

# Health Promotion Program - *Healthy City 2020!*



## Contact Information

**Andrea Cárdenas, M.P.H., CHES**

Health Promotion Coordinator  
515-239-5354  
acardenas@city.ames.ia.us

## Mailing Address

Human Resources Department  
515 Clark Ave.  
Ames, Iowa 50010

## Eligibility

With the exception of temporary employees, all City of Ames employees (regardless of health insurance coverage) are eligible for the Health Promotion programs. In addition, all members (spouse, dependents and retirees) on City insurance are eligible. *For safety purposes, minimum age requirement may apply to some programs/services.*

### Communications

Health Promotion intranet and e-mail  
Departmental Newsletters:  
    Loose Change and Nutrition Action  
Electronic EAP Newsletter

### Activities

Awareness Campaigns:  
    Cancer Awareness (October),  
    National Employee Health and Fitness Day (May)  
    Blood Drive (June, November)  
Blood Profiles and Personal Wellness Profile screening (every other year)  
Health Fair (every other year)  
Flu Shots (every fall)

### Programs

Luncheon Series: well-being, fitness, nutrition, stress, etc.  
Fitness incentives (Winter/Spring)  
Nutrition incentives (Fall)  
Other Wellness and Holiday incentives throughout year  
Department Specific Initiatives – as requested

### Services

HealthyU portal (online resource)	Health resource library
Healthy4Life (annual program)	RD on Call (email resource)
Ergonomic programs and services ( <i>in development</i> )	Prescription/Pharmacy Assistance ( <i>Outcomes services</i> )

### Trainings

Personal Resilience training (EDC)  
Healthwise Medical Self-Care training (NEO)  
Health Care Consumerism training (EDC)

### Support services

Fitness Class subsidy	Personal Training subsidy
Weight Room subsidy	Nutrition and Weight Management subsidy
Team League subsidy	Smoking Cessation support ( <i>in development</i> )
Mammogram Screening reimbursement	

### Volunteer Opportunities

Health Insurance Advisory Committee (HIAC)	Health Plan Partners (HPP)
Wellness Ambassadors (Wellness Team)	Internships

# ***Healthy City 2020...Excellence through People***

## **Human Resources Vision**

*To enhance our culture of excellence by maximizing human potential through caring people, quality programs and exceptional service.*

### **Strategic Goals**

1. Develop our employees to meet current and future staffing needs
- 2. *Improve the health status and safety of our employees***
3. Identify innovative compensation practices
4. Address workplace employee, legal, and labor issues with equity and respect
5. Continually improve operational efficiency

## **Health Promotion Vision**

*To live and work in a healthy culture that values, protects, and enhances wellbeing.*

### ***Mission***

We will...

- Provide employees with the resources, tools and skills to lead healthier lives;
- Empower our workforce to share the responsibility for health and well-being;
- Collaborate proactively with management, employees, and health partners to embrace preventive strategies that ensure the sustainability of high quality, affordable health care benefits; and
- Create an enjoyable and stimulating work environment that fosters well-being.

