

\$50 REWARD



WELLNESS INCENTIVE PROGRAM

Hello, Members!

New Mexico Retiree Health Care Authority wants to help you “break out” — or maintain — a healthy lifestyle during your golden years. NMRHCA will reward members and their spouses/domestic partners with a \$50 Visa Gift Card if they participate in two wellness activities during the calendar year.

These programs must be structured activities that improves, maintains or contributes to your health or wellness that go beyond just getting a flu shot or some kind of screening.

For example, you can sign up for an aerobics or fitness class, a healthy cooking class, a dance class or attend a seminar on wellness. Do you have a chronic illness? Classes are available, either on location or online to help you manage your condition. Need to quit smoking? Participating in a smoking-cessation program counts as well!

We encourage personal health assessments, but moving forward, we want you to do one with your health provider or physician (BCBS, Presbyterian, Humana or UnitedHealthcare), rather than a generic assessment online (such as WebMD, American Heart Association or other medical website).

Look at the Wellness page on our website, (nmrhca.org/wellness-incentive.aspx) for classes or activities. We have some events listed on our website calendar (nmrhca.org/wellness.aspx). If you still are having trouble finding a program or have a question about a particular program, ask a customer service representative or call us at 1-800-233-2576 for more assistance.

When you have completed your two wellness programs, fill out a completion form (also available on our wellness page or request to have one mailed to you), send it back to us—you can drop it off at our office, mail it (4308 Carlisle Blvd. NE, Suite 104) or email it to us at [NMRHCA.wellness@state.nm.us](mailto:wellness@state.nm.us), and once we verify the programs and your participation, we will send you the \$50 gift card.

Why wait? Start on your Wellness goals today and get your reward!

