



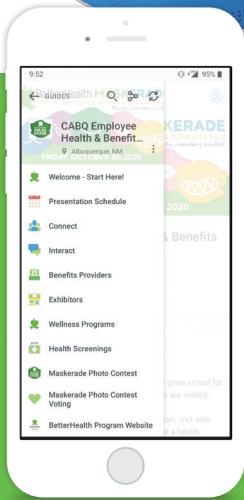
# BetterHealth MASKERADE

VIRTUAL EMPLOYEE HEALTH & BENEFITS FAIR

*Family members invited!*



**FRIDAY, OCTOBER 30, 2020**



## VIEW THE HEALTH FAIR GUIDE NOW!

Visit <https://guidebook.com/g/betterhealth/> from your desktop or mobile device.

Download the Health Fair guide using the passphrase: **betterhealth**

## PRESENTATIONS

**JOIN LIVE HOURLY PRESENTATIONS**

- Mindful Meditation
- Healthy Weight & Diabetes Prevention
- Managing High Blood Pressure
- Cooking Demos
- Stretch
- Men's & Women's Health

## GET A FLU SHOT

**DRIVE THRU EVENT**

3rd & Marquette parking lot.

Bring your medical insurance ID card.

*Sign-up recommended:*

<https://TSG-scheduling.as.me/CABQ-Flu-20>

## VISIT WELLNESS & BENEFITS EXHIBITS

**OPTIONS FOR HEALTH SCREENINGS**

**(CHOLESTEROL, GLUCOSE, A1C)**

Request a home test kit or request a test order to take to a TriCore Lab facility. Assess your need for colorectal cancer screening and find the test that's right for you.

## MASK GIVEAWAY AND PRIZES!

**VISIT THE WELCOME TABLE TO CLAIM YOUR BETTERHEALTH MASK**



Every presentation, exhibitor and benefits provider space you visit will increase your chance to win a prize!



**BetterHealth**

CITY OF ALBUQUERQUE AND PARTICIPATING GOVERNMENT ENTITIES

*Better you.*

## MAMMOGRAPHY VAN

**CALL 505-332-6967 FOR AN APPOINTMENT**

## GO TO MOBILE HEALTH CENTER

**CALL 505-220-6562 FOR AN APPOINTMENT**

Insurance & Benefits Division  
505-768-3758 (TTY 711)