2025 BetterHealth PROGRAMS CITY OF A PARTICIPATING



INITIATIVE	JAN	FEB	MARCH	APRIL	MAY	JUNE	JULY	AUG	SEPT	OCT	NOV	DEC	
One-day Events					Run for the Zoom and Walk with Us too!	Annual Health Academy			Annual Leader Well-being Training	Annual Employee Health & Benefits Fair			
	Personal Health Check through Wellness at Work												
Assessment & Screening	Mobile Health Center & Onsite BetterHealth Clinic (City Hall Basement)												
					Open Enrollment					Flu Sho	t Events		
BetterHealth Ambassador	BetterHealth Ambassador Training		BHA Meeting			BHA Meeting			BHA Meeting		BetterHealth Ambassador Application	BHA meeting	
Emotional	Mindfulness Based Stress Reduction with Michelle DuVal												
	Nurture Your Mental Well-being									Revitalize Through Rest			
Financial				Financial Wellness Book Club									
	Wednesday Well-being Webinars												
Personal Growth	Mindful Choices, Conscious	The Weight of Health	Living Longer, Living Well	Mind Over Money	Food for Thought: Nutrition &	Ageless Mobility	Brains in Bloom	Green Thumbs, Healthy Lives	Clean Living, Clear Choices	Strong is the New Flex	Sugar Unwrapped	The Heart of Caring	
	Consumption				Mental Health						Healthy & Whole I	thy & Whole Holiday Challenge	
Physical	Tobacco Cessation (The Great Amerian Smokeout: November 20, 2025)												
	W@W Sten	W@W Step		Desk to 5K			W@W Step						
	Challenge			W@W Step Challenge			Challenge			W@W Habit			
	Virtual Cooking Show Demos												
Nutrition	Sippin' on Soup-erb Comfort	Super Bowl Party Bites	Noodle Nirvana	Sweet Stress Relievers	Egg-cellent Spring Quiche	Fresh & Fruity Feasts	Berry Bliss: Blueberry Creations	Sweet Heat: Shrimp Tacos	Better Breakfast, Better Days	Vibrant Vegetarian Creations	Vibrant Veggies & Power-Packed Flavors	Sotthing Sips & Citrus Bliss	
	Dinner with H3 a Dietitian			Health Coaching (Group)		Eating with Purpose							
		Health Coaching (1:1)											
	Good Measures & Noom												
Social				Book Club *See Financial			Book Club						
Leader Well-being	Supervisor Training		Supervisor Training		Supervisor Training		Supervisor Training		Supervisor Training		Supervisor Training		

^{*}Disclaimer: Subject to Change*

and benefits exhibits. All employees are eligible for 2 hours le ave with supervisor sapprox al bexplore your trends. A finalone-on-one session with a health coach will assist you in setting hearthabitsandtheimportanceofbloodpressure, followedbyeducationonhowtousea
TheAnnualHealth&BenefitsFairisscheduledforNovember5,2024. Visitover 100 wellnebsodpressure monitor. You'llthenhave a 4-week opportunity to trackyourown bloodpressur

BETTERHEALTHAMBASSADORAPPLICATION, TRAINING & MEETINGS

goalstokeepyoumovingforward!

meetings. Ambassadors agreeto de dicate approximately 2 hours of their time on a monthly holidays eason. By participating in this challenge, you are giving yourself the gift of health! basistos upporting the City's Culture of Wellness. widewellnessinitiative. Theprogramincludesa 2-hourannualtraining and quarterly 1- หปัญร์ individual challenge of ferstips, ideas and support to help employees feel their best during BetterHealthAmbassadors(BHA)areavolunteernetworkofemployeeswhowillsharetheir LTHY&WHOLEHOLIDAYTHRIVECHALLENGE LEADERWELL-BEINGTRAINING

BETTERHEALTHCLINIC

The City of Albuquer que is proud to bringhealth care to your work place. Employees can reget by cosand the confidence to implement change where needed. Building aculture of well-carequickly and conveniently during the work day. The onsite Better Health Clinicis available to City of Albuquer que employees, spouses and children covered under the City sinsurance by 1818.

City of Albuquer que employees, spouses and children covered under the City sinsurance by 1818.

As well a provided the control of the City sinsurance by 1818.

As well a provided the control of the City sinsurance by 1818. This training informs and in spires leaders to lead well with well-being and provides them with the property of the property

BOOKCLUB

BOOKCLUB

Thisvirtual well being book club suggests abooktit lewith a focus on self-development. Respects of the best interest of both the individual and the organization for employees to thrive in all are given the opportunity to connect in a guided virtual space. Book sections are assigned in the information of the properture of the Pelligial Similar to the interactions, and feel supported, positively impacts their well-being have authentic personal interactions, and feel supported, positively impacts their well-being

BLOODPRESSUREMONITORINGPROGRAM

self-care

improvebloodpressureself-awareness. programincorporatestheconceptsofremotemonitoringandonlinetrackingaskeyfea似低级加dconcentration,alsobreathingmeditation,eatingmeditation,walkingmeditation, This offering empowers participant stotake ownership of their cardiovas cular health. The wariety of different mind fulness practices including those for greater restand relaxation, in stress reduction through the expertise of Michelle DuVal. The program teaches participants and the program teaches pa $Learn all the {\it critical} tools of mindfulness and meditation through a {\it clinically} proven program and {\it continuous} and$

COOKINGSHOW

The virtual Cooking Showins piresparticipants to bring funback to the kitchen and shares some literature. The virtual Cooking Showins piresparticipants to bring funback to the kitchen and shares some literature. health-conscious methods of food preparation.

