

Take Charge of Your Health

These workshops/programs or classes are available at no cost to you through distance learning and in person learning. You can connect by phone, or another electronic device using an internet connection or in person. There are also several resources listed. If you have any questions, please call Blue Cross and Blue Shield of New Mexico Member Services at **1-866-689-1523** (TTY: **711**).

Topic	Online Class Information
<p>Alzheimer's</p>	<ul style="list-style-type: none"> • Support groups – below is a link to the most current Support Group listings: https://www.alz.org/newmexico/helping_you/support_groups_(1) • Alzheimer Programs, events and scheduled classes are available for individuals living with Alzheimer's as well as their caregivers. Please locate your local New Mexico Chapter. https://www.alz.org/newmexico/helping_you/nm_classes • Alzheimer's Association: https://www.alz.org/newmexico Alzheimer's and Dementia – What you need to know. • Alzheimer's and Dementia Caregiver Center https://www.alz.org/ – 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[®] https://www.alz.org/help-support/resources/alznavigator – an innovative tool for creating a customized plan of action for life with Alzheimer's. ○ Community Resource Finder https://www.alz.org/nca/helping_you/community-resource-finder – a tool for finding local resources, programs, and support. ○ Alzheimer's publications – https://www.alz.org/help-support/resources/publications – the nation's largest library dedicated to Alzheimer's disease with material accessible virtually. ○ 24/7 Helpline – 800-272-3900

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<p>Asthma</p>	<p>Asthma Basics online course (available anytime) through the American Lung Association website. This website will also provide information on every aspect of Asthma and how to manage it.</p> <p>To take the online course go to: www.lung.org/asthmabasics Lung Help Line: 1-800-586-4872 Tobacco Quit Line: 1-800-586-4872 TTY: 1-800-501-1068</p>
<p>Autism</p>	<p>New Mexico Autism Society – Advocacy, education, support, services and the promotion of research from the cornerstones of ASA’s activities. Meet monthly – a different activity for the autism community monthly. Please check our event calendar frequently to keep up to date on our events. Support autism groups around the state of New Mexico. To find out all the resources and activities available, go to https://nmautismsociety.org.</p> <p>A guide for moving with children. Finding comprehensive resources that keep kids comfortable with changes in their surroundings can be challenging.</p> <p>Our free guide provides helpful tools and tips to integrate a child into their new home. You can check it out here: https://www.mymove.com/moving/guides/moving-children-with-autism/</p>
<p>Cancer</p>	<p>Cancer Foundation of New Mexico – offers a variety of support groups free to cancer patients, caregivers, friends, and family. The following groups are organized and managed by the Cancer Foundation for New Mexico and led by experienced, licensed facilitators. There is no cost to attend. Locations and times vary. Website: Cancer Foundation for New Mexico (cffnm.org). For a schedule and to register by phone, please contact the Cancer Foundation's Patient Services Coordinator: Caroline Owen (505) 955-7931 x.3 caroline@cffnm.org</p>
<p>Crisis Lifeline</p>	<p>New Mexico 988 Crisis and Access Line www.nmcrisisline.com Crisis and Access Line, call us directly at 1-855-NMCRISIS 1-855-662-7474 call or text 988 from a 505 or 575 area code to talk with an NMCAL counselor.</p> <p>Talk to someone who has been where you are. Peer-to-Peer Warmline calls or text us at 1-855-4NM-7100 1-855-466-7100</p> <p>Self-Help Resources NMConnect, a self-help app Google Download Apple iOS Download NM 5-Actions online self-guided addictions recovery tool nm5actions.com</p>

