. Open discussion of employee well-being assists in realistic and well-thought-through goals that foster a safe and more psychologically secure working environment, which translates directly to improved overall employee well-being. Engaging with employees by actively encouraging well-being and relaying interest in their future creates a flourishing, positive culture.

This core value is described to sustain a health-conscious work environment.

- Employees and leaders are committed to better health by sustaining a health-conscious work environment through improving physical activity, nutrition, and brain health.
- Employees and leaders will role model, participate, and engage others and family members to participate in health and wellness programs.
- Employees and leaders are committed to the mission of improving the quality of life for themselves and their families.

How to open discussion on this Core Value:

Imagine a ladder with steps numbered from zero at the bottom to 10 at the top. The top of the ladder represents the best possible life for you and the bottom of the ladder represents the worst possible life for you. On which step of the ladder would you say you personally feel you stand at this time?

On which step do you think you will stand about five years from now?

-What are you doing to improve your well-being?

-What can the organization do to provide support and help you to improve your place on that ladder?

- What can the organization do to improve its own well-being?

-Natural segway for specific needs and further discussion Here's some programs/resources we can connect you with immediately.

Leadership Health & Wellness Coaching

Opportunity for 1-on-1 consult with BetterHealth Program Coordinator to discuss opportunities to engage and lead in the program.

Leaders are also given the opportunity to meet with a certified health coach to review biometric screening results, provide guidance on role modeling, how to lead well, and assist in creating a plan of action to improve health behaviors.

Wellness Engagement Modules (Leader Training)

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

Behavioral Health

Behavioral Health Services

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

Services are available in various 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 full 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 part of 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 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 to make healthier choices every day. Connect with a health coach nurse to learn more and commit to a healthier life today!

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

2022 BetterHealth PROGRAM



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 28)	Great American Smokeout	
Assessment & Screening	Personal Health Assessment (PHA)											
	Mobile Health Center											
					Open Enrollment				Flu Shot Events		Culture Survey	
					Mammography Van Screenings					Mammography Van Screenings		
BetterHealth Ambassador	BetterHealth Ambassador Training		BHA Meeting			BHA Meeting			BHA Meeting		BetterHealth Ambassador Application	BHA Meeting
Blood Pressure					Blood Pressure Monitoring Program						Blood Pressure Monitoring Program	
Diabetes Prevention	Good Measures - Diabetes Prevention Program											
Nutrition & Weight Management	Healthy Weight Program											
		Heart Healthy Step Challenge										Healthy & Whole Holiday Challenge
Physical Activity					Desk to 5K						Million Step Challenge	
Stress Management	Mindfulness Based Stress Reduction Program											
											Well-being Series	
Tobacco Cessation	Tobacco Cessation Program											
CABQ Leaders			Health & Well-being Coaching			Mindful Leadership 4-weeks			Annual Leader Well-being Training		Mindful Leadership 4-weeks	Leader Focus Groups

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.

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.

CULTURE SURVEY

The survey process will evaluate existing and desired cultural norms. This information assists in assessing and prioritizing norm goals. Informal and formal cultural touch points such as rewards, communication, training and confrontation are examined. The culture assessment also examines work climate factors such as sense of community, shared vision and positive outlook.

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, 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.

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 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!

HEALTHY WEIGHT PROGRAM

A yearlong program with virtual support from coaches, robust technology, daily content, meal planning and tracking.

HEART HEALTHY STEP CHALLENGE

A 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.

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.

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 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.

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.

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.

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.

