

# Employee Health Services and The Employee Assistance Program (EAP)

*The most valuable asset of the  
City of Albuquerque is its employees.*

Both City employees and the organization benefit when employees reach out to employee health services. We will assist both you and your family no matter what department you work with.

Employee counseling, crisis intervention, referral services, are for both employees and family members living in the home. Professional counselors offer assistance with concerns about relationships, grief, parenting, work issues, depression, anxiety, stress, and everything else life may toss your way.

We provide personal training for exercise and strength, body composition analysis, cardiovascular endurance testing, back strengthening, and a variety of health education classes: CPR, AED training, weight management, fitness testing, basic first aid, stress management, violence prevention, conflict resolution, and more.

Consultations for supervisors and managers who are concerned about employee's attendance, performance and behavior are also provided.

The only part of life we have control over is what we think. We can help you become very good at living well so you can look back on your life and feel respect for yourself, knowing you gave it your best, you played to win.

***There is nothing more important than employee health.***

## Confidentiality

*Your privacy is protected by strict confidentiality laws and regulations. The details of your discussions with our staff may not be released to anyone without your prior consent. Participation with employee health services and the EAP will not jeopardize your job or career.*

\*NOTE:  
Unfortunately, AMAFCA and COG employees are not eligible for services.

(505) 768-4613  
24/7/365 Emergency  
On-Call Counselors  
1-800-348-3232



**"The next best thing to being  
wise oneself is to live in a  
circle of those who are."  
- C.S. Lewis**



**BetterHealth**

CITY OF ALBUQUERQUE

*Better you.*

# City of Albuquerque Employee Wellness Program

**Improve Nutrition, Increase Physical Activity, Avoid Tobacco**

## What's NEW?

- **Gym Membership** – No additional premium. See next page for details.
- **BetterHealth Ambassadors\*** – 23 employees were selected to serve in 2016 as liaisons between the City of Albuquerque BetterHealth Program and employees at their work locations, promoting health and wellness among coworkers and engaging them in wellness initiatives. The application process for 2017 will begin in October 2016.
- **BetterHealth through Good Measures\*** – Good Measures combines the expertise of a registered dietitian with the power of a robust website and app to help employees and family members make positive changes in their eating and exercise behavior. This program can be effective for you if you want to maintain good health or if you have nutrition-sensitive medical conditions such as prediabetes, diabetes, high cholesterol, hypertension, arthritis, celiac disease, excess weight, and obesity.
- **Check. Change. Control.** – A four-month program developed by American Heart Association to reduce hypertension.
- **Mother's Room in City Hall\*** – The room includes two private pumping stations, a refrigerator to store breast milk, and a nearby sink to wash supplies. Commercial grade breast pumps are available to mothers using Ameda Purely Yours Express breast pumps. These employees simply bring their own tubing.
- **Nuvita Better YOU\*** – The Better YOU program includes personalized coaching, cardio, nutrition, and mobility tools to help employees and family members triumph over the part of them that holds them back. Better YOU employs a lifestyle focused approach for achieving weight loss, improving blood pressure, and reaching other personal health goals. Participants chart their progress with their own cardio monitor, web portal and mobile app.
- **Wellness at Work Personal Health Assessment\*\*** – Employees, spouses, and domestic partners enrolled in the city's Presbyterian Health Plan receive a \$25 Big 5 gift card for completing the confidential health assessment. See Big 5 flyer in this booklet.

# Gym Memberships for July 1, 2016 to June 30, 2017

- **Current employees** must enroll in Presbyterian Health Plan with Gym Membership by June 10, 2016.
- **New employees** must enroll in Presbyterian Health Plan with Gym Membership within 31 days of employment.
- IRS considers gym memberships as a taxable benefit. Federal income tax deductions will occur on the second pay check of each month.
- Gyms include Healthways Prime Fitness Network, Defined Fitness, and Sports & Wellness. Sports & Wellness is offered at a reduced rate of \$49 per month.
- The Healthways Prime Fitness Network includes 29 gyms in ABQ Metro Area & Santa Fe

- » Anytime Fitness (ABQ, Rio Rancho, Santa Fe)
- » B-Firm Toning Gym (ABQ)
- » Body in Rhythm (Belen)
- » BodyShock Fitness Studio (Los Lunas)
- » Center for Ageless Living – Health & Wellness Program (Los Lunas)
- » Country Strong Fitness (Moriarty)
- » Curves (ABQ, Bernalillo)
- » Elite Muscle Gym & Fitness Center (Belen)
- » Elite Physique Gym (Rio Rancho)
- » Extreme Fitness (Belen)

