

CONNECTING HEALTH PLANS TO GOOD HEALTH



OUR STAYING HEALTHY WEBSITE

The Staying Healthy page on our site features a wealth of information that we update regularly. You will find:

- A list of important community wellness resources, phone numbers, and websites – including a section just for mothers-to-be.
- A Health Risk Assessment (HRA), which asks you a series of questions about your health and habits. The HRA then calculates a score and gives you an overview of your health based on your responses. If there are areas of concern, the HRA will provide you with links to more information. You can print your HRA and take it with you to your primary care provider (PCP) visit.
- Links to Preventive Health Screenings for men and women at every stage of life, as well as for children.
- A Topic of the Month, based on National Health Observances. Our medical management staff writes and updates an in-depth topic every month. The article includes tips from NMHC's own physician leaders and suggestions for health-related mobile apps.
- A.D.A.M, a comprehensive, multimedia health resource that helps you learn more about signs and symptoms of illness and injury, how medical tests and procedures work, how to take better care of yourself, and much more. Visit mynmhc.org/adam to explore all A.D.A.M. features.

Visit myNMHC.org

At New Mexico Health Connections, everything we do supports the health of our members and their families. From providing you with the knowledge to make smart choices to stressing the importance of primary care, our number-one goal is to help you live healthy lives.

WELLNESS BEGINS WITH REGULAR PRIMARY CARE

The first way we promote wellness is by making it simpler for member to get the healthcare they need. We offer:

- **A \$0 copay** for generic medications for several common chronic conditions. If you don't have to pay a copay for the medication that helps you manage your condition, you are more likely to take it as directed by your doctor and refill it regularly.
- **A \$0 copay** for generic medications for most behavioral health conditions.
- **A \$0 copay** for all behavioral health outpatient visits. This helps members to establish relationships with behavioral health providers just as they would with their primary care providers (PCPs).

These benefits help you connect with your providers regularly, which in turn helps them—and us—coordinate your healthcare, improve your health, and keep you out of the hospital unless you really need to be there.



Refreshingly Different