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

Recognition

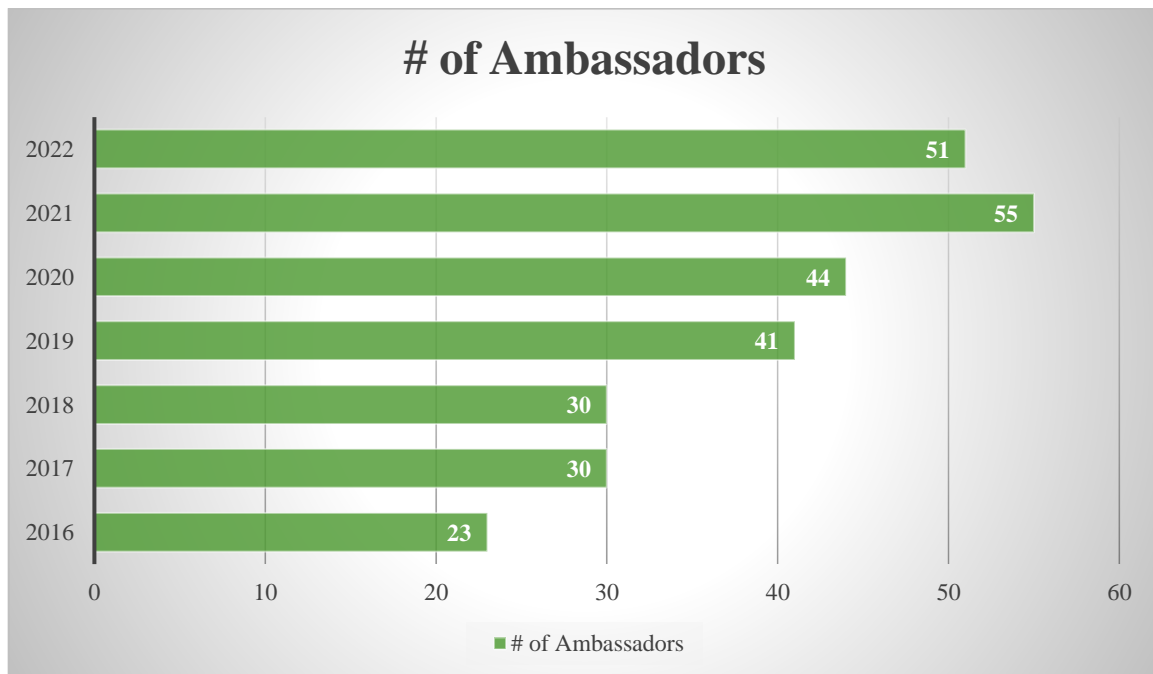
BetterHealth Ambassador Program Evaluation & Recognition

Employee Participation

A measure for the BetterHealth Ambassador program's 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 BetterHealth Program Annual Report is 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 51) is required for all on-site classes to assist in this measure and should be returned to raChelle Karman rkarman@cabq.gov.

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 one full day of paid leave! Nominations are due at the end of March, June, September, and December. For more information, visit <https://www.cabq.gov/humanresources/employee-learning-center/employee-recognition-program>.

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



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: _____

Blood Pressure

BP Stations

CITY OF ALBUQUERQUE BLOOD PRESSURE MONITOR LOCATIONS		
Department	Work Location	Specific Location of Self-Monitoring Blood Pressure Station
1	Animal Welfare Lucky Paws Coronado	Back Room Behind Break Room (Closed due to Covid-19)
2	Animal Welfare Animal Welfare Eastside - Administration Building	Room 6
3	Animal Welfare Animal Welfare - Westside	Office across from the Employee Break Room
4	Aviation ABQ Sunport	Aviation Employee Gym
5	Aviation ABQ Sunport	Landside (Parking Division)
6	Aviation ABQ Sunport	Air Field (device is inaccurate and new one has been ordered)
7	Aviation Double Eagle Airport	Double Eagle Airport
8	City Council City Hall City Council - 9th Floor	Conference Room
9	Cultural Services Erna Ferguson Library - 3700 San Mateo Blvd NE	Break Room
10	Cultural Services Lomas/Tramway Library - 908 Eastridge NE	Break Room
11	Cultural Services Main Library - 501 Copper NW	Break Room
12	Cultural Services South Valley Library 3904 Isleta Blvd SW	Break Room
13	Cultural Services Unser/Central Library - 8081 Central Ave NW	Break Room
14	DFAS City Hall DFA Accounting - 8th Floor	Suite 8010
15	DMD City Hall DMD - 3rd Floor	Kitchen Area
16	DMD City Hall DMD - 7th Floor	Room 7057 - Fiscal Library Area
17	Environmental Health City Hall Environmental Health - 3rd Floor	EHD Front Conference Room

