



Achieve your health goals and feel your best!

Join a Good Measures program and improve your health and well-being through the power of food.

Good Measures healthy habits programs are **no cost** to NMPSIA members covered under Presbyterian Health Plan and their spouses or domestic partners.

Good Measures programs can help you:

- Lose or manage weight
- Eat to boost your immune system, have more energy, and feel better
- Improve a health condition with food choices
- Lower blood pressure, blood sugar, and cholesterol and improve heart health
- Get optimal nutrition for a healthy pregnancy
- Prevent or better manage diabetes

What's included:

- Your own registered dietitian coach—check in by phone or messaging
- A smart app that helps you choose foods and meals best for you
- Support and a personalized plan to meet your goals

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

