



Take Charge of Your Health

During this time of social distancing, chronic disease community programs and other classes are still happening statewide. Taking a class may help during this time of stress and isolation. These workshops/programs or classes are available at no cost to you through distance learning. You can connect by phone or another electronic device using an internet connection. If you have any questions, please call Blue Cross Community Centennial Member Services at **1-866-689-1523** (TTY: **711**).

Topic	Online Class Information
Alzheimer's	<ul style="list-style-type: none"> • Support groups are available for individuals living with Alzheimer's as well as their caregivers. Please locate your local program using the Community Resource Finder or contact the 24/7 Helpline (800.272.3900) for details. • I Have Alzheimer's website (alz.org/IHaveAlz) — an online resource created with input from individuals with Alzheimer's and other dementias that offers information and strategies to help those living in the early stage of the disease lead their best life for as long as possible. • Alzheimer's and Dementia Caregiver Center (alz.org/care) — a resource for caregivers, family and friends that provides reliable information and access to helpful online tools, including: <ul style="list-style-type: none"> ○ ALZConnected[®] (alzconnected.org) — an online community for people with dementia, caregivers, family and friends. ○ Alzheimer's Navigator[®] (alz.org/alzheimersnavigator) — an innovative tool for creating a customized plan of action for life with Alzheimer's. ○ Community Resource Finder (alz.org/CRF) — a tool for finding local resources, programs and support. ○ Green-Field Library (alz.org/library) — the nation's largest library dedicated to Alzheimer's disease with material accessible virtually.
Asthma	<ul style="list-style-type: none"> • Asthma Basics online course (available anytime) through the American Lung Association website. To take the online course go to: www.lung.org/asthmabasics Lung Help Line: (800) 586-4872 Tobacco Quit Line: (800) 586-4872 TTY: (800) 501-1068

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

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<p>Diabetes</p>	<ul style="list-style-type: none"> • Programs to support those with diabetes: <ul style="list-style-type: none"> ○ Better Choices Better Health ○ Chronic Disease Self-Management Programs ○ Tomando Control de su Salud (Spanish) ○ Diabetes Self-Management Programs ○ Programa de Manejo Personal del Dolor Cronico (Spanish) ○ Kitchen Creations <p>Check out the Paths to Health New Mexico webpage for more information at www.pathstohealthnm.org. Or call (505) 850-0176 or (575) 703-2343 for further details.</p> • Diabetes classes using Zoom – Registration is now open for Zoom diabetes classes and group meetings at no charge. You will need access to a computer. <ul style="list-style-type: none"> ○ Register by email: snmdo@snmdo.org ○ Call Southern New Mexico Diabetes Outreach (SNMDO) at (575) 522-0289. ○ Adult classes are taught in English and Spanish by: T. J. Jasso, RN, BS, Diabetes Care and Education Specialist ○ Children/youth diabetes group meetings are taught by Katy Manseau, 4th year medical student <p>SNMDO is a member of ADA and ADCES (formerly AADE).</p>
<p>Fitness</p>	<ul style="list-style-type: none"> • Walk with Ease – Walk with Ease is a 6-week self-directed online fitness program that runs 3 times a week for 1 hour. <ul style="list-style-type: none"> ○ Walk 3 times a week at your own time and pace. ○ Series of 6 weekly emails with health education, stretching and strengthening exercises, 10–35 minutes of walking. ○ Connect with others in the program through social media. <p>Email or call to register and learn more. Email: walkconnectmanage@gmail.com Phone: (505) 440-0213</p> <p>The Walk with Ease project is supported by Grant or Cooperative Agreement No. 5NU58DP006261-03, funded by the Centers for Disease Control and Prevention.</p>
<p>Grief</p>	<ul style="list-style-type: none"> • Online Grief Support Groups <ul style="list-style-type: none"> ○ For group meeting times and Zoom instructions, go to https://www.griefshare.org/groups/search.
<p>Mental Illness</p>	<ul style="list-style-type: none"> • National Alliance on Mental Illness (NAMI) – Support for individuals living with mental illness <p>For more information about Zoom classes and support groups or to register, go to namialbuquerque.org/. Phone: (505) 256-0288</p>

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Narcotics	<ul style="list-style-type: none"> • Narcotics Anonymous 24/7 Telephonic Treatment Support: (800) 407-7195 Web: www.narcotics.com
Parenting	<ul style="list-style-type: none"> • Parenting classes available online: <ul style="list-style-type: none"> ○ Circle of Security Class ○ Nurturing Parenting Class <p>Classes are offered by MCH Family Outreach. For additional information and to register, call (575) 222-0177 or email lasrucresoutreach@mch.org. Staff will walk you through the virtual setup.</p> <p>Address: MCH Family Outreach 230 S. Alameda St., Suite 201 Las Cruces, NM 88005 Office Phone: (575) 222-0177 Office Fax: (575) 888-4930</p> <p>Classes are CYFD-certified. A certificate is available for completion of programs.</p> • Lovelace Health Systems – Online parenting classes <ul style="list-style-type: none"> ○ Parenting ○ New parent ○ Breastfeeding ○ Baby care <p>For additional information and to register, go to https://lovelace.com/events.</p>

To ask for auxiliary aids and services or materials in other formats and languages at no cost, please call 1-866-689-1523 (TTY/TDD: 711).

Blue Cross and Blue Shield of New Mexico complies with applicable Federal civil rights laws and does not discriminate on the basis of race, color, national origin, age, disability, or sex.

ATENCIÓN: Si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. Llame al 1-855-710-6984 (TTY: 711).

Díí baa akó nínízin: Díí saad bee yánílti'go Diné Bizaad, saad bee áká'ánída'áwo'déé', t'áá jiiik'eh, éí ná hóló, koji' hódíílnih 1-855-710-6984 (TTY: 711).

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