

2020 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			Yearlong programs	Break Through Barriers (Webinar)	Yearlong programs/ Virtual Email Courses	Programs information for members available at https://our.humana.com/nmrhca/	Programs information for members available at http://www.uhcretiree.com
February				Naturally Slim Weight Management Program			
March		Healthy Weight Academy — Albuquerque	Well OnTarget: Personal Health Assessments Events as announced	Healthy Weight Academy - Albuquerque Heart Healthy Cooking Class Gut Health (Webinar)	Diabetic Prevention Program (Albuquerque)		
April	Wise and Well Health Fair Las Cruces	Healthy Weight Academy — Santa Fe		Healthy Weight Academy - Santa Fe Paint Your Plate Cooking Class The Happiness Project (Webinar)	Support for Paths to Health classes		
May		Healthy Weight Academy - Greater NM	Monthly Health Kit Topics	Healthy Weight Academy - Greater NM Paint Your Plate Cooking Class Importance of Sleep/Brain Health (Webinar)	Wellness at Work: Personal Health Assessments Workshops Tracking		
June	Wise and Well Health Fair Santa Fe			Lite and Fresh Ingredients Cooking Class Vitamin D: Food, Supplements & Sun (Webinar)	Dinner With a Dietitian Blood Pressure		
July				Lite and Fresh Ingredients Cooking Class The Mediterranean Diet (Webinar)	Dinner With a Dietitian Diabetes		
August		Diabetes Academy - Albuquerque		Diabetes Academy - Albuquerque Diabetes Friendly Swaps Cooking Class Virtual Grocery Store Tour (Webinar)	Better Bone Health		
September		Diabetes Academy - Albuquerque		Diabetes Academy - Albuquerque Diabetes Friendly Swaps Cooking Class Build Your Fitness Routine (Webinar)			
October	Switch Enrollment Screenings			To Be Determined			
November				Healthy for the Holidays Cooking Class Diabetes (Webinar)			
December				Healthy for the Holidays Cooking Class Power of Gratitude			