



2016 WELLNESS LINE-UP

For 570 City of Albuquerque employees, spouses, domestic partners, and family members

Beginning January 6, 2016, City of Albuquerque employees may register for one wellness program between January and June 2016 at no cost to them.

Nuvita Better YOU

BetterHealth through Good Measures

- ▶ Programs are open to all permanent CABQ employees, not just those enrolled in Presbyterian Health Plan!
- ▶ Spouses, domestic partners, and children age **16+** living with CABQ employee parent may register if CABQ employee registers.

GOOD MEASURES: BETTER NUTRITION FOR BETTER HEALTH

- ▶ Online program provides personalized Registered Dietitian services that give participants a convenient, easy way to improve their health through better eating.
- ▶ Is not a diet – instead we give participants the knowledge and tools to make better decisions about what they eat, starting with foods they enjoy.
- ▶ Includes one-on-one support and guidance, via smartphone, desktop, or tablet whenever participants need it, not just during office hours.
- ▶ Helps participants manage weight, increase their energy, prevent or lower the risk of health conditions, and better manage stress



Good Measures: Better Nutrition for BetterHealth

Good Measures nutrition coaches are **Registered Dietitians** who give you a simple, easy way to improve your health through better eating.

Good Measures is not about dieting. Instead, we give you the knowledge and tools to make better decisions about what you eat, starting with the foods you enjoy.

YOUR PERSONAL NUTRITION EXPERT

Good Measures nutrition coaches are your own, non-judgmental support team.

You receive one-on-one, personalized support and guidance, via smartphone, desktop or tablet whenever you need it, not just during office hours.

Our nutrition coaches are caring professionals and problem-solvers – your own cheering section who can help you explore all that Good Measures has to offer.



THE POWER OF NUTRITION SCIENCE

Personalized Health Insights

Good Measures' technology enables our nutrition coaches to turn your eating preferences, exercise habits, lifestyle and any medical conditions you may have into personal health insights.



Customized Meal Suggestions

With these insights, your coach can recommend a nearly endless number of combinations of delicious meals and snacks with balanced portion sizes based on foods you already like.

SMALL CHANGES, BIG RESULTS

Good Measures coaches can help you:

- Make better food choices at home and when eating out
- Improve your digestive health
- Lose weight and get in better shape
- Make better choices from thousands of restaurant items, and from eating plans like The Mediterranean, Paleo, Zone and DASH plans
- Strengthen your immune system and increase your energy
- Reduce your dosage or eliminate certain drugs and lessen side effects of others
- Prevent, lower your risk of, or better manage diabetes, high blood pressure, high cholesterol and other diet-sensitive conditions
- Better manage stress and improve sleep quality



Open to all City of Albuquerque employees, spouses and domestic partners.

Dependents in your household 16 years and older are also eligible. Space is limited to 300 participants.

For more information, go to nm.goodmeasures.com

Kick-off events will be scheduled at various work locations in January 2016

GOOD MEASURES: BETTER NUTRITION FOR BETTER HEALTH

- ▶ **300 participants**
- ▶ February – June 2016
- ▶ 30-minute classes once a month for 4 months
- ▶ GREAT prizes for completing challenges and attending classes!
- ▶ Before and after health screenings
- ▶ Spouses, domestic partners, and children age **16+** living with employee parent may enroll with employee
- ▶ For more information: <https://nm.goodmeasures.com>

**Overall Good Measures Improvement:
Williams-Sonoma Professional Stainless-Steel
10-Piece Cookware Set**



**Overall Improvement
(1 Male and 1 Female)
Vitamix S50 Personal Blender**



NUVITA BETTER YOU

- ▶ Fun 12-week online program helps **270 participants** adopt life-long patterns of physical activity and healthy eating
 - ▶ Wave 1: January – April 2016
 - ▶ Wave 2: April – June 2016
- ▶ Heart rate monitor provided to track progress
- ▶ Nutrition and exercise experts provide coaching
- ▶ Before and after health screenings
- ▶ Prizes awarded at the end of the program
- ▶ Spouses, domestic partners, and children age **16+** living with employee parent may enroll with employee

ONLY **YOU** CAN
KEEP **YOU** FROM
GETTING FIT, SO
MAYBE **YOU** AND
YOU SHOULD SIT
DOWN AND HAVE
A LITTLE TALK
WITH **YOU.**

We help you get out of your own way
and on to a healthier you.

nuvita
It's you vs. you.

12 Week personalized health program
Health coach to reach your personal goals
Cardio, Nutrition, Mobility and Wellness Education
Technology & activity monitor
Customized for your fitness level
Fun and Interactive



FOR MORE INFORMATION ABOUT NUVITA BETTER YOU

▶ <http://www.nuvitayou.com/city-of-abq>

REGISTRATION

- ▶ Registration opens January 6, 2016.
- ▶ Beginning Jan 6, find registration information on websites below. Look for “*BetterHealth through Good Measures*” or “*Nuvita Better YOU*”
 - ▶ <http://eweb.cabq.gov>
 - ▶ <http://www.cabq.gov/humanresources/employee-benefits/better-health-program>
- ▶ You will be notified and placed on a wait list if the program is full when you register.
- ▶ Both wellness programs will be offered again next fiscal year, however you will need to switch programs in order to allow other employees to participate. Thank you for your cooperation.

FOR MORE INFORMATION, CONTACT

- ▶ Lisa Gatan, Health and Wellness Coordinator
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 - ▶ sbrady@cabq.gov