18	Fire	Fire Academy	Front Desk Area (Can also go to any fire station and get blood pressure checked)
19	HR	City Hall Insurance and Benefites - 7th Floor	Room 702 Lobby
20	HR	City Hall Employee Learning Center - Basement	ELC Welcome Lobby
21	Internal Audit/Inspector General	City Hall Internal Audit - 5th Floor	Entrance of the Office in Suite 5025
22	Mayor's Office/CAO	City Hall Mayor's Office/CAO - 11th Floor	Mayor's Office - In the back near the Communications Director's office
23	Parks & Recreation	Pino Yard Parks & Recreation - Building C	Building C
24	Parks & Recreation	1801 4th Street Facility Administration Building	Kitchen/Break Room
25	Parks & Recreation	Park Management - 6th Street Satellite	Inside Satellite (currently unavailable due to Covid-19)
26	Parks & Recreation	Park Management - Los Altos Satellite	Inside Satellite (currently unavailable due to Covid-19)
27	Parks & Recreation	Park Management - Sports and Trails Satellite	Inside Satellite (currently unavailable due to Covid-19)
28	Parks & Recreation	Park Management - Forestry Satellite	Inside Satellite (currently unavailable due to Covid-19)
29	Parks & Recreation	Pino Yard Park Management - Building A	Inside Satellite (currently unavailable due to Covid-19)
30	Parks & Recreation	Park Management - Greenhouse	Greenhouse Break Area
31	Parks & Recreation	Open Space - Shooting Range	Break Room
32	Parks & Recreation	Open Space - Montessa Park/OSD Admin Office	Front Desk Area
33	Parks & Recreation	Open Space - Visitor Services	Casita
34	Parks & Recreation	Recreation - Jerry Cline (L and XL cuffs)	Break Room
35	Parks & Recreation	Recreation - Golf and Event Center (L and XL Cuffs)	Break Room
36	Parks & Recreation	Recreation - Esperanza Bike Shop	Break Room

37	Parks & Recreation	Golf - Arroyo Del Oso	Golf Management Office
38	Parks & Recreation	Golf - Ladera	Break Room
39	Parks & Recreation	Golf - Los Altos	Break Room
40	Parks & Recreation	Golf - Puerto Del Sol	Break Room
41	Parks & Recreation	Aquatics - Los Altos Pool	Classroom
42	Parks & Recreation	Aquatics - West Mesa Aquatic Center	Olympic Lifeguard Breakroom
43	Parks & Recreation	Aquatics - Highland Pool	Guard Room
44	Parks & Recreation	Aquatics - Betsy Patterson Pool at Sandia HS	Guard Room
45	Parks & Recreation	Aquatics - Valley Pool	Guard Room
46	Parks & Recreation	Balloon Fiesta Park	One of the offices at BFP
WATER AUTHORITY BLOOD PRESSURE MONITOR LOCATIONS			
Department		Work Location	Specific Location of Self-Monitoring Blood Pressure Station
1	Pino Yard	Pino Yard	Break Room

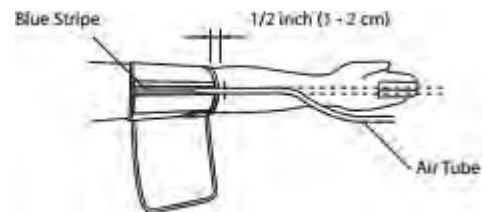
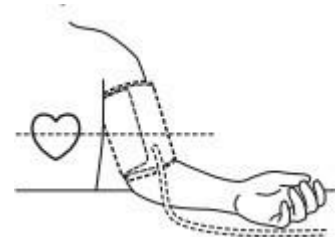
How to take a successful Blood Pressure Reading



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

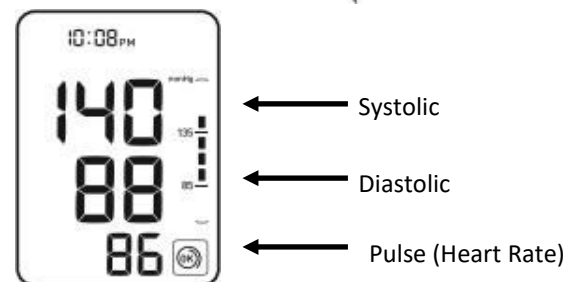
Applying the Blood Pressure Cuff:

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:
raChelle Karman —505-768-2921

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:

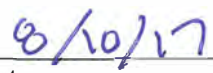
No City employee, City volunteer or City contractor shall smoke or use smokeless tobacco products in or within 30 feet of a City vehicle when such vehicle is not located on City property.

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

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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

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).


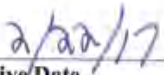
Beverage requirements:

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)

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

Quarterly Program Reporting

Ambassador Name: _____

Location: _____

Program Name: _____

Program Dates: _____

Report: BetterHealth Ambassador input and activity reporting is an important part of overall program success. Please report all BHA lead and department level activity related to BetterHealth. This is also a space to share your suggestions and feedback.

