

NHRMC Healthy Lifestyles Plan

Healthy Lifestyles Plan classes

Introduction to Diabetes (1x plan participant requirement)

If this is your first year in the Health Lifestyles Plan- Diabetes OR you have not yet completed this course, please log on and watch the **Introduction to Diabetes** in 2018. Follow the instructions at the end of the modules to receive credit. This course is available online only.

Visit www.nhrmc.org/healthylifestylesplan to access the link.

Introduction to Hypertension (1x plan participant requirement)

If this is your first year in the Health Lifestyles Plan- Hypertension OR you have not yet completed this course, please log on and watch the **Introduction to Hypertension** in 2018. Follow the instructions at the end of the modules to receive credit. This course is available online only.

Visit www.nhrmc.org/healthylifestylesplan to access the link and sign up for the class.

Heart Health & Healthy Lifestyles (1x plan participant requirement)

If this is your first year in the Healthy Lifestyles Plan- Diabetes OR you have not yet completed this course, please log on and watch the **Heart Health & Healthy Lifestyles** in 2018. Follow the instructions at the end of the modules to receive credit. This course is available online only.

Visit www.nhrmc.org/healthylifestylesplan to access the link.

Special Guest Presentations (1 per year) (See back for 2018 calendar)

All participants of the Healthy Lifestyles Plan must attend at least ONE Special Guest Presentation before December 31st, 2018. However, you may attend as many presentations as you would like throughout the year.

Visit www.nhrmc.org/healthylifestylesplan (Click on **CLASSES**) to access registration to these Special Presentations.

Good for You Class (Formally "Movement Class") (1x plan participant requirement)

All participants of the Healthy Lifestyles Plan must attend one *Good For You* Class during the 1st year in the plan. This class gives participants an overview of the services available at the EFC that can assist in their disease management journey.

Visit www.nhrmc.org/healthylifestylesplan (Click on **CLASSES**) to access registration to the ***Good For You*** class.

For questions or concerns call Tina Marie Medlin, Healthy Lifestyles Plan Administrator at 910-667-5959 or tina.medlin@nhrmc.org