

## 2019 Wellness Calendar by Health Plan (open to all members, regardless of plan)

Month	NMRHCA	Blue Cross Blue Shield	BCBS cont'd	Presbyterian Health Plan	Presbyterian cont'd	Humana	UnitedHealthcare
January			<b>Yearlong programs</b>		<b>Yearlong programs</b>		
February			Naturally Slim Weight Management Program	Dinner With a Dietitian (email course): Blood Pressure	Good Measures personalized nutrition and health programs		
March		Activities for 2019 to be determined	Well OnTarget: Personal Health Assessments Events as announced	Blood Pressure Academy - Albuquerque	Diabetic Prevention Program (Albuquerque)	Programs information for members available at <a href="https://our.humana.com/nmrhca/">https://our.humana.com/nmrhca/</a>	Programs information for members available at <a href="http://www.uhcretiree.com">http://www.uhcretiree.com</a>
April				Dinner With a Dietitian (email course): Diabetes	Senior Connection Speaker Series (Open to 60-plus)		
May	Spring Event TBA			Dinner With Dietitian (email course): Blood Pressure	Wellness at Work: Personal Health Assessments Workshops Tracking		
June				Blood Pressure Academy - Las Cruces	Better Bone Health (email course)		
July				Blood Pressure Academy - Santa Fe	Dinner With a Dietitian (email course): Blood Pressure	Senior Olympics sponsor <a href="http://nsga.com/humana-well-being">http://nsga.com/humana-well-being</a>	
August				Dinner With a Dietitian (email course): Diabetes			
September				Diabetes Academy - Albuquerque	Dinner With a Dietitian (email course): Blood Pressure		
October	Switch Enrollment Screenings			Better Bone Health (email course)	Dinner With a Dietitian (email course): Blood Pressure		
November				Diabetes Academy - Santa Fe	Dinner With a Dietitian (email course): Diabetes		
December				Dinner With a Dietitian (email course): Blood Pressure			