Use this link, <https://www.research.net/r/3222MFS>

Or scan the QR code to submit your quarterly reports.





BetterHealth
AMBASSADOR
CITY OF ALBUQUERQUE

Use this form to request a training for your location or department. You can work with other BetterHealth Ambassadors or worksite contacts to make the training available to a larger amount of employees.

Training Request

Ambassador Name: _____

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 a 8 attendee minimum when requesting a training.

Consider an incentive request or Fresh Option Produce order to enhance your offering! Use this link, <https://www.surveymonkey.com/r/3ZWT69T>

Or Scan the QR Code



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: _____
Bpa free 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, Yoga Mat or Spark Adventure:
(1 item to raffle during class) Raffle tickets provided.
Check one item: Cookbook Yoga Mat Spark Adventure
How many raffle tickets: _____

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

CABQ GIVEAWAY INVENTORY

Item		Item	
Comfort Knee brace with BetterHealth logo		Stress relief ball with BetterHealth logo	
Lip Moisturizer with BetterHealth logo		Massage ball with BetterHealth logo	
1oz. lotion with BetterHealth logo		Rubiks cube with BetterHealth logo	
Essential Oil Infused Candle with BetterHealth logo		Resistance Band with BetterHealth logo	
Hand Sanitizer with Carabiner with BetterHealth logo		Citrus Juicer	
Folding flyer with BetterHealth logo		Snack container with BetterHealth logo	
Lunch bag with BetterHealth logo		Travel Set with Sleep Mask and Ear Plugs with BetterHealth logo	

Office Snack Sign-up Sheet



• Name:

• Item:

• Name:

• Item:

• Name:

• Item:

• Name:

• Item:

• Name:

• Item:

• Name:

• Item:

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• Name:

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• 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



SAMPLE Office Snack Sign-up Sheet

Munchie Snacks

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

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



Wellness [DAY]



Event Name

Date & Time

Location



BetterHealth CITY OF ALBUQUERQUE

Wellness Wednesday



A large, empty rectangular box with a thin black border, intended for writing or drawing. It is positioned in the lower half of the page, below the main white space.



Classes

Class offerings

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! Clean Space, Clear Mind: How to Declutter for a Healthier, Happier You

Our work lives and home lives may be merged more than ever. Whether you multipurpose your space or just want to see what the top of your desk looks like again, this is your opportunity. In addition to learning practical ways to sell, store or donate your no-longer-used items, you will be motivated by learning how decluttering has many benefits to your mental, physical and emotional health. Pull out your donation bins and let's get going! (30-45 minutes)

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

NEW! Make the Most of Your Break

You deserve a break--yes, you! Learn the concept of work-life integration, which is the updated and more accurate term for work-life balance. There is a strong correlation between restorative rest and productivity. Experience 5 different types of breaks that will leave you feeling more nourished and whole, rather than frittering away the time on something that drains you. Return from your break as a more refreshed whole-human being. (30-45 minutes)

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

Qualifies for \$5 Sprouts gift cards for participants and host (Limited Supply).

NEW! The Joy of Movement

Based on the book by Kelly McGonigal, explore how movement can help bridge the gap between hope, connection, and even courage. Exercise is health-enhancing, yet many of us feel it's a chore. But it doesn't have to be--movement can and should be a source of joy! (30-45 minutes)

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

NEW! Circadian Rhythms

Did you know that circadian rhythms rule more than just our sleep patterns? They influence our gut microbiome, our energy levels, and even our weight. Set your clock to tune into strategies to tap into your circadian code, transforming your health from morning to midnight. (30-45 minutes)

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/sY5l9aAlBn7KefSTpIfRI5dkFg9twE36vpOHLNvVrTYfYLCmyYYGAy4Vz86vdkQ.wjRW6l0Cw55xyRNA>

CABQ Managers on the Move with Laura Putnam

<https://zoom.us/rec/share/WR-nbvKVECZYeL2F8cKb-LAx4LWUD8GPTOF2trqJp-eTLix7iCvMoZ68kvzbEyr8.u0j0EoWuq4FspUdI>

New ways to understand and care for your well-being with Maggie Gough

<https://phs-org-corp.zoom.us/rec/share/MFwF3ZHeH9KxBehTT2-OWnieesbfaq88475Q2kb5TacE0fKApzco0HwavyTfm5VQ.vrcgHSP9JYKKcEbq>

