



2022 BetterHealth PROGRAM

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			
					Mammography Van Screenings					Mammography Van Screenings		Culture Survey
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											
												Healthy & Whole Holiday Challenge
Physical Activity		Heart Healthy Step Challenge				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>