



NEW MEXICO
RETIREE
 HEALTH CARE
 AUTHORITY



**IT'S
 BACK!**

**THE "WEIGHT" IS OVER:
 NMRHCA WELLNESS PROGRAM RETURNS IN 2018**

NMRHCA is pleased to announce the return of its Wellness Incentive Program for 2018, in which members and their spouses/partners enrolled in one of our medical programs can receive a \$50 Visa gift card for completing two wellness programs. There aren't too many programs that will pay you to help you achieve your health goals, so take advantage!

A list of qualifying programs and instructions on filling out the form are available at nmrhca.org/wellness-incentive.aspx.

Also, we've provided more guidance or clarifications to the program for you to keep in mind:

- If you complete a personal health assessment, your second program should be associated with the results of the assessment. If your assessment says you should exercise more, we recommend that your second wellness program be a structured exercise program. If you have multiple suggestions from the PHA, you may choose which path to pursue.

- You **MUST** take two separate courses for approval. For example, if you have diabetes, you can take the Diabetes Academy offered through the Solutions Group and sign up for Kitchen Creations. But you cannot attend two Diabetes Academy classes for your two programs.
- You **MUST** provide proof of completion of the programs or a contact name and number of the program coordinator. For those who work out, we require an attendance sheet, or trainer/employee verification. Simply writing down the name of a gym **DOES NOT QUALIFY**.
- Biometric screenings, which are considered "preventative maintenance," **DO NOT** qualify by themselves. If you have a screening that indicates you have high cholesterol, then we recommend participating in a program that is designed to lower cholesterol, which is considered "wellness." An example is taking a healthy cooking class.

If you have any questions, please call us at 800-233-2576, and here's to a healthy 2018!

- **DEPENDENT CHILDREN ARE NOT ELIGIBLE TO RECEIVE A GIFT CARD**
- **LIMIT ONE \$50 GIFT CARD PER ELIGIBLE INDIVIDUAL PER YEAR**
- **ALLOW 4-8 WEEKS FOR DELIVERY OF \$50 GIFT CARD**