

**2019-2020 Fountain of Health
Retiree Wellness Program**

Fountain of
Health

2019-2020

City of Kansas City, MO
Retiree Wellness Program

Retiree Informational Packet

Wellness — *an active process of becoming aware of and making choices toward a more successful existence.*
National Wellness Institute

2019-2020 Fountain of Health Retiree Wellness Program

Fountain of Health Mission:

The mission of Fountain of Health is to actively engage employees to become healthy in mind, body, and spirit, assist employees in balancing work and personal life, and control the rising cost of the medical benefits to the City through education and employee-focused wellness initiatives. We do this through a comprehensive wellness program that provides employee-focused wellness initiatives that improve the health, wellness, and safety of City employees while inspiring, collaborating, improving, measuring, and celebrating success.

The Fountain of Health Wellness Program is now expanding some offerings to include City of KCMO retirees.

Fountain of Health Team:

Jill Monroe, Wellness Program Manager	Jeanine Scrogum, Wellness Coordinator	Kathy Barry, Registered Dietician
Located at City Hall, 9 th floor, East side	Located at City Hall, 9 th floor, East side	Located at City Hall, 9 th floor, East side
Available: M-F	Available: M-F	Available: T-Th
Email: Jill.Monroe@kcmo.org	Email: Jeanine.Scrogum@kcmo.org	Email: Kathy.Barry@kcmo.org
Phone: 816-513-1918	Phone: 816-513-1965	Phone: 816-513-1963
Fax: 816-513-1953		

*Jeanine Scrogum, Wellness Coordinator and Kathy Barry, Registered Dietitian are contracted through St. Luke's Health System.

Fountain of Health Social Media:

Stay current and connected with the Fountain of Health Employee Wellness Program through our social media.

Fountain of Health Retiree Site: <http://kcmo.gov/humanresources/retirement-information/retiree-resources/>

Fountain of Health Facebook: <https://www.facebook.com/KCMOFountainofHealth>

Fountain of Health Pintrest: <https://www.pinterest.com/FOHKCMO/>

Fountain of Health – Wellness Programs:

Through the Fountain of Health wellness program, employees and retirees have the opportunity to participate in many wellness initiatives which support personal efforts to create and/or maintain healthy lifestyles. Our goal is to provide all City of Kansas City, Missouri employees and retirees with a variety of wellness opportunities to help reach our vision and goals.

- **HEALTH PROMOTION/EDUCATION:** Wellness programs, initiatives and opportunities are offered to City retirees throughout the year. Some opportunities include:
 - Specific health screenings (blood pressure checks, mobile mammograms)
 - Health and activity-based incentive challenges
 - Informational/Chronic Disease Management classes/sessions
 - Health and wellness educational materials
 - CSA (Consumer Supported Agriculture)
 - Blood Drives
 - Flu Shots



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Fountain of Health Programs:

Blood Pressure Checks: Offered at the following locations for 2019:

- Water Administration (4800 E. 63rd St.) – 1st Thursdays from 11-12pm
- Water, 18th St. Wastewater (1800 Prospect) - 4th Tuesday from 6:30-7:30am
- Water, Briarcliff (1 NW Briarcliff) – 2nd Wednesday from 8:30-9:30am
- Parks and Rec Administration (4800 E. 63rd St.) – 1st Thursday from 12:10-1:10pm
- Parks and Rec, Chouteau (1301 N. Chouteau) – 1st Tuesday from 6:30-7:30am
- Parks and Rec, Elmwood (6901 Elmwood) – 3rd Wednesday from 7:00-8:00am
- Public Works, 5300 Municipal – 3rd Thursday from 6:45-7:45am
- Public Works, Coalmine Rd. (4725 Coalmine Rd.) – 4th Thursday from 7:15-8am
- Public Works, Russell Rd. (2400 NE Russell Rd.) – 2nd Thursday from 7:00-8:00am

Departments schedule with FOH to offer blood pressure checks at their respective locations.

Incentive Programs/Challenges: Throughout the year, physical activity, health and/or nutrition-based programs/challenges will be offered to employees. Programs are typically four to eight weeks in length, with prizes awarded for successfully completing specific requirements.

Informational Classes: Commonly known as Lunch n' Learns, these classes can be offered at different times during the day, on a variety of different health/wellness topics, at any City location that is interested in having a class. Check with the FOH staff for current schedule.

Health Classes: Classes that are multiple session/week classes. Class topic could vary depending on the offering along with location and time of class.

***If you would like to know more about the Fountain of Health Wellness Program or to receive emails regarding programming that is coming, please contact Jill.Monroe@kcmo.org.**

- YMCA Pre-diabetes Education Program – FOH will cover the cost of this year long program as long as the retiree stays in good standing of the program.
 - You must qualify to participate in this program.
- Diabetes Management Program –This year long class is specifically for retirees that have diabetes. Fountain of Health will cover the cost of the program as long as the retiree stays in good standing of the program.

*Interested in one of the above classes contact Jeanine.Scrogum@kcmo.org or 816-513-1965.

Time to Be Well: The City's own wellness television show on Channel 2 hosted by Kathy Barry. Each episode demonstrates several healthy, super food recipes that are easy to make and delicious to eat.

Nutrition Consultations: One-on-one coaching with a registered dietician to improve overall nutrition and decrease risk factors. Nutrition consultations are provided free of charge for City retirees. Call 816-513-1963 or email Kathy @ Kathy.barry@kcmo.org to schedule your appointment.

Flu shots: Flu shots are available at City events for retirees covered on the City's Blue Cross insurance through the Fountain of Health in October. Flu shots are also available at the Health Care Trust Clinic for retirees on the City's BCBS health insurance.

Blood Drives. Fountain of Health has partnered with the Red Cross to offer 6 blood drives in 2019.



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