

Personalized Nutrition Coaching

A no-cost benefit for City of Albuquerque employees*



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.

Diabetes Prevention

- For people with prediabetes or certain risk factors identified at the prescreening.
- 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! Schedule your January 2017 prescreening appointment or get more information at betterhealth.goodmeasures.com.

For more information, please contact:

Lisa Gatan

Health and Wellness Coordinator
Insurance and Benefits Division
505-768-2921 TTY 711



* Good Measures programs are available to eligible City of Albuquerque employees, spouses, and domestic partners at **no charge** (eligibility will be checked).