

**2020-2021 Fountain of Health
Retiree Wellness Program**

Fountain of
Health

2020-2021

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



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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 now expands some offerings to include City of KCMO retirees.

Fountain of Health Team:

Jill Monroe, Wellness Program Manager	Jeanine Scrogum, Wellness Coordinator	Mary Jo Mason, Registered Dietician, CDE
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: Coming Soon
Phone: 816-513-1918	Phone: 816-513-1965	Phone: 816-513-1963
Fax: 816-513-1953		

*Jeanine Scrogum, Wellness Coordinator and Mary Jo Mason, Registered Dietitian/Certified Diabetes Educator (CDE) 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 sites.

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 – 2020 Wellness Programs:

Through the Fountain of Health wellness program, employees 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:
 - Blood pressure checks
 - Mammograms (available quarterly)
 - Health and activity-based incentive challenges
 - Informational sessions
 - Wellness Fairs
 - Health classes



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- Chronic disease management programs
 - Diabetes Management
 - Pre-Diabetes Education
- Health and wellness educational materials
- Blood Drives
- Flu Shots

Fountain of Health Programs:

Blood Pressure Checks: Offered at the following locations on the following days of the month at the below times through December 2020:

- Parks and Rec – Chouteau – 1st Tuesday from 6:30am-7:30am
- Parks and Rec – 9th St. – 3rd Tuesday from 6:30am-7:30am
- Water, 18th St. Wastewater (1800 Prospect) – 4th Tuesday from 7-8:30am
- Water – Blue River Treatment Plant – 1st Wednesday from 7:00am-8:00am
- Water – Briarcliff Chemical Bldg. – 2nd Wednesday from 8:30am-9:15am
- Parks and Rec – Elmwood – 3rd Tuesday from 7:00am-8:00am
- Public Works – Russell Rd. – 2nd Thursday from 7:00am-8:00am
- Public Works, 5300 Municipal – 3rd Thursday from 6:45am-7:45am
- Public Works, Coalmine Rd. (4725 Coalmine Rd.) – 4th Thursday from 7:30am-8:15am

Incentive Programs/Challenges: Throughout the year, physical activity, health and/or nutrition-based programs/challenges will be offered to employees and retirees. Programs are typically four to eight weeks in length, with prizes awarded for successfully completing specific requirements. If you would like to get put on an email for information on these type of challenges please contact Jill.Monroe@kcmo.org or 816-513-1918.

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. If

interested in receiving an email about upcoming classes, please contact Jill.Monroe@kcmo.org or 816-513-1918.

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

- 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.

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 Mary Jo Mason after April 1, 2020 at 816-513-1963 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. If you would like to be



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on an email to receive the schedule of events prior to October contact Jill.Monroe@kcmo.org or 816-513-1918.

Blood Drives. Fountain of Health has partnered with the Red Cross to offer blood drives throughout 2020. If you are interested in receiving an email letting you know that a blood drive is coming contact Jill.Monroe@kcmo.org or 816-513-1918.

Health and Wellness Educational Materials:

Educational materials are provided throughout the year as Stall Talks, handouts during challenges and classes, at Wellness Events.

Weekly email updates on “what is coming”: If you would like to receive the Weekly Update email that is sent out to all active employees on what is coming and going on in the Fountain of Health Wellness Program contact Jill.Monroe@kcmo.org or 816-513-1918.