



Presbyterian Health Plan  
P.O. Box 27489  
Albuquerque, NM 87125-7489  
[www.phs.org](http://www.phs.org)

February 9, 2011

*Si usted desea recibir información en español sobre el contenido de este documento, sírvase llamar a nuestro Centro de Atención a los Clientes al (505) 923-5678 o al 1-800-356-2219, de lunes a viernes, de las 7 de la mañana a las 6 de la tarde o a la línea telefónica TTY para personas con problemas auditivos al 1-877-298-7407.*

Dear NMRHCA Members

Thank you for being a Presbyterian Health Plan member. Presbyterian exists to improve the health of the members, patients, and communities we serve.

Your New Mexico Retiree Health Care Authority in partnership with Presbyterian Health Plan is pleased to announce a new, innovative program to help you achieve the highest in personal health and quality of life. This program is designed specifically with your healthcare needs in mind.

My name is Amy Olcott, RN BSN, and I will be your dedicated registered nurse to coordinate your wellness and disease management programs. During the October Switch meetings in 2010, a number of valuable tools were available to help you maintain and improve your health. Some of these tools included flu and pneumovax immunizations; body mass indexes and body fat percentages; glucose and cholesterol screenings; A1C screenings for diabetics; and blood pressure monitoring.

Another tool that we offer our NMRHCA members is the WebMD website. On this site, you'll find the Personal Health Assessment Program created especially for you. We have also enclosed a brochure that has more details about WebMD and how you can take your WebMD Personal Health Assessment. Check back to this site often for more information on upcoming activities and health education opportunities for heart disease and diabetes management.

I welcome you to participate in these opportunities and look forward to meeting you. For more information or if you have any questions, please contact me by phone at (505) 923-8212 or by e-mail at [aolcott@phs.org](mailto:aolcott@phs.org). You can reach me Monday through Friday from 8:00 a.m. to 5:00 p.m.

Thank you for entrusting Presbyterian with your healthcare needs.

Sincerely,

A handwritten signature in black ink that reads "Amy Olcott RN BSN".

Amy Olcott BSN RN  
Disease and Wellness Program Director PHP/NMRHCA  
Presbyterian Health Plan  
[aolcott@phs.org](mailto:aolcott@phs.org)

[MPC021102]

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