

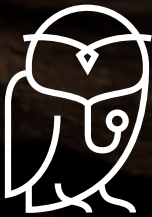


NEW MEXICO  
**RETIREE**  
HEALTH CARE  
AUTHORITY

Fall/Winter  
**2022**

ENGAGEMENT PROGRAMS

*wellness*



**WISE**  
AND  
*well*



*NMRHCA's mission is to nurture, cultivate and encourage our community of retirees to discover and use all wellness offerings for an active life, active mind and social encounters in their retirement years. Wise and Well reaffirms our commitment to help members lead healthier lives through evidence-based programs in weight management, diabetes prevention and control, and more.*

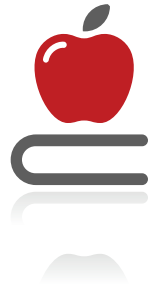
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*This booklet includes current and upcoming offerings through December 2022. Look for more information on [NMRHCA.org](https://www.nmrhca.org) and click on Wellness.*

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# Be the Boss of Your Blood Sugar Academy

**BACK BY POPULAR DEMAND!** This 2-hour event will teach you to develop strategies to manage a very important part of your physiology—**your blood sugar levels**. Unregulated blood sugar impacts everything from mood (have you ever been hangry?) to the potential development of metabolic implications like diabetes.



The good news is, you have the power to be your own boss of blood sugar. Topics will range from implementing nutrition strategies to incorporating more movement, mindfulness and the science of circadian rhythm.

Experience how empowering it feels to formulate a personalized plan that is sustainable. Join us in Albuquerque or Las Cruces.

This academy includes a presentation, cooking demo, catered lunch and takeaways to help you be the boss of your blood sugar.

Check [www.NMRHCA.org/wellness](http://www.NMRHCA.org/wellness) for more information.

You can register on the NMRHCA website, or by scanning the QR codes below with your smart phone or tablet.



You can also email [NMRHCA.wellness@phs.org](mailto:NMRHCA.wellness@phs.org).

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**Albuquerque:** Thursday, December 8, 2022  
11:00 a.m. – 1:00 p.m.

**UNM Continuing Education**  
1634 University Blvd NE, Albuquerque, NM 87131

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**Las Cruces:** Friday, December 9, 2022  
11:00 a.m. – 1:00 p.m.

**Hotel Encanto de Las Cruces**  
705 S Telshor Blvd, Las Cruces, NM 88011

## Virtual Book Club

Love books? Join the book club and share your insight while you connect with others that love books, too.



**READ, CONNECT AND LEARN!** If you love books, want to participate in a book club from the comfort of your home, and like the idea of being part of a community of like-minded people, our book club is for you! The 4-week club meets over Zoom once per week. Books will be sent to registrants. Look out for the announcement and the link to register in the monthly newsletter.

Visit [www.nmrhca.org/wellness](http://www.nmrhca.org/wellness)  
or email [NMRHCA.wellness@phs.org](mailto:NMRHCA.wellness@phs.org) for more information.

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## Monthly Cook Alongs (Virtual)

Healthy recipes made simple, while you cook along!



**COOK IT WITH US.** Do you want to cook healthier but don't know where to start? Are you a seasoned kitchen connoisseur, but want more tips for healthy eating? Attend our cook along sessions to gain experience in the art of healthy cooking!

For more information go to [www.nmrhca.org/wellness/](http://www.nmrhca.org/wellness/) or find information in the monthly newsletter for dates as well as sign up for the cooking classes.

Visit [www.nmrhca.org/wellness](http://www.nmrhca.org/wellness)  
or email [NMRHCA.wellness@phs.org](mailto:NMRHCA.wellness@phs.org) for more information.

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## Monthly Newsletter

Keep up with NMRHCA Wellness programs



**STAY INFORMED!** Sign up for the monthly newsletter with up-to-date information on our current and future wellness programs. Be the first to know and the first to register.

To sign up go to: <http://eepurl.com/h3Nb2z>  
Or scan the image on the right using a QR Code reader on your smart phone.