- » Family Fitness (Edgewood)
- » Fitness Plus (Santa Fe)
- » Hardkor Fitness (Belen)
- » Jazzercise at Belen Fitness Center
- » Jazzercise at Bosque Farms Fitness Studio
- » Main Street Muscle & Fitness Center (Los Lunas)
- » New Heart (ABQ)
- » New Mexico Sports & Fitness Center (Santa Fe)
- » Paradigm Physical Therapy (Los Lunas)
- » Paradigm Physical Therapy and Wellness (Bernalillo)

- » Planet Fitness (Basic Membership - ABQ, Los Lunas, Rio Rancho, Santa Fe)
- » Powerflex Gym (ABQ)
- » Simms Fitness (ABQ)
- » The Open Gym (ABQ)
- » The Sports Clubs (Rio Rancho)
- » UFC Gym (ABQ, Rio Rancho)
- » Westside Fit Body Bootcamp (Rio Rancho)
- » XPAC Fitness Center (ABQ)
- » YMCA (ABQ)
- » Other Gyms Added After March 2016



# Other Popular and Effective Wellness Offerings

- **Annual Health & Benefits Fair and Screenings** at Albuquerque Convention Center in the fall.
- **Blood Pressure Learning Academy** - June 10 , 2016, 11am-1pm, Albuquerque Museum. The 2-hour educational event includes a cooking demonstration and lunch for participants.
- **Cancer Screenings**
  - » **Colorectal Cancer Screening Assessments** at select Open Enrollment meetings and Annual Health Fairs. There are several screening options available, including simple take home options.
  - » **Mobile Mammography Van** - Available at various work locations in May and October.
- **Flu Shots** - Available at various work locations for employees and dependents age 18 and over.
- **Mobile Health Center** - For employees and family members age 2 and over enrolled in the city's Presbyterian Health Plan. Nine locations. No Co-Pay! Services range from preventive wellness exams to urgent care. Call 220-6562 to schedule an appointment.
- **Quit for Life Tobacco Cessation Program** - For employees, spouses, and domestic partners. To enroll, call 1-866-784-8454 or visit [www.quitnow.net](http://www.quitnow.net)

## How do I get involved?

- Stay up to date on wellness initiatives by referring to announcements on eweb at <http://eweb.cabq.gov> or visiting <http://www.cabq.gov/humanresources/employee-benefits/better-health-program>

## Contact Us in HR Department, Insurance and Benefits Division

- Lisa McNichol Gatan, Health and Wellness Coordinator, [lgatan@cabq.gov](mailto:lgatan@cabq.gov), 768-2921
- Shannon Brady, Wellness Assistant, [sbrady@cabq.gov](mailto:sbrady@cabq.gov), 768-3732

*\*Unfortunately AMAFCA and MRCOG are not eligible for four programs.*

*\*\*AMAFCA and MRCOG may complete the health assessment but do not receive gift card.*



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# Complete Your Personal Health Assessment

**Step 1** – Using your Internet browser, go to the Presbyterian home page: [www.phs.org](http://www.phs.org)

**Step 2** – Click on the red myPRES Login tool in the upper right hand corner of the page.

- If you have already registered with myPRES, simply enter your User Name and Password, then click "Sign In" (skip ahead to Step 3)
- If you have not yet registered with myPRES, click on "Register for myPRES" located beneath "Login to myPRES" and complete the following on the myPRES Patient & Member Registration page.

**1. ENTER YOUR PERSONAL INFORMATION** – Have your member ID card available. Enter your name and 11-digit ID number as they appear on your card. Click "Submit."

**2. CREATE YOUR myPRES ACCOUNT**

- Create your User ID. Type in a user name that you will be able to remember.
- Enter a password you will be able to remember. Your password must contain at least one number and a combination of letters and/or special characters (example: newpas\$x1). You must include at least 8 characters. Click "Submit."
- Proceed to Step 3.

**Step 3** – IF YOU'RE ALREADY REGISTERED FOR myPRES and have signed in: Click on the turquoise Wellness At Work button.

**Step 4** – 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.

**If you have questions about accessing the personal health assessment website, please call the phone number located on the back of your Member ID card.**

..... And receive \$25  
**Big 5 Sporting Goods  
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

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CABQ Employees, Spouses & Domestic Partners enrolled in the city's Presbyterian Health Plan are invited to complete the Personal Health Assessment.

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



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**BIG 5**  
SPORTING GOODS