



New Mexico Retiree Health Care Authority

Welcome to the February 2023 edition of the NMRHCA Wise and Well Newsletter! We've included an article on "7 ways to lower your Blood Pressure."

Join us for our February cook along. We will be having our FIRST in person cooking demo since the pandemic in March! More details to come. Join Kathryn Hull from BCBS for a Wellness Wednesday Workshop, new balance series, and more. Stay up to date on all wellness activities on NMRHCA.org website.



[Click here for the article on "7 Ways to Lower Blood Pressure"](#)

Upcoming Wellness Events



February Cook along

Turn your day upside down (in the best way) and try breakfast for dinner! Join us on **February 14 at 10am** as we whip up these egg-cellent, nutrient packed breakfast-for-dinner recipes!

[Click HERE to register!](#)

After registering you will receive confirmation from zoom

SAVE THE DATE

Coming in March... Cook and Learn In Person!

Join us **IN PERSON** on March 14 at 10am for our first new in person cook and learn of the year! Curry is the seasoned and savory star of the show this month. These Indian-inspired recipes contain aromatic spices and flavors that are a delight to the senses and provide anti-inflammatory effects for the body. Cumin, what are you waiting for?

Presbyterian Teaching
Kitchen
1301 Wyoming Blvd. NE,
Albuquerque, NM 87112

[Register HERE](#)



Alzheimer's Awareness

Join as we give an overview of Alzheimer's facts, the different types of dementia, how to keep your brain and body healthy, and more! **Join on Monday, February 20 from 9:00am-9:45**

[Click HERE to register.](#)



Non-Sleep Deep Rest

Join Kathryn Hull, on **Monday, February 27** as she discusses what NSDR is and it's benefits.

[Click here to register.](#)



Wellness Wednesday Workshop

Sleep and the Heart Connection

Wednesday February 15

[Click here to register for 8:00 am](#)

[Click here to register for 12:00 pm](#)



A Personalized Wellness Journey

BSBS Members only

What is Well onTarget, Why should I use it, How to navigate and more!

[Click here to register for Feb 8 12-12:45](#)

[Click here to register for Feb 22 3:30-4:15](#)

Interested in more Wellness?

Try out some of these other programs

LIFE IN MINDFULNESS- Online platform that gives users a clear and dynamic roadmap toward a life of greater health, well-being, and a lot less stress through mindfulness. [Click here](#) to learn more

MONTHLY WEBINAR/PODCAST - Each month is a new topic. Don't miss out. Some of the topics include, blood pressure basics, gut health, vitamin D and even a grocery store tour. To listen, [Click Here](#)

KITCHEN CONFIDENCE- What's cooking? Your new kitchen skills! Sometimes the kitchen can be a daunting place, but Wellness is here to help! Join us for Kitchen Confidence, a four-week email series designed for home cooks ready to take it to the next level. New to the kitchen or just looking for inspiration? Kitchen Confidence is for you.

Upon registration you will receive the first week's email so that you can begin learning and cooking right away! These themed emails will include video demonstrations, recipes, a challenge, practical tips and resources that will inspire you to improve your kitchen skills for feeding yourself and your family well. [CLICK HERE](#) to register.

30 WAYS TO WELL-BEING- focuses on small daily actions - not outcomes - to reduce stress and anxiety. Making one small, daily change to your mindset can be the inspiration you need to move forward in these unsettling times. Each day you'll receive an email with a helpful, short resources to help you set your intention, learn a new technique or build a helpful habit. Start any time and receive 30 days of tips in a row. [CLICK HERE](#) to register.

Free Health Benefit for Diabetes



Livongo for Diabetes: A Health Benefit at No Cost That Helps Make Living with Diabetes Easier

Who can join: The program is offered to members and dependent spouses/domestic partners with diabetes and coverage through an NMRHCA Pre-Medicare Plan.

What you get:

- Connected Meter: Automatically uploads your blood glucose readings to your secure online account and provides real-time personalized tips.
- Support from Coaches When You Need It: Communicate with a coach anytime about diabetes questions on nutrition or lifestyle changes.
- Unlimited Strips at No Cost to You: When you are about to run out, we ship more supplies, right to your door.

Enroll today: [Click here](#) or call (800) 945-4355 and use registration code NMRHCA.

Additional Wellness Programs- BCBS
Members

Additional Wellness Programs- United
Healthcare

NM Retiree Healthcare Authority

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This email was sent to jess.biggs@rhca.nm.gov

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