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<p>Diabetes Cooking Classes</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) ○ Check out the Paths to Health New Mexico webpage for more information about the classes at www.pathstohealthnm.org. Or call (505) 850-0176 or (575) 703-2343 for further details. • Kitchen Creations – go to: https://kitchencreations.nmsu.edu/
<p>Diabetes</p>	<ul style="list-style-type: none"> • Southern NM Diabetes Outreach – Services include: <ul style="list-style-type: none"> ○ Diabetes Self-Management Classes – A three-day course (9 hours) of education on the recommended American Diabetes Association (ADA) standards for proper diabetes care, management, nutrition, and prevention of complications. Diabetes classes are offered monthly in both English and Spanish (upon request) and are led by the instructor Trinidad Jasso Jr., BS, RN, Diabetes Care and Education Specialist. Please contact us or call our office at (575) 522-0289 to register for classes. Registration is required and support persons are welcome to attend with the patient(s). ○ Adult Diabetes Education Group – The Adult Diabetes Education class provides open discussion regarding diabetes health and wellness, current events, diabetes research, and support resources for diabetes patients with a question-and-answer period with the instructor. This mini class is held on the 2nd Thursday of each month led by instructor Trinidad (TJ) Jasso Jr., BS, RN, Diabetes Care and Education Specialist. Please contact us or call our office at (575)522-0289 to register. ○ Youth Diabetes Education Group – The Youth Diabetes Education Group meetings focus on educating children, youth, and parents/guardians on proper Type 1 Diabetes Self-Management and information on diabetes services and resources available. Classes are held on the 1st Tuesday for ages 11-17 and on the 3rd Tuesday for ages 10 and under every month from 5:30 p.m. to 7:00 p.m. ***Parents/Guardians are required to attend with child(ren)**To register, please email us or call our office at (575) 522-0289. ○ Screening Program – The Southern New Mexico Diabetes Outreach (SNMDO) Screening Program primarily focuses on diabetes detection through community outreach efforts and provides wellness screenings at no cost for individuals aged 18 years or older. Wellness screenings conducted by our staff and certified volunteers measure blood glucose levels, hemoglobin A1C, blood pressure, heart rate, pulse oxygen, and body mass index. At SNMDO, we believe every person should have an equal opportunity to access diabetes detection services.

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<p>Fitness</p>	<ul style="list-style-type: none"> • Walk with Ease – Walk with Ease https://www.pathstohealthnm.org/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>Walk with Ease is part of the group of prevention and management programs offered through Paths to Health NM: Tools for healthier living: https://www.pathstohealthnm.org/ Email or call to register and learn more.</p> <p>Email: info@pathstohealthnm.org</p> <p>Phone: Paths to Health NM Call Center at (505) 850-0176 or (575) 703-2343</p> <p>The Walk with Ease program is supported through a grant from the Centers for Disease Control and Prevention, under the Cooperative Agreement DP18-1815PPHF18: Improving the Health of Americans Through Prevention and Management of Diabetes and Heart Disease and Stroke.</p> • Fit Families – statewide delivery program for parents and children. One-year virtual monthly sessions. Offered in both English and Spanish. This year long series will focus on family social emotional well-being, with additional suggestions on how to eat healthier and incorporate physical activity. All interested participants living in counties in New Mexico are welcomed to join so long as they have a child between 5-12 years of age. Pre-registration is required. Register at https://bit.ly/3rpP5AL, or for more information call Lucinda Banegas-Carreon at (575) 646-2034. • Familias en Forma – for the Spanish program register at https://bit.ly/35YR7Q6. For more information call Lourdes Olivas at (575) 646-3936 or email her at loumunoz@nmsu.edu. <i>This class is offered by the NMSU Cooperative Extension Service and funded by BCBSNM.</i> • American Heart Association Walking Videos: Start! Walking at home American Heart Association 3-mile walk. https://www.youtube.com/watch?v=DYuw4f1c4xs
<p>Grief</p>	<ul style="list-style-type: none"> • Online Grief Support Groups For group meeting times and Zoom instructions, go to https://www.griefshare.org/groups/search.

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<p>Lifestyle Change Programs</p>	<ul style="list-style-type: none"> • Paths to Health NM: Tools for Healthier Living in an initiative that includes several prevention and self-management programs. These programs are designed to help adults gain the confidence and skills they need to better manage or prevent chronic health conditions or injuries. These programs have been proven to work and improve quality of life. Go to: https://www.pathstohealthnm.org/ Phone number: 505-850-0176
<p>Mental Health Help and Resources</p>	<ul style="list-style-type: none"> • National Alliance on Mental Illness (NAMI) – Support for individuals living with mental illness. For more information about Zoom classes and support groups or to register, go to namialbuquerque.org/. Phone: (505) 256-0288 For services, education and support groups, click on link below: Find services in your local area, New Mexico (networkofcare.org)
<p>Medicare 101</p>	<ul style="list-style-type: none"> • Medicare 101 information webpage: https://coveragetoolkit.org/wp-content/uploads/2024/05/Medicare-101-MDPP.pdf?ACSTrackingID=USCDC_2110-DM128175&ACSTrackingLabel=CMS%20MDPP%20Orientation%20Webinar%20Announcement&deliveryName=USCDC_2110%-20DM128175
<p>NM Crisis Line</p>	<ul style="list-style-type: none"> • There is always someone here to hear at the New Mexico Crisis and Access Line: https://nmcrisisline.com/ Professional counselors are available 24 hours a day, 7 days a week, 365 days a year when you call 1-855-662-7474 to talk about your emotional, mental, or behavioral health concerns. You are not alone.
<p>Traumatic Brain Injury</p>	<ul style="list-style-type: none"> • Call a Brain Injury Information Specialist: Monday-Friday 8:30 a.m.- 3:30 p.m. Please call (505) 243-3835 or 1-844-366-2472 • Retrain Your Brain Support Group Meeting with Ralph Frakes. Wednesdays at 11:00 a.m. Please contact Ralph Frakes at (505) 296- 0173 to connect to the Retrain Your Brain Support Group. CLICK HERE to join Ralph Frakes’ meeting via ZOOM. ZOOM ID: 883 328 719 on Wednesdays at 11:00 AM. • Get Support: The Brain Injury Alliance of New Mexico. Website: https://www.braininjurynm.org/support/

