

**2024 Fountain of Health  
Retiree Wellness Program**

Fountain of  
Health

2024

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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

# 2024 Fountain of Health Retiree Wellness Program

## Fountain of Health Mission:

*The mission of Fountain of Health (FOH) Wellness Program 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, multi-disciplinary 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,<br/>Wellness Program Manager</b>                         | <b>Jeanine Scrogum,<br/>Wellness Coordinator</b>                                 | <b>Mary Jo Mason,<br/>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:<br><a href="mailto:Jill.Monroe@kcmo.org">Jill.Monroe@kcmo.org</a> | Email:<br><a href="mailto:Jeanine.Scrogum@kcmo.org">Jeanine.Scrogum@kcmo.org</a> | Email:<br><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 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:
  - Blood pressure checks
  - Mammograms (available quarterly)
  - Health and physical activity-based incentive challenges
  - Informational sessions
  - Health classes



# 2024 Fountain of Health Retiree Wellness Program

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

## Fountain of Health Programs:

**Blood Pressure Checks:** Offered at the following location for retirees:

- City Hall – 414 E. 12<sup>th</sup> St. KCMO – Blood pressure kiosk, 9<sup>th</sup> floor, east side

## 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 receive 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 receive an email with flu shot information 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 Center to offer blood drives throughout 2024. 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 is covered before your appointment. Contact

# 2024 Fountain of Health Retiree Wellness Program

[Jill.Monroe@kcmo.org](mailto:Jill.Monroe@kcmo.org) for locations/dates/times in 2024.

**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.

**Arthritis @ Work – Free digital platform:** The Fountain of Health has partnered with the Arthritis Foundation to offer the City of KCMO employees Arthritis @ Work program to provide free tools, resources (webinars, Facebook live events, and podcasts) and support (in-person and virtual support groups) to improve your workdays and your life for those living with arthritis.

**Calcium Scoring Cardio Scans:** Available at North Kansas City Hospital locations! Employees, spouses/partners/retirees on the City's BCBS medical insurance are welcome to participate. (Employees, spouses/partners/retirees must sign-up through Jill Monroe or Fountain of Health will not cover the cost.)

What: A quick and painless screening that can detect plaque buildup that can lead to chest pain or heart attack offered through the Fountain of Health Wellness Program by NKC Hospital.

Requirements to participate: Must be at least 30 years old and have not had a cardio scan within the past 5 years.

Interested: Contact [Jill.Monroe@kcmo.org](mailto:Jill.Monroe@kcmo.org) or call 816-513-1918 to sign-up.

## **My Milestones – Free financial wellness platform:**

We know how important financial well-being is to you and your family and the Fountain of Health Wellness Program wants to support this area of your health.

Here's how you can take advantage of this benefit:

- Create an account at <https://kcmo.mymilestones.com/> all you need is an email address and a password.
- Once you reach the My Milestones by Commerce™ platform, complete the **Financial Wellness Checkup** and **Money Personality** tools.
- Then you'll start receiving **personalized recommendations** that fit your unique situation.

[Enroll today](#) and start to take charge of your financial wellness!

## **Kansas City Corporate Challenge:**

an Olympic-type event that allows companies throughout KC to interact, compete, have fun, get exercise, and show their team spirit! **PARTICIPATION IN KCCC IS COMPLETELY VOLUNTARY!** Any full-time employee of KCMO, KCFD, KCPD, contractors and retirees of the city can participate. Events run from April – June. To learn more or to sign-up, contact [Jeanine.Scrogum@kcmo.org](mailto:Jeanine.Scrogum@kcmo.org) or 816-513-1965.