Healthy Weight & Diabetes Prevention

https://zoom.us/rec/share/gAfMUwIy3X-Q9qk0DOXJXY1BUpc7_Dwrk1iNPg8V_RRRFu9NABci0XhGLBsR4EGY.AW0NO77KCKwchHKT

Positive Psychology

https://phs-org-corp.zoom.us/rec/share/XV_cXb0gwBsT7Ce6cgsYOiVQVpy1NHZPexWzzDcK-DgYfIBkR_TWi_lAqhNzfc8.GqURtg3-bjuMV4jw

Crushing Stigma & Creating Mentally Healthy Workplaces

https://phs-org-corp.zoom.us/rec/share/8RShazGmQwU1uZ_cxgatGPTnxa-q7Fqz77_e skZPzPfAwrjwLUfDRR8ALTKZfk.1MaljL_slav3Acpn

The Shift: Emerging HR and Wellness Trends

https://phs-org-corp.zoom.us/rec/share/T2dFnND2YO2edGqchfmwSVPj7SYOGqxGEbmcnei_yxQEgzF41rYB70004tD_uiek.VIKIKkFwnf08Qhlo

Stretch!

https://zoom.us/rec/share/0ePw_T3eZtCkwh6adhy0AHiTlg-boUeWJ5XrfNrhTpBtV2ok5DqzuoaCeVXXQPdA.N0op04mugfZDVRuT

Men's Health

https://zoom.us/rec/share/QXbGppgAHA8yc4AybpAylH0_2dKIP iT2vPRovGC1gnR8ypHLdcIM8D_4iUUGkO6.V6stbUjBxllAhSqv

Women's Health

<https://zoom.us/rec/share/E7PqHA60vtivrRIHeGwOU4iUFRRYE68bWRtUgmCVuGzGL6VLzyuUGsQyCRynQF6p.pTCJZXghFrf6S5dg>

How to Stock a Healthy Pantry, with RD 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 RD 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 Foods That Taste Great, with RD, 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 RD 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>

Maximize Your Metabolism, with RD, 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 RDs 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 RD 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*](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

Prime instructions

Presbyterian Gym Membership Benefit for July 1, 2021 - June 30, 2022

- 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 during benefits enrollment.
- Current employees who wish to add the Gym Benefit must select the Presbyterian Health Plan with Gym Membership through Employee Self Service during benefits enrollment. 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.

Find participating gyms in the ABQ Metro Area & Santa Fe here:

<https://tools.primemember.com/LocationSearch>



2022 EVENTS CALENDAR

WWW.IRUNFIT.ORG

	EVENTS	DATE
NM Super Bowl Run	10K, 5K, Kids K	February 6
Sweetheart Run	10K, 5K, 5K Team, 10K Team, Kids K	February 13
The Home Run (Barrett House)	10K, 5K, Kids K	February 27
NM Shamrock Shuffle Run	10 Miler, 10K, 4-Miler, Kids K	March 13
Miles for Minds	10K, 5K, Kids 2-Miler, Kids K	March 20
Chocolate and Coffee Run	5K, Kids K	March 27
Albuquerque Half Marathon	Half Marathon, 10K, 5K, Kids K	April 9
Mariposa Women's Run	5K, Kids K	April 24
Santa Fe Half Marathon	Half Marathon, 10K, 5K, Kids K	May 21
Polly's Run	5K, Kids K	June 4
Cherry Garcia Father's Day Run	10K, 5K, Kids K	June 19
Lickety Split "Ice Cream" Run	5K, Kids K	June 25
Red-White and Blue Run	10K, 4-Miler, Kids K	July 4
Chunky Monkey Run	10K, 5K, Kids K	July 17
Lavender Run	10K, 5K, Kids K	July 24
Wicked Honey Run	10K, 5K, Kids K	August 21
Sunflower Run	10K, 5K	August 28
NM Chips and Salsa Half Marathon	Half Marathon, 10K, 5K, Kids K	September 11
TyRUNnosaurus Run	5K, Kids 1-Miler, Kids K	September 18
Viva Vino Run	10K, 5K	September 25
Sandia Mountain Shadows Trail Run	10K, 5K	October 2
La Llorona Ditch Witch Run	10K, 5K, Kids K	October 9
Great Pumpkin Chase	10K, 5K, Kids K	October 29
Enchantment Half Marathon	Half Marathon, 10K, 5K, Kids K	November 5
Duke of Dough Donut Run	10K, 5K, Kids K	November 13
NM Hobbler Gobbler Thanksgiving Day Run	10K, 5K, Kids K	November 24
Kringle Jingle Run	10K, 5K, Kids K	December 3
NM Farolito "Trail of Lights" 5K	5K, Kids K	December 17

