

Ready to Improve Your Health and Feel Your Best? Join the Path for Wellness!

The Path for Wellness offers programs that can help you achieve your health goals through diabetes prevention and healthy weight!

The diabetes prevention and healthy weight programs can help you:

- Build healthy habits
- Lose weight and keep it off
- Get more active
- Make better food choices
- Sleep better and manage stress
- Prevent or delay Type 2 diabetes

What's included?



Your own health coach, a person who helps you build healthy habits



Access to your health coach by phone or online



Online group classes



An app that offers health information and tools



A scale to track your weight and send information to your app

Who is eligible?

Presbyterian Turquoise Care adult members who have a weight loss goal or have prediabetes or certain risk factors for Type 2 diabetes.

Such services are funded in part with the State of New Mexico.

Presbyterian complies with civil rights laws and does not discriminate on the basis of protected status including but not limited to race, color, national origin, age, disability, or sexual orientation or gender expression. If you need language assistance, services are available at no cost. Call (505) 923-5420, 1-855-592-7737 (TTY: 711). ATENCIÓN: Si usted prefiere hablar en español, están a su disposición servicios gratuitos de ayuda lingüística. Llame al (505) 923-5420, 1-855-592-7737 (TTY: 711). Díí baa akó nínízin: Díí saad bee yáníłti'go Diné Bizaad, saad bee áká'ánída'áwo'déé', t'áá jiik'eh, éí ná hólq, kóji' hódíłnih (505) 923-5420, 1-855-592-7737 (TTY: 711).

For more information, visit <https://www.phs.org/nondiscrimination>.

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Find the program
that is right for you
by calling
1-855-249-8587
or go to
[www.phs.org/
PreventionProgram](http://www.phs.org/PreventionProgram).

 good measures®

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Turquoise Care