## Livongo® for Diabetes

### Diabetes Management

Livongo for Diabetes is a free health benefit that combines advanced technology with coaching to support individuals living with Diabetes. The program is offered to members who have a Type I or Type II diabetes diagnosis coverage through an NMRHCA Pre-Medicare Plan. Attainable goals and accountability through reminders and push notifications with daily support and tips.

To sign up go to: [join.livongo.com/NMRHCA](http://join.livongo.com/NMRHCA)  
or call member support at 800-945-4355  
Or scan the image on the right using a QR Code reader on your smart phone.



Free Health Benefit for Diabetes



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## Good Measures™ Nutrition Program

Nutrition guidance with personal coaches and online tools

Good Measures nutrition coaches are registered dietitians who give you a simple, easy way to improve your health through better eating. Good Measures™ is not about dieting. Instead, it gives you the knowledge and tools to make better decisions about what you eat, starting with the foods you enjoy. This tool provides several options that will work with either Diabetes, prediabetes, hypertension, weight loss, or simply better health.

You receive one-on-one, personalized support and guidance, via phone, desktop computer or tablet, whenever you need it, not just during office hours.

To sign up go to: [nm.goodmeasures.com](http://nm.goodmeasures.com), or call 1-888-320-1776  
Or scan the image on the right using a QR Code reader on your smart phone.



# Diabetes Prevention Program

Have you ever been told by a health care provider that you:

- Are at risk for developing diabetes?
- Have prediabetes?
- Have borderline diabetes?
- Have high blood sugar or glucose?
- Had gestational diabetes?



If so, you may be at high risk for type 2 diabetes, but there is something you can do about it. The Centers for Disease Control and Prevention-led National Diabetes Prevention Program can help you make a change for life. This year-long program empowers you to change your lifestyle to help prevent type 2 diabetes. Eligible participants meet virtually as a group with two trained Lifestyle Coaches. In the first 16 weeks participants meet weekly for 1 hour to learn to:

- Eat healthy without giving up all the foods you love
- Add physical activity into busy schedules
- Better deal with stress
- Cope with challenges that can derail the hard work—like how to choose healthy food when eating out
- Get back on track if you stray from your plan—because everyone slips now and then

After the first 16 weeks, participants meet bi-weekly for 1 hour to build on skills learned and maintain positive changes. You will review key concepts such as setting goals, tracking food and physical activity, staying motivated, and overcoming barriers. The program is traditionally offered in person, but currently is being held virtually using ZOOM.

**If you are interested in the program, find out how to enroll by contacting The Solutions Group at [NMRHCA.wellness@phs.org](mailto:NMRHCA.wellness@phs.org)\***



If you qualify for the NDPP you may be put on a short waiting list and will be called when space is available.

## Mini Wellness Moments

Online informative and fun sessions to help you get more wellness.



These short webinars are set up to deliver ways to wellness and better health, with the tools to implement healthy changes. Each session touches on a different topic.

For registration information visit: <https://www.nmrhca.org/wellness>

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## Life on Mindfulness

An online resource for your daily mindfulness breaks

**ADD SOME CALM TO YOUR DAY.** A free online platform that gives you a clear and dynamic roadmap toward a life of greater health, well-being, and a lot less stress through mindfulness.



You have access to two live monthly workshops, daily live guided meditations Monday - Friday, new guided meditations, exclusive teachings, and even more meditations set to gorgeous imagery. You can have a simple approach to bringing more mindfulness to your life.



Scan the QR code with your smartphone or visit:  
<https://tsgmeditations1.themindfulcenter.com>

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## Quit For Life®

Proven smoking cessation program. Quit smoking today.

Using proven techniques tested over 25 years, this program has helped millions of people quit using tobacco. Get started today, and partner with a coach to create a unique Quit Plan, plus get personalized guidance and support each step of the way. Learn to manage your triggers and discover skills that can help you overcome cravings for good.



Register by going to <https://www.quitnow.net/mve/quitnow>  
Select yes to employer and find NMRHCA in the drop down.

The Solutions Group  
A division of Presbyterian Health Care Services  
P.O. Box 26666 | Albuquerque, NM 87125-6666

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**Visit [nmrhca.org](http://nmrhca.org) and go to the Wellness page for more information on wellness benefits available to NMRHCA members.**