

Personalized Nutrition Coaching

A no-cost benefit for NMRHCA medical plan retirees and their spouses or domestic partners



 good measures™

Good Measures offers two programs to help you eat healthier, prevent or manage a health condition, and feel great!

Nutrition Coaching

- Work with your own **registered dietitian coach** by phone, email, or secure video when it's convenient for you – daytimes, evenings, or weekends.
- Get simple suggestions and advice personalized to you.
- Use the mobile app/website to see how well your foods meet your needs and get suggestions for the best things to eat next.

NEW!

Diabetes Prevention

- For people with prediabetes or certain risk factors for type 2 diabetes.
- Join this powerful online program that can help you make lasting changes to **prevent type 2 diabetes**.
- Get support from a lifestyle coach and online tools to lose weight, eat healthier, get more physically active, and manage stress.

**GET STARTED! Call 888-320-1776
or visit nm.goodmeasures.com to sign up.**

Participating in Good Measures is part of the NMRHCA wellness initiative and qualifies toward the \$50 gift card.