

Below is a detailed description of the wellness resources available on our website.

WHAT IS PATIENT-CENTERED, COORDINATED CARE?

At New Mexico Health Connections, we believe in the concept of patient-centered coordinated care and in working with a network of healthcare providers focused on keeping you healthy and out of the hospital. This is a type of care that puts you first. We believe in primary care and putting your family doctor at the center of your care team. This way, your doctor's office is actively working with you to keep you healthy.

We will also have relationships with highly rated specialists and acute-care hospitals throughout the state. But our priority is keeping you healthy and at home with your family, instead of in the hospital.

Our goal is simple: help people live healthy, happy lives by giving them the tools to effectively manage their health and make healthy choices.

YOUR ANNUAL FLU SHOT: NO. 1 ON YOUR HEALTH TO-DO LIST

One of the most important things you can do to stay healthy is to receive a flu vaccine every year. As an NMHC member, your flu shot is covered at no charge to you as a preventive health benefit.

We have partnered with Walgreens this year to offer flu shots to our members, but you can receive your flu shot at no charge at any in-network pharmacy. Click [here](#) to search for a pharmacy in your area that provides flu shots. It's a good idea to call the store first to make sure the vaccine is available, and take your NMHC ID card with you to the store.

A.D.A.M. – CONNECTING YOU TO WELLNESS

A.D.A.M.* (mynmhc.org/adam) is a complete source of health and wellness information created to help you manage your health. A.D.A.M.'s interactive features, self-management tools, assessments, and content are easy to use and can help guide you in making the best healthcare decisions. And you can access A.D.A.M. anytime, anywhere from your mobile device.

Here are just a few of the features you'll find on A.D.A.M.:

- **Health Navigator:** Find medical information easily by using the avatar (figure) to select your area of interest. Then choose the type of information you want. Quickly find an NMHC provider who can treat your specific symptoms and conditions.
- **Wellness Tools:** This module helps you set goals and manage your health. Calculate body mass index, calorie goals, and target heart rate; determine a regular checkup schedule; and more.
- **Pregnancy SmartSite:** Having a baby? This feature offers in-depth, expert content to help you through every stage of pregnancy and after delivery. Visit <http://mynmhc.adam.com/content.aspx?productId=82> to explore.

**A.D.A.M. and the information it contains is for informational use only. It should not be used as a replacement for a physician's care.*

GET A PICTURE OF YOUR HEALTH WITH OUR HEALTH APPRAISAL

Our general Health Appraisal (HA) helps identify behaviors that might put you at risk for developing chronic diseases. The HA has four key elements:

1. A questionnaire
2. A calculation (score) of your health status
3. An automatic online report
4. Links to articles and other resources to promote healthy behaviors

The information you share with us in your HA is private. Only NMHC employees within the medical management division, including care managers, have access to each member's results. Our care managers can use your HA information and may contact you to help you find resources for specific conditions or healthcare needs that they identify. We cannot give anyone else your HA information unless you give us consent to do so. Completing your HA does not affect where or from whom you can seek care.

The HA is not a substitute for a checkup or physical exam that you get from a doctor or nurse. The HA gives you some ideas for lowering your risk of getting sick or injured in the future. You can also contact the NMHC Medical Management Department to learn about resources that can help you stay healthy.

If you have questions about the HA or your results, call our Case Management department toll-free: 1-844-691-9984. We are here Monday through Friday, 8 a.m. to 5 p.m.

How to Use the Health Appraisal

You will need to register at <https://nmhc.alderaplatform.com/Logon.jsp> and activate your personal NMHC account (if you haven't already done so) to use the HA tool. After logging in to the NMHC member portal, scroll down to the *My Health Tools/Resources* section of the home page and click on the General Health Assessment. Please note that by accessing and completing the HA, you give NMHC your consent to use your health information for the intended purposes noted above. Non-registered use or access to the NMHC HA tools is prohibited.

BEHAVIORAL HEALTH

Looking for a Behavioral Health Provider Near You?

Browse our [online provider directory](#) to find an in-network behavioral health provider. If you are unable to locate a specific provider, have questions about the providers you will see, or need assistance with the provider directory search, please call NMHC Customer Service at the number on the back of your ID card, Monday through Friday, 8:00 a.m. to 5:00 p.m.

Connecting You to Behavioral Health Wellness

Learn more about the following topics on A.D.A.M.:

- [Substance Abuse](#)
- [Depression](#)
- [Bipolar Disorder](#)
- [Anxiety Disorders](#)
- [Post-Traumatic Stress Disorder](#)

Having a Behavioral Health Crisis?

If you or someone close to you is in a crisis, the following toll-free hotlines are available to you.