 $and older who are enrolled in the {\tt City} of {\tt Albuquerque's} Presbyterian {\tt HealthPlan}.$ \widetilde{S} ervices through the Mobile Health Centerare of fered to employees and family members age 2

DESKTO5K

tailored for all fitness levels and is designed to assist participants in being active in a fun, so circlums tances that allow all to thrive in all are as of well-being. Just as physical fitness provides $Deskto 5 Kisatra in ing program designed to progress participants through increases in {\tt NURTUREYOUR IMENTAL WELL-BEING} in tensity and distance toward the desired outcome of completing a 5 kd is tance. The program is almost a linear through the absence of illness, it stheopt imization of the program is a standard program of the program is a standard program of the program of$ non-competitiveatmosphere. uswithanincreasedabilitytorespondtolifeinallitsrichness, mentalwell-beingcanbe

DINNERWITHADIETITIAN

chosentopic, either Diabetes or Hypertension. It offers lifestyle tips for managing the dispass by physical health, connection, and habits. Participants will receive weekly emails that include an instructional video, recipes, and agrocery This program teaches people and their caregivers how to cook for optimal health based of Parnabout fundamentals kill sets that support mental well-being to include mind set, sleep, list for the meal of the week plus additionaled ucational handouts. MOOM supported to increase positive emotions and to be more responsive, less reactive. Joinus to

A6-weeknon-diet, weight-neutral, mindfulness-based program that empowers employees hology and small goals to change your habits for good! The program includes daily articles, to take charge of decisions about eating, physical activity, healthands elf-care. It guides food and exercise logging, goals pecialists, and peer groups upport. participantsthroughtheinnovativemindfuleatingcycletogaingreaterawarenessaboutwhat,

OPENENROLLMENTEVENTS **EATINGWITHPURPOSE** Avirtual, personalized, healthylifestyle program delivered through your mobile phone utilizing the supplies of the supplies of

Open enrollment takes place in May for employees to get the information they need to make the property of th

FLUSHOTS

how and why youe at, and offer spractical strategies for a balance dlifestyle.

service is available to employees, spouses and dependent sages 19 and older.Everyfall, the City of Albuquer que hosts flus hot clinics at numerous works it elocations. This or meddecisions about their benefits enroll ment and personal healthneeds PERSONALHEALTHCHECK

nutritional balance: getting the right amount of nutrients base do none's unique needs. Good dential assessment Measures offers highly personalized coaching and technology that en ables participants to eat help the mimprove the irdaily health and manage the irmedical conditions. Programs fo ው Pogram. The Health Check incentive may be earned every fiscal year for completing the The Good Measures approachen ables individuals and families to unlock the power of fo o the fat that sees sment on Wellness at Work and receive a gift cardincentive from the Better Health GOODMEASURES Benefits-eligible City of Albuquer que employees can complete the confidential on line Person:

as tools to engage in better health behaviors. Employees are given up to 2 hours administ (30) % load, we will explore how prioritizing restgoes beyond optimizing sleep and how to a strong sleep andA2-houreducationaleventdesignedtohelpemployee'smanagespecificconditionsto byAlexSoojung-KimPang, thisrestorativeseriesexplainsthescienceofrestresistanceand improvetheiroverallhealth.Participantsreceiverelevanthealth&wellnesseducationaghgellngesthecultureofextremeoverwork.Althoughwemaynotbeabletocontrolour leavewith supervisor approval. **HEALTHACADEMY** capitalize on active pursuits that will equal restoration in sevenkey are as of life ResbyDr.SaundraDaulton-Smithan Rest: Why You Get More Done When You Work Less

HEALTHCOACHING(1:1)

environment. Our coach ing program helps effectively tease out the sefactors and address the Bam CABQ tor unorwalkinany of the Runforthe Zooevents whether set virtually or at on an individual basis, an approach that helps employees change behaviors and produce the BioPark. Registration is covered for the first 500 employees who register. $\mathsf{positiveout} \mathsf{comes}. \mathsf{Participants} \mathsf{will} \mathsf{learnhowtosetappropriategoals}, \mathsf{createanactionploated}$ $Lifestyle habits are complex and multi-factorial, involving the interaction of genetics and {\tt RUNFORTHEZOOANDWALKWITHUSTOO!}$

positive dution lies, raturibed in low to science per la capacity of the positive dution lies, raturibed in low to science per la capacity of the personal motivation and establish copings kills and positive method on the personal label of the asawidevarietyofcertifications. to bacco. The tobacco cess at ion program is available as needed.

HEALTHCOACHINGGROUP

Groupealth coaching provides participants within teractive support and social motivation in a group of the coaching provides participants within teractive support and social motivation in a group of 10 to 20 individuals looking for a low-risk way of discovering new well-being in sights. Well being Webinars are designed to give participants the tools, knowledge and support Virtual meetings of fer the support of an expertheath coach as well associal connection at the representation of the coach as well associal connection at the representation of the representation of

H3SERIES:HEALTHHEARTHABITS

tothinkaboutbehaviorchangeandachievingwellnessgoals.

Learnaboutyourhearthealthandself-monitoryourBloodPressureinthisinteractive challenge!Theprogramlauncheswitha1-hourtrainingwhereyou'lllearnallabouthealt**formoreinfo:** https://www.cabq with social features like buddies, teams, team chat, and an interactive dashboard

peersupportvianon-judgmentalcommunication. Thisenvironmentprovidesinnovative well-nessatwork physical activity and habitch allenges Individualorteam-basedchallengesaimedtosowseedsofcamaraderieandaccountability

-benefits/better