



Take Charge of Your Health!

Virtual Hypertension Program

Challenge Dates: February 9 - March 27

Develop Behaviors for a Healthier Lifestyle

7-Week Virtual Program



[Sign up here](#)



Blood Pressure

Blood pressure wrist cuffs are provided to participants. Participants will check their blood pressure throughout the challenge and track their progress.



Essentials of Nutrition

Learn how nutrition plays a crucial role in blood pressure. Participants will also learn the components of a healthy diet, the truth about salt, and tips and tools to eat healthy.



Healthy Habits

Learn about the importance of sleep, exercise, and weight management and how all of these factors can contribute to high blood pressure.



Disease Management

Learn the facts about hypertension, the risk factors associated with high blood pressure, how to prevent and manage your blood pressure, and how to properly measure your blood pressure.



The Take Charge of Your Health Hypertension Program Includes:

30-Minute Virtual Educational Classes

Blood Pressure Cuff

Weekly Exercises

Nutritional Support

Open to all NMPSIA Employees at no cost!



BlueCross BlueShield
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New Mexico
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NMPSIA