



# Check It!

2022

®

Sign up for the **Check It! 12- week self-monitoring blood pressure workshop** in *Wellness at Work*.

## **WANT TO IMPROVE YOUR HEALTH?**

Grab your coworkers and family members 18 and over to join the *Check It!* program,

an interactive way to track your blood pressure and make lifestyle changes to reduce your risk of heart disease and stroke!

### **Register in May!**

**Join** workshop by logging in to **Wellness at Work**.

Participants who **complete 8 weeks of tracking by July 30, 2022** will receive a **home blood pressure monitor**.



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



**BetterHealth**  
CITY OF ALBUQUERQUE AND  
PARTICIPATING GOVERNMENT ENTITIES  
*Better you.*