



Check It!

Program Kick Off • Wednesday, February 1

Sign up for *Check. Change. Control.*[®],
and new blood pressure monitoring program
designed by the American Heart Association

WANT TO IMPROVE YOUR HEALTH?

Grab your coworkers and family members 18 and over
to join the *Check. Change. Control.*[®] program: a fun and
interactive way to track your blood pressure and make some lifestyle
changes to reduce your risk of heart disease and stroke!

Register January 23 - February 1

Sign up here: <https://www.research.net/r/CCCCABQ>

For more information about the program, visit the following website link:
<http://eweb.cabq.gov>



**Check.
Change.
Control.**

For more information please contact:

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BetterHealth
CITY OF ALBUQUERQUE AND
PARTICIPATING GOVERNMENT ENTITIES
Better you.