

ANNUAL HEALTH & BENEFITS FAIR

The Annual Health & Benefits Fair is scheduled for November 5, 2024. 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 2-hour annual training and quarterly 1-hour meetings. Ambassadors agree to dedicate approximately 2 hours of their time on a monthly basis to supporting the City's Culture of Wellness.

BETTERHEALTH CLINIC

The City of Albuquerque is proud to bring healthcare to your workplace. Employees can receive care quickly and conveniently during the workday. The onsite BetterHealth Clinic is available to City of Albuquerque employees, spouses and children covered under the Presbyterian Health Plan.

BLOOD PRESSURE CHALLENGE

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.

BOOK CLUB

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

BLOOD PRESSURE MONITORING PROGRAM

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

COOKING SHOW

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

DESK TO 5K

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

FLU SHOTS

Every fall, the City of Albuquerque hosts flu shot clinics at numerous work site locations. This service is available to employees, spouses and dependents ages 19 and older.

GOOD MEASURES

The Good Measures approach enables individuals and families to unlock the power of food to help them improve their daily health and manage their medical conditions. Programs focus on nutritional balance: getting the right amount of nutrients based on one's unique needs. Good Measures offers highly personalized coaching and technology that enables participants to eat for better health, starting with the foods they like, can afford, and can find. Programs include: Healthy Weight, Diabetes Prevention Program, Heart Health, and Diabetes Self-Management.

HEALTH ACADEMY

A 2-hour educational event designed to help employee's manage specific conditions to improve their overall health. 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.

HEALTH COACHING (1:1)

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

HEALTH COACHING (GROUP)

This group health coaching option provides participants with interactive support and social motivation in a group of 10 to 20 individuals looking for a low-risk way of discovering new well-being insights. Virtual meetings offer the support of an expert health coach as well as social connection and peer support via non-judgmental communication. This environment provides innovative ways to think about behavior change and achieving wellness goals.

H3 SERIES: HEALTH HEART HABITS (NEW)

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

HEALTHY & WHOLE HOLIDAY CHALLENGE

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

PHYSICAL ACTIVITY CHALLENGE(S)

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

LEADER WELL-BEING TRAINING

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

MAMMOGRAPHY VAN SCREENINGS

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

MINDFULNESS BASED STRESS REDUCTION

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

NOOM

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

OPEN ENROLLMENT EVENTS

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

PERSONAL HEALTH CHECK

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

RESTORE YOUR REST SERIES (NEW)

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

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.

SPEND CHALLENGE

Join the challenge through the Wellness at Work portal.

TOBACCO CESSATION PROGRAM

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

WEDNESDAY WEBINARS

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

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