



February is Heart Health Month!

BETTER HEART HEALTH



Join this new no-cost program to improve your heart health, lower blood pressure, and feel your best!

This program is for you if you are diagnosed with heart disease or high blood pressure or you are concerned about heart health and want to improve it with nutrition and lifestyle change. It's no cost to State of New Mexico employees and their spouses who are covered by the Presbyterian Health insurance plan.

So many health benefits of this program!

Better Heart Health can help you:

- Lower blood pressure, cholesterol, and blood sugar levels
- Build healthy habits for life
- Manage or lose weight
- Increase your energy level, sleep better, and reduce stress
- Improve your overall health and well-being

What's included:

- **Your own registered dietitian coach:** Get personalized support by phone or app messaging
- **Smart app:** Learn which foods are best for you and stay on track with your goals
- **Connected blood pressure cuff:** Track your progress and learn how your foods and activity affect your numbers

▶ To get started sign up at sonm.goodmeasures.com or call Good Measures at **888-320-1776**.