

**2023 Fountain of Health  
Retiree Wellness Program**

Fountain of  
Health

2023

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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

# 2023 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 now expands some offerings to include City of KCMO retirees.*

## Fountain of Health Team:

<b>Jill Monroe, Wellness Program Manager</b>	<b>Jeanine Scrogum, Wellness Coordinator</b>	<b>Mary Jo Mason, Registered Dietician, CDE</b>
Located at City Hall, 9 <sup>th</sup> floor, East side	Located at City Hall, 9 <sup>th</sup> floor, East side	Located at City Hall, 9 <sup>th</sup> floor, East side
Available: M-F	Available: M-F	Available: T-Th
Email: <a href="mailto:Jill.Monroe@kcmo.org">Jill.Monroe@kcmo.org</a>	Email: <a href="mailto:Jeanine.Scrogum@kcmo.org">Jeanine.Scrogum@kcmo.org</a>	Email: <a href="mailto:Mary.mason@kcmo.org">Mary.mason@kcmo.org</a>
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 Facebook: <https://www.facebook.com/KCMOFountainofHealth>

## Fountain of Health – 2023 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 physical activity-based incentive challenges
  - Informational sessions
  - Health classes
  - Blood Drives
  - Chronic disease management programs
    - Diabetes Management
    - Pre-Diabetes Education



# 2023 Fountain of Health Retiree Wellness Program

- o Health and wellness educational materials
- o Flu Shots

## Fountain of Health Programs:

**Blood Pressure Checks:** Offered at the following locations for any employee or retiree:

- City Hall – 414 E. 12<sup>th</sup> St. KCMO – 2<sup>nd</sup>  
Tuesdays from 9-10am on 9<sup>th</sup> floor, east side
- Health Department – 2400 Troost – 3<sup>rd</sup>  
Wednesdays from 1-2pm in multi-purpose room, Lower Level

**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 types of challenges, please contact [Jill.Monroe@kcmo.org](mailto: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. Informational classes are also available virtually. If interested in receiving an email about upcoming classes, please contact [Jill.Monroe@kcmo.org](mailto:Jill.Monroe@kcmo.org) or 816-513-1918.

**Nutrition Consultations/Diabetes Education Consults:** One-on-one coaching with a registered dietician/diabetes educator to improve overall nutrition and decrease risk factors. Nutrition consultations are provided free of charge for City retirees. Email [mary.mason@kcmo.org](mailto:mary.mason@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. If you would like to be on an email to receive the schedule of events prior to October contact [Jill.Monroe@kcmo.org](mailto:Jill.Monroe@kcmo.org) or 816-513-1918.

**Blood Drives.** Fountain of Health has partnered with the Red Cross and the Community Blood Bank to offer blood drives throughout 2023. If you are interested in receiving an email letting you know that a blood drive is coming contact [Jill.Monroe@kcmo.org](mailto: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, weekly newsletters, and at wellness events.

**Mammograms:** Mobile mammograms are available to retirees at four different City locations throughout the year. If you are not on the City's insurance, please check that your insurance provider is covered before your appointment. Locations in 2023:  
Aviation (601 Brasilia)  
Parks/Water Administration (63<sup>rd</sup> St.)  
Health Department (2400 Troost)  
City Hall (414 E. 12<sup>th</sup> St.)

**Weekly email updates:** 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](mailto:Jill.Monroe@kcmo.org) or 816-513-1918.

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