- [Agora Crisis Center](#) or call 1-855-505-4505
- National Suicide Prevention Lifeline: 1-800-273-8255
- New Mexico Crisis and Access Line: 1-855-662-7474
- New Mexico Peer-to-Peer Warmline: 1-855-466-7100

Feeling down, depressed, or anxious? Take a free [online behavioral health assessment](#).

PREVENTIVE HEALTH SCREENINGS

At NMHC, we focus on helping you stay well, rather than waiting until you become ill. One important way you can maintain your good health is to have tests and screenings regularly. See below for links to preventive health screenings to help you understand what tests you need at every stage of life. Discuss these screenings with your primary care provider (PCP).

Are you wondering what preventive health screenings are covered under the Affordable Care Act? The U.S. Department of Health & Human Services has a [list](#).

The information provided below is powered by [A.D.A.M.](#), a comprehensive health and wellness resource.

Men

[Checkups](#)

[Preventive Health Screenings, ages 18-39](#)

[Preventive Health Screenings, ages 40-64](#)

[Preventive Health Screenings, ages 65 and older](#)

Women

[Checkups](#)

[Preventive Health Screenings, ages 18-39](#)

[Preventive Health Screenings, ages 40-64](#)

[Preventive Health Screenings, ages 65 and older](#)

Children

[Well-child visits](#)

[Preventive Health Screenings, ages 0 months-15 months](#)

[Preventive Health Screenings, ages 18 months-6 years](#)

Immunizations (vaccines, shots)

[Comprehensive information on immunizations from A.D.A.M.](#)

[Vaccine-preventable diseases and the vaccines that prevent them](#)

COMMUNITY WELLNESS RESOURCES

General Wellness Resources

- [Prescription Trails](#): Provides prescriptions for walking and wheelchair rolling and a walking guide that suggests routes in the Albuquerque community.
- [SHARE NM](#): An easy-to-use, customizable statewide website that consolidates public and private sector information about a wide range of issues that impact New Mexicans' quality of life.
- [United Way - 211 Directory](#): Free information and referrals to health and human services, government agencies, and community-based organizations.

National Hotlines

- AIDS Hotline: 1-800-232-4636 or 1-800-CDC-INFO
- Crisis Response Hotline: (505) 820-6333 or 1-888-920-6333
- National Runaway Safeline: 1-800-786-2929
- Poison Control Hotline: 1-800-222-1222
- Teen Suicide Hotline: (505) 820-6333
- Tobacco Quitline: 1-800-784-8669
- Rape Crisis Hotline: (505) 986-9111 OR 1-800-721-7273
- Rape Crisis Center of Central NM: (505) 266-7711
- Suicide Prevention: 1-866-HELP1NM or 1-800-SUICIDE
- National Domestic Violence Hotline: 1-800-799-7233
- National Teen Dating Abuse Hotline: 1-866-331-9474 or loveisrespect.org
- NM Suicide Prevention Hotline: 1-866-435-7166
- Postpartum Support International: 1-800-944-4773
- Spanish-Language Suicide Hotline: 1-800-SUICIDA
- National Patient Travel Helpline: 1-800-296-1217 (Medical Transportation)

National Resources

- [Alzheimer's Association](#)

- [Alzheimer's Disease - National Institute on Aging](#)
- [American Aerovac, Inc. \(if website is down, call 1-800-423-5993\)](#)
- [American Association of Kidney Patients](#)
- [American Cancer Society](#)
- [American Diabetes Association](#)
- [American Fibromyalgia Syndrome Association](#)
- [American Heart Association](#)
- [American Liver Foundation](#)
- [American Lung Association](#)
- [Asthma Information on improving lung health and preventing lung disease](#)
- [Arthritis Foundation](#)
- [CANCERCare, Inc.](#)
- [Cancer Support Now, Inc.](#)
- [Centers for Disease Control](#)
- [Coalition Against Drug Abuse \(drug and alcohol abuse with diabetes\)](#)
- [Colon Cancer Alliance](#)
- [Depression and Bipolar Support Alliance](#)
- [Hospice Foundation of America](#)
- [Leukemia and Lymphoma Society](#)
- [March of Dimes](#)
- [Mesothelioma Group \(a support community\)](#)
- [NAMI \(National Alliance for the Mentally Ill\)](#)
- [National Fibromyalgia Association](#)
- [National Institutes of Health](#)
- [National Kidney Foundation](#)
- [National Multiple Sclerosis Society](#)
- [National Parkinson Foundation](#)
- [Obesity Action Coalition](#)
- [Office of Women's Health](#)
- [Partnership for Prescription Assistance](#)
- [People Living Through Cancer](#)
- [Rheumatoid Arthritis](#)
- [Social Security Disability Benefits](#)
- [Urology Care Foundation](#)
- [Violence Against Women](#)

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