

2018 Wellness Calendar by Health Plan (open to all members, regardless of plan)

Month	NMRHCA	Blue Cross Blue Shield	Humana	Presbyterian Health Plan	UnitedHealthcare
January	Better Choices Better Health (online)		Programs information for members available at http://nmrhca.org/humana-member-page.aspx/		Programs information for members available at http://nmrhca.org/uhc-member-page.aspx/
February	Better Choices Better Health (online)	Love Your Heart Webinar - Albuquerque		Dinner With a Dietitian (Diabetes online)	
March	Better Choices Better Health (online)			Change Is Possible Diabetes Academy - Santa Fe	
April	Better Choices Better Health (online)			Dinner With Dietitian (Diabetes online) Diabetes Academy - Albuquerque	
May	Better Choices Better Health (online)	Summer Safety Webinar - Las Cruces		Better Bone Health (online) Diabetes Academy (Las Cruces)	
June	Better Choices Better Health (online)			Dinner With a Dietitian (Diabetes online)	
July				Change Is Possible	
August		Let's Get Energized Webinar - Albuquerque		Dinner With a Dietitian (Diabetes online) Blood Pressure Academy (Albuquerque)	
September				Blood Pressure Academy (Santa Fe)	
October	Switch Enrollment Screenings			Dinner With a Dietitian (Diabetes online)	
November		Stress Reduction Techniques Webinar - TBD		Better Bone Health	
December				Dinner With a Dietitian (Diabetes online)	