Diabetes Support and Prevention Program

As a valued **State of New Mexico** employee, you have access two helpful programs, powered by **NationsNutrition**™. Whether you are managing diabetes or want to lower your risk of getting it, these programs offer expert support to help you feel your best. As an employee of the State of New Mexico, these programs are available at no additional cost to you.

How the Programs Works



Diabetes Prevention Program

If you are at risk for type 2 diabetes, this program helps you build healthy habits that last. You'll join a CDC-recognized program with trained coaches and other participants working toward better health.

This program can help you:

- Lower your risk of type 2 diabetes
- Lose weight and keep it off
- Improve energy and mood
- Create habits for long-term wellness
- Stay motivated with group support

Diabetes Support Program

If you have diabetes, this program helps you manage it with the support of a registered dietitian. You'll get a personal plan to help control your blood sugar, eat healthier, and prevent problems.

This program can help you:

- Manage blood sugar levels
- Make better food choices
- Boost energy and stay active
- Lower your risk of complications

Take control of your health today—because small changes can lead to a healthier future!

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Why Join?

Managing or preventing diabetes isn't always easy—but you don't have to do it alone. These programs are built to give you the support, tools, and confidence you need to take charge of your health.

When you join, you'll get:

- **Personal support**
  Get a plan made just for you.
- **Clear guidance**
  Learn how food, exercise, and stress affect your health.
- **Motivation**
  Stay on track with help from a coach.
- **Real results**
  Improve blood sugar, lose weight, and feel better.
- **Better health**
  Lower your risk for serious problems later.

Convenient and Flexible Participation

To get started, call **1-888-320-1776 (TTY: 711)**
or go to **SONM.NationsBenefits.com/Nutrition**

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