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		+	-
Week		+	-
Week		+	-
Week		+	-
Week		+	-
Week		+	-
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:



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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:



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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.	<p>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.</p>			



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:



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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

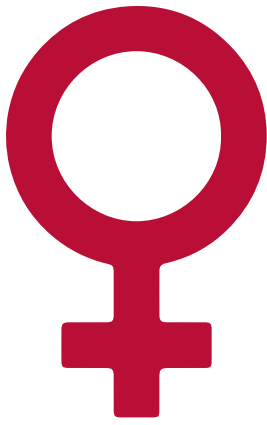
What else do you feel?

4-Week Challenge Begins: _____

BetterHealth Ambassador Program

For more information, contact:





SCHEDULE YOUR ANNUAL CHECKUP TODAY!

Preventive care is an important part of your health and well-being.

When you see your primary care provider for an annual checkup you can ask questions, get important screenings and vaccinations, and identify risks early so you can better protect your health. Schedule your annual checkup and use this checklist to help you start the conversation with your primary care provider.

Be sure to:

- Know your family and medical history, if possible, including any history of allergies.
- Write down any specific questions you may have for your doctor and bring them with you.

Use this checklist as a guide.

Recommended Female Screenings	Recommendations/Average Range
Cholesterol/lipid disorders screenings	Ages 40 to 75 years, or ages 20-40 if risk factors
– Total cholesterol	Normal: Less than 200 mg/dL
– HDL cholesterol “Good” cholesterol	Normal: 40-60 mg/dL
– LDL cholesterol “Bad” cholesterol	Normal: Less than 100 mg/dL Note: High-risk individuals should discuss their goals with their doctor
– Triglycerides	Normal: Less than 150 mg/dL
Cervical cancer screening	Ages 21+, Pap test every 3 years Ages 30-65, HPV and Pap test every 5 years or a Pap test alone every 3 years
Chlamydia	Sexually active women ages 24 and under, and older women at risk. Or as recommended by your doctor
Breast cancer screening	Ages 40+ every 1-2 years
Osteoporosis (bone density)	Ages 65+, or under age 65 if risk factors
Colorectal cancer screening	Begin screening at age 50
HIV screening and counseling	Sexually active women, annually

Recommended Immunizations

Influenza vaccination	All adults, annually
Tetanus vaccination	Tetanus/diphtheria (TD) every 10 years; Tdap (for adult pertussis prevention) given once, ages 11 and older

Diabetes Screening

Diabetes screening (glucose)	Desirable range: Fasting blood sugar (glucose) less than 100 mg/dL
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It is recommended that you follow a preventive care plan as outlined by your physician. The above information is provided to you for education purposes only, and is not intended to provide or be a substitute to medical advice. The adult well examination should incorporate evidence-based guidance toward the promotion of optimal health and well-being, including screening tests shown to improve health outcomes.

Plan and calendar your adult well examination below:

Name of Clinic and Practitioner (please print)

Anticipated Annual Well Exam Date MM/DD/2022

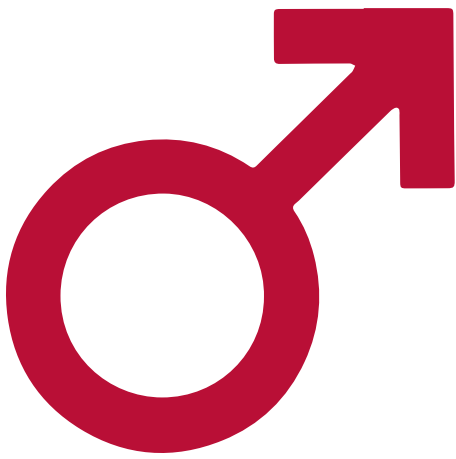
Name

Employer

Email

Submit completed form to your BetterHealth Ambassador.





SCHEDULE YOUR ANNUAL CHECKUP TODAY!

Preventive care is an important part of your health and well-being.

When you see your primary care provider for an annual checkup you can ask questions, get important screenings and vaccinations, and identify risks early so you can better protect your health. Schedule your annual checkup and use this checklist to help you start the conversation with your primary care provider.

Be sure to:

- Know your family and medical history, if possible, including any history of allergies.
- Write down any specific questions you may have for your doctor and bring them with you.
- Decide with your doctor which tests are right for you based on your age, gender and risk factors.

