



City of Albuquerque Employee Wellness Program

Improve Nutrition, Increase Physical Activity, and Avoid Tobacco

Better you.

When employees and their families get enough **physical activity and eat healthy meals**, they have a better chance of achieving and maintaining a healthy weight. These priorities also help to prevent and manage diabetes, high blood pressure, and high cholesterol. New and existing programs are offered onsite and online to reach as many employees and family members as possible and improve our **quality of life**.

In addition to engaging programs, a **culture change** is taking place to embed wellness into daily activities at work. Guidelines and potluck templates have been developed to **improve food at office celebrations**. Stairwells have been labeled with encouraging reminders to take the stairs where possible. A dedicated room in City Hall for new mothers is in the planning phase to support employees who wish to **breastfeed their babies**. Embrace your wellness benefits today and **get involved!**

Calendar of Events

Date	Activity
Every May & October	Onsite Mammography Van
June 2 – July 27, 2014 & Future Dates to be Determined	Colorful Choices program to improve health by eating a wide variety of fruit & veggies each day
July 2014	Diabetes Academy with Celebrity Chef
September 2014 & February 2015	Nuvita Fitness Challenge: Mobile and Web-based technology to improve physical activity. Average weight loss for employees who complete the 12-week program: 10 pounds
Every September – November	Onsite Flu Shot Clinics
November 7, 2014	Health Fair & Screenings at Convention Center

Resources Available Now

Presbyterian Mobile Health Center at 10 Locations, **No Co-Pay!**

Guidelines for **Healthy Food in Offices** and Potluck Sign-up Sheets

BreatheBetter Quit Tobacco Program: 1-866-900-5244 or www.bebetter.net/CABQ *BreatheBetter* is available through September 30, 2014 only.

Presbyterian's Quit for Life Smoking Cessation Program by American Cancer Society
1-866-784-8454

Monthly Quick Read **Newsletters** by Email

WebMD Personal Health Assessment for Presbyterian Members – See Next Page

Find registration information for current initiatives on Eweb <http://eweb.cabq.gov>

Contact Health and Wellness Program Coordinator Lisa McNichol Gatan at 768-2921 or lgatan@cabq.gov.



BetterHealth

CITY OF ALBUQUERQUE

Better you.

**Employees, Spouses, and Domestic Partners
Enrolled in Presbyterian Health Plan**
are invited to complete the

WebMD Personal Health Assessment

Get your \$25 Gift Card

- Step 1 - Go to Presbyterian Home Page **www.phs.org**
- Step 2 - Find **myPres Login** section
existing users login with username and password – skip to step 5
- Step 3 - New users select **Register for myPres** and complete all steps
- Step 4 - Go to **Manage My Health Plan tab** to register your Member ID#
- Step 5 - Once you have registered and logged in, find **My Health Plan Tab**
- Step 6 - Find the **My Health Plan column and click Go**
- Step 7 - Select **Health & Wellness tab**
- Step 8 - Select **Personal Health Assessment**
- Step 9 - Acknowledge that you have read and reviewed the Web MD Terms and Conditions and privacy policy, **click box & Submit**
- Step 10 - Select **Take PHA Now**
If you have questions about WebMD Health Manager or how to access the website, please call Presbyterian's dedicated member line at 1-855-261-7737.
- Step 11 - Within a month after you have completed the PHA you will receive a letter instructing you to take the letter to the Insurance & Benefits Office to receive your gift card.

The PHA Provides

- ✓ an analysis of your health behaviors
- ✓ a personalized profile of your health risks
- ✓ steps you can take to improve your health

Personal health information you provide to WebMD is confidential. Aggregate data is used to plan wellness programs.

