

# Love Your Heart Webinar



The American Heart Association released new guidelines in late 2017 that redefine what qualifies as high blood pressure. Log on to learn what those guidelines are, what that means to you and other great information that will help you love your heart!

**When: February 22, 2018**

**Time: 11:00 am to 12:00 pm**

Use the log in code to access the slides from your computer and it will prompt you to call into the presentation to hear the audio.

JOIN WEBEX MEETING

<https://hcsc.webex.com/hcsc/j.php?MTID=m49b760ca1525603240fc7d49a7ae15ff>

Meeting number: 625 583 398

**Please RSVP spots are limited!**



BlueCross BlueShield  
of New Mexico

**RSVP**

**Call (505) 816-2006**

**Or**

**Email [ibacgroup@bcbsnm.com](mailto:ibacgroup@bcbsnm.com)**



NEW MEXICO  
RETIREE  
HEALTH CARE  
AUTHORITY