

Breakthrough Nutrition Coaching

IMPROVE
YOUR HEALTH
THROUGH FOOD—

A new program available to
NMPSIA members covered
under Presbyterian Health
Plan.



Breakthrough Nutrition Coaching

Work with your own registered dietitian coach by phone, email, or online. Use our app to find out which foods are best for you.



Good Measures* can help you:



Have more energy and feel better



Improve your overall health



Lose or manage weight



Fit healthy eating into your schedule and budget



Manage a health condition



Make smart food choices that lower cholesterol, blood pressure, and blood sugar

SPACE IS LIMITED. SIGN UP TODAY:

Call 888-320-1776 or visit

NMPSIA.goodmeasures.com

*Good Measures is available to NMPSIA members and covered spouses/domestic partners (ages 18+) covered under Presbyterian Health Plan **at no additional cost.**



Interested in learning more about cooking diabetes-friendly meals? Also try Dinner with a Dietitian.

Learn more by visiting goo.gl/EnPYUc