Use this checklist as a guide.

Recommended Male Screenings	Recommendations/ Average Range
Cholesterol/lipid disorders screenings	Ages 40 to 75 years, or ages 20-40 if risk factors
– Total cholesterol	Normal: Less than 200 mg/dL
– HDL cholesterol “Good” cholesterol	Normal: 40-60 mg/dL
– LDL cholesterol “Bad” cholesterol	Normal: Less than 100 mg/dL Note: High-risk individuals should discuss their goals with their doctor
– Triglycerides	Normal: Less than 150 mg/dL
Prostate screening (PSA)	Ages 50+, or age 40 if risk factors - discuss the benefits and risks of this screening with your doctor
Colorectal cancer screening	Begin screening at age 50
HIV screening and counseling	Sexually active men, annually

Recommended Immunizations

Influenza vaccination	All adults, annually
Tetanus vaccination	Tetanus/diphtheria (TD) every 10 years; Tdap (for adult pertussis prevention) given once, ages 11 and older

Diabetes Screening

Diabetes screening (glucose)	Desirable range: Fasting blood sugar (glucose) less than 100 mg/dL
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It is recommended that you follow a preventive care plan as outlined by your physician. The above information is provided to you for education purposes only, and is not intended to provide or be a substitute to medical advice. The adult well examination should incorporate evidence-based guidance toward the promotion of optimal health and well-being, including screening tests shown to improve health outcomes.

Plan and calendar your adult well examination below:

Name of Clinic and Practitioner (please print)

Anticipated Annual Well Exam Date MM/DD/2022

Name

Employer

Email

Submit completed form to your BetterHealth Ambassador.





BetterHealth Ambassadors WebEx Chat

Watch the video to *Learn Webex Teams in 5 Minutes* by clicking this link <https://youtu.be/PsI1h3rH9LI>

Or Scan here:



Webex can be used by BetterHealth Ambassadors to meet, call, share and co-create.

Within this app we've created a BHA Team where we can group message and participate in project team chats.

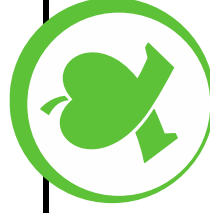
In this app you may also create private chats with other BHAs to connect or share ideas.

We will use this space to post shared documents and other planning tools.

#1 Tip to make the Webex experience more engaging is to connect face-to-face. When both parties share their video, they have a more engaging experience.

2022 Planning Calendar

January	February	March	April	May	June
				Mammography Van	



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July	August	September	October	November	December
			Mammography Van Flu shots	BHA applications due	
			Health & Benefits Fair		

2022 Monthly Task Guide

Month	Tasks	Responsible Party	Status
	Program Updates and Communications		
	•		
	•		
	Tasks		
	•		
	•		
	Program Updates and Communications		
	•		
	•		
	Tasks		
	•		
	•		



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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
Better you.

Behavioral Health Services

Last updated: December 2021

ONE ALBUQUERQUE
human resources
ROQUE

Service	Eligibility	Cost	Must be enrolled in Presbyterian Insurance	Hours	Address	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.	Available to employee and household family members	No Cost	No	On Call 24/7 & by appointment	City of Albuquerque 400 Marquette Ave NW, Albuquerque, NM 87102	Eweb/EAP	City of Albuquerque Appointment 505-768-4613
NM Crisis and Access Line 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.	Available to employee and household family members	No Cost	No	24/7	Phone Hotline	www.nmcrisisline.com	855-662-7474
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 	Available to employee and household family members with Presbyterian Health Plan	No Cost	Yes	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 	Available to employee and household family members with Presbyterian Health Plan	Applicable Copayment	Yes	Hours vary based on provider	Presbyterian 8312 Kaseman Ct NE Albuquerque, NM 87110	www.phs.org/doctors-services/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 	Available to employee and household family members with Presbyterian Health Plan	Applicable Copayment	Yes	M-F 6am-7pm, Weekends/ Holidays 3pm-5pm	Presbyterian Kaseman Hospital 8300 Constitution Blvd NE, Albuquerque NM 87110	www.phs.org/doctors-services/services-centers/behavioral-health	505-291-2560
Wellness at Work resources <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! 	Available to benefits-eligible employees, spouses and domestic partners.	No Cost	No	24/7	Desktop application	www.mypres.org	Access through MyPres login
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. 	Available to employee and household family members with Presbyterian Health Plan	No Cost	Yes	24/7	Series of applications available remote and desktop	www.ontobetterhealth.com/php	Download on the App Store or Google play