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<p>Narcotics</p>	<ul style="list-style-type: none"> • Narcotics Anonymous 24/7 Telephonic Treatment Support: 1-800-407-7195 Web: www.narcotics.com • The NM 5-Actions Program™ – Struggling with Substance use or Behavioral Addiction? If you or someone you know – a neighbor, friend, family member, or co-worker – is struggling with addiction, the NM 5-Actions Program provides support for those who need help right now. It is a self-guided roadmap out of addiction with 24/7 crisis and peer-recovery phone support. Go to https://nm5actions.com to register and learn more about this program and begin your self-guided journey.
<p>Parkinson's Connection</p>	<ul style="list-style-type: none"> • Connect to learn with others. You are not alone! People with Parkinson's and their loved ones are on a journey to live well, confront the challenges, and navigate the systems of care. You don't need to do this alone. We invite you to connect and learn with others. We are here for you at all stages of your journey. https://www.parkinsoncnm.org • To receive an invitation to a Zoom meeting, email us at info@parkinsoncnm.org

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<p>BCBSNM Tobacco Cessation Program and Quit Line</p> <p>Tobacco Cessation and Trainings</p>	<p>Quit-Line Blue Cross and Blue Shield of New Mexico: 1-877-262-2674 (TTY:711)</p> <p>Tobacco Cessation Program: Blue Cross and Blue Shield of New Mexico: 1-877-232-5518 (TTY:711)</p> <ul style="list-style-type: none"> • The American Lung Association’s Tobacco Basics course has been recently updated and is now available on-demand. This free, one-hour online course includes five learning modules designed to lay a foundation in understanding the toll of tobacco use in the U.S. including e-cigarettes and vaping devices, the effect of tobacco uses on the human body and brain, nicotine dependence, proven policies that protect public health from the toll of tobacco, and the programs available to help tobacco users successfully quit for good. <p>Tobacco Basics Class: Access via this link: https://www.lung.org/quit-smoking/smoking-facts/tobacco-basics</p> <ul style="list-style-type: none"> ○ How to Help People Quit: https://www.lung.org/quit-smoking/smoking-facts/how-to-help-people-quit ○ Ask-Advise-Refer to Quit: https://lung.training/courses/ask-advise-refer-to-quit-dont-switch.html ○ Youth Cessation Program – American Lung Association’s NOT for Me web-based program is available at no cost at www.NOTforMe.org. <ul style="list-style-type: none"> • Quit Now New Mexico – Free Help Quitting – offers 24/7 Support, unlimited coaching sessions, free gum/lozenges/patches, and more at 1-800-Quit-Now (1-800-784-8669). https://www.Quitnownm.com/

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<p>Parenting</p>	<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 lascrucesoutreach@mch.org. Staff will walk you through the virtual setup. Website: https://sharenm.org/mch-family-outreach/circle-of-security-parenting-classes</p> <p>Address: MCH Family Outreach 230 S. Alameda St., Suite 201 Las Cruces, NM 88005</p> <p>Office Phone: (575) 222-0177</p> <p>Office Fax: (575) 888-4930</p> <p>Classes are CYFD-certified. A certificate is available for completion of programs.</p> <ul style="list-style-type: none"> • 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 click on Menu then classes and 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'dé é', t'áá jiiik'eh, éí ná hóló, kojí' hódíílnih 1-855-710-6984 (TTY: 711).

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