



What is Good Measures?

Good Measures Registered Dietitian nutrition coaches give you a simple, easy way to improve your health through better eating.

When you sign up, you receive one-on-one support and guidance, online, email, text, or secure video -- whenever you need it, daytimes, evenings, or weekends -- not just during office hours. Based on inputs from you and your Registered Dietitian, Good Measures technology generates highly personalized meal and snack suggestions that address your near term nutrition needs, your food preferences, and any dietary restrictions.

How can Good Measures help me?

Good Measures Registered Dietitian coaches and the digital platform can help you:

- Make better food choices at home and when eating out
- Improve your digestive health
- Lose weight and get into better shape
- Get inspiration from thousands of meal suggestions beginning with the foods you like, and adding new foods when you're feeling adventurous
- Make better choices from thousands of restaurant items, and from eating plans such as the Mediterranean, Paleo, Zone, and DASH diets
- Strengthen your immune system and increase energy
- Prevent, lower your risk of, or better manage diabetes, high blood pressure, high cholesterol, and other nutrition-sensitive conditions
- Better manage stress and improve sleep quality

Is Good Measures a diet?

No! Instead, we give you knowledge and tools to make better decisions about what you eat, starting with foods you enjoy. We help you make small, manageable changes at your own pace. Good Measures nutrition coaches are non-judgmental, caring professionals and problem-solvers.

What is it like to participate in the program?

When you sign up for Good Measures, you start working with your Registered Dietitian coach right away by scheduling a phone session. You can schedule your sessions whenever it is convenient for you -- Registered Dietitians are available daytimes, evenings, and weekends via text, email, and phone. For the first 60 to 90 days after you sign up, your Registered Dietitian will provide frequent, highly personalized suggestions for how you can improve eating habits. You have access to your Registered Dietitian and the Good Measures technology for a full 12 months.



Is there a cost or copay to participate?

There is no cost or copay to participate in the program.

Who is eligible for Good Measures?

The program is available to all City of Albuquerque employees, spouses, and domestic partners. Dependents in your household 16 years and older are also eligible. Space is limited to 300 participants.

How do I sign up or get more information?

Visit <http://betterhealth.goodmeasures.com> or email betterhealth@goodmeasures.com