HEALTH IMPROVEMENT PROGRAM (HIP)

Eligibility: This program is available for all City of Colorado Springs' regular and special employees and their eligible dependents.

Administrator: The HIP program administrator is:

Memorial Hospital HealthLink
Phone Number: 444-CARE (2273)
Address: 5360 N. Academy, Suite 220
Colorado Springs, CO, 80918

Benefits: No cost to the employee, City of Colorado Springs' regular and special employees and their eligible dependents may participate in any four (4) of the specific services described below each calendar year.

Services: HIP offers a variety of educational classes and health screenings:

Classes: Contact Memorial Hospital HealthLink to ask about their current class schedule.

- Aromatherapy
- Baby Action
- Basic Newborn Care
- Breastfeeding Basics
- Car Seat Safety
- Coming of Age with Moms
- Coming of Age with Dads**
- In Search of the Stork
- Infant Massage
- Infant Safety
- Healthy Habits Weight Loss Class
- Kick the Habit
- Lamaze Method of Childbirth
- Lamaze Refresher
- Lamaze for Teens**
- Lighten Up for Life Weight Loss
- Love and Logic
- Mastering Massage
- Meditation & Journaling
- My Mom’s Having a Baby
- Nutrition Classes
- One Day Lamaze
- Self-Defense
- Sensational Sitters
- Tai Chi
- Yoga – Prenatal Class
- Yoga – Postnatal Class**
- Yoga for Beginners
- Yoga - Continuing**
- Yoga for Special Concerns
- Yoga for Seniors

**New classes offered
Health Screenings:
To schedule a health screening, call Memorial Hospital HealthLink at the number listed above.

- Health Risk Appraisal (includes questionnaire, screenings and formal individualized health report)
- Bone Density Screening
- Cholesterol Screening
- Cholesterol & Glucose Screening
- Colorectal Cancer Check
- Body Fat Analysis
- Blood Pressure

Nurse Line: In addition to the above services, you can call HealthLink at 444-CARE (2273) from 7 a.m. to 10 p.m. seven-days-a-week and a nurse will answer your health-related questions, help you find a physician, or schedule the class or a screening of your choice.

HealthLink Newsletter:
A link to the latest HealthLink newsletter can be found on the City's Intranet/Internet. This newsletter will also provide you with interesting health care articles and the current class schedule.

Internet Services: Visit Memorial Hospital’s web site at www.memorialhospital.com to find additional information on HealthLink and their programs.