

Wellness Incentive Program

Frequently Asked Questions:

1) Q. Who is eligible to participate in the Wellness Incentive Program?

A. New Mexico Retiree Health Care Authority members, their spouses or domestic partners that have a medical plan with us. Those with only a dental or vision plan are not eligible.

2) Q. Do you have a list of programs available that I can access?

A. The NMRHCA has a calendar on the Wellness Page on its website that will have some classes available. We also provide resources for activities and samples of qualifying activities on our website. We purposely do not provide a concrete list of available activities because our members reside throughout the state, and some even reside out of state. Different programs might be available to different population areas. We have links on the wellness page of our website that includes senior activity information from various cities in the state.

Here are some examples of qualified courses that are available, but the list is not limited to these:

- A health assessment through member plan or nationally recognized health organization.
- Health classes related to improving health such as MyCD (My Chronic Disease).
- Fitness class with instructor for strength training, swimming, Zumba, tai chi, etc., or other activities that require physical activity such as dance or karate lessons.
- Nutrition class for healthier ways to cook and plan meals.
- Good Measures NM to work with a Nutritionist for tips and help to better eating
- Quit for Life (Smoking Cessation).

3) Q. How do I sign up for a Personal Health Assessment or Health Risk Assessment?

A. Contact your health provider (Blue Cross Blue Shield, Presbyterian Health Plan or United Health Care) about whether a health assessment is available to you. Or you may find one online at a nationally recognized health organization (such as the American Heart Association).

4) Q. Are there other programs available online?

A. Ask your health plan about online programs available. You may search online for accredited classes on healthy cooking or nutrition. Be aware that these courses may charge a fee to participate.

5) Q. What do I need to submit along with the Wellness Incentive Completion form?

A. We ask that you provide written verification (a certificate of completion of a program, a receipt signed by a course instructor or similar) or other form of documentation. If you're working out at a gym or doing some kind of fitness activity on your own, you can include an attendance record from your gym, provide a contact name and number that can verify your participation or even have your physician or nurse practitioner note a positive change as a result of those who walk or ride bikes on their own.

6) Q. I have a gym membership. Does that qualify as one Wellness Program?

A. Unfortunately, no. Having a gym membership does not by itself offer proof that you are using it. If your fitness center offers an aerobics, weight-training, stretching or cardio class, we will count those. The same applies for those who say they ride bikes, walk or jog, or go swimming on certain days of the week. Anyone can say he or she is going to the gym or walking 10 miles per week, but we have to be able to verify the activity.

7) Q. How do I know if the course I want to take qualifies?

A. Contact us at 800-233-2576 or 505-222-6400 and ask us if you're unsure.

8) Q. What happens if I send in a form with an activity that doesn't qualify?

A. If you list an activity that does not qualify or if there is a problem with your completed form, we will first attempt to notify you by phone or email. If we cannot reach you by phone or don't have an email address, we will send you notification in the mail. In the event of an activity disqualification, we will ask you to resubmit a new form with another activity.

9) Q. How long will it take for me to get my \$50 Visa Card after I submit my completion form?

A. You can expect your gift card in four to eight weeks. If you have not received your card after eight weeks, please notify us.