APD Behavioral Health Services

Last updated: December 2021



Service	Eligibility	Cost	Must be enrolled in Presbyterian Insurance	Anonymous	Hours	Address	Email or Website	For Appointment
Employee Assistance Program	Available to employee and household family members	No Cost	No	Yes	On Call 24/7 & by appointment	400 Marquette Ave NW, Albuquerque, NM 87102	Eweb/EAP	Appointment 505-768-4613
COPLINE	Available to employee and household family members	No Cost	No	Yes	24/7	Phone Hotline	www.copline.org	800-267-5463
NM Crisis and Access Line	Available to employee and household family members	No Cost	No	Yes	24/7	Phone Hotline	www.nmcrisisline.com	855-662-7474
Behavioral Sciences	Available to employee and household family members	No Cost	No	Yes	On Call 24/7 & by appointment	1501 Broadway Blvd SE, Albuquerque, NM 87102	apdbcd@cabq.gov	505-764-1600
APD Chaplain	Available to employee and household family members	No Cost	No	Yes	On Call 24/7	400 Roma Ave NW, Albuquerque, NM 87102	apdchaplainunit@cabq.gov	768-2131 Primary Chaplain 235-0194 Backup Chaplain 270-9124 Head Chaplain 206-0449
NM Solutions	Available to employee and household family members	No Cost	No	Yes	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	Available to employee only	No Cost	No	Yes	On Call 24/7	400 Roma Ave NW, Albuquerque, NM 87102	apdpeersupport@cabq.gov	505-967-6587
Safe Call Now	Available to employee and household family members	No Cost	No	Yes	24/7	Phone Hotline	www.safecallnow.org	206-459-3020



APD Behavioral Health Services

Last updated: December 2021



Service	Eligibility	Cost	Must be enrolled in Presbyterian Insurance	Anonymous	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 	Available to employee and household family members with Presbyterian Health Plan	No Cost	Yes	Yes	24/7	Remote application and desktop	www.talkspace.com/php	Download on the App Store or Google play
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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. 	Available to employee and household family members with Presbyterian Health Plan	Applicable Copayment	Yes	Yes	M-F 6am-7pm, Weekends/Holidays 3pm-5pm	Presbyterian Kaseman Hospital 8300 Constitution Blvd NE, Albuquerque NM 87110	www.phs.org/doctors-services/services-centers/behavioral-health	505-291-2560
Wellness at Work resources <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! 	Available to benefits-eligible employees, spouses and domestic partners	No Cost	Yes	Yes	24/7	Desktop application	www.mypres.org	Access through MyPres
On to Better Health Online programming for common challenges, such as trouble sleeping, feeling down, feeling tense or anxious. <ul style="list-style-type: none"> Helpful tips and videos based on your interests and needs. 	Available to employee and household family members with Presbyterian Health Plan	No Cost	Yes	Yes	24/7	Series of applications available remote and desktop	www.ontobetterhealth.com/php	Download on the App Store or Google play



Welcome to The City of Albuquerque's Employee Learning Center

www.cabq.gov/elc

Our Mission is to continuously transform the corporate culture of the City of Albuquerque by empowering employees to be fully engaged in their work.

Training is a benefit that every employee can use and is available at our facility, your site and online to all City employees! Take advantage of this benefit today!



Programs and Training for Employees

Programs:

- ◆ The Entrepreneurial Mindset Program, EMP: 4 week program
- ◆ The Supervisory Development Program, SDP: 8 week program
- ◆ The Pre-Management Development Program, PMDP: 12 month program

Workshops:

- ◆ Communication Skills for Employees: CABQ Charm School
- ◆ Personality Type Training
- ◆ Leadership Training
- ◆ Customer Service Training
- ◆ Mindfulness Workshops
- ◆ Custom Workshops: We can design classes for you!

Mandatory Training Courses:

- ◆ Anti-Harassment and Equity Training
- ◆ Ethics Training
- ◆ Cyber Security Training
- ◆ Defensive Driver Training
- ◆ Kronos, Talent Management, PeopleSoft Training, New Employee Orientation

Services:

- ◆ Tuition Assistance for going back to school
- ◆ Career and Personal Coaching Services for moving up at the City

Call 768-3200 to get more information or to schedule training today!

