

### What is the Mindful You program?

True Health New Mexico's **Mindful You** program offers all TRUE members 18 years of age and older mindfulness classes at no charge. Mindful You program options include one-time webinars, eight-week courses, and self-paced online programs you can complete on your own time.

### How to sign up for a Mindful You program

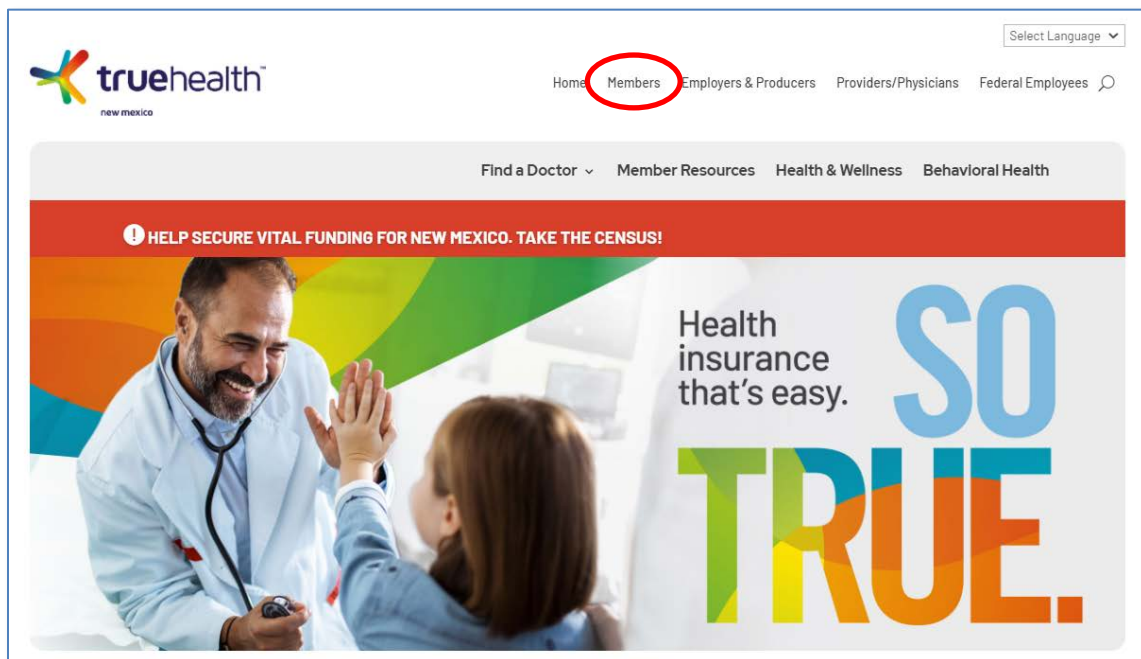
1. Log in to your True Health New Mexico member portal (or register if you do not already have an account) at [truehealthnewmexico.com](http://truehealthnewmexico.com). You can log in to the member portal from a desktop computer, a mobile device, or via the True Health New Mexico mobile app.
2. On the home page of the portal, select the *Mindful You* link to see the scheduled courses and coupon codes.
3. Click on the registration link for the course you would like to take and register.

The following pages will guide you step by step to log in, see the classes, receive your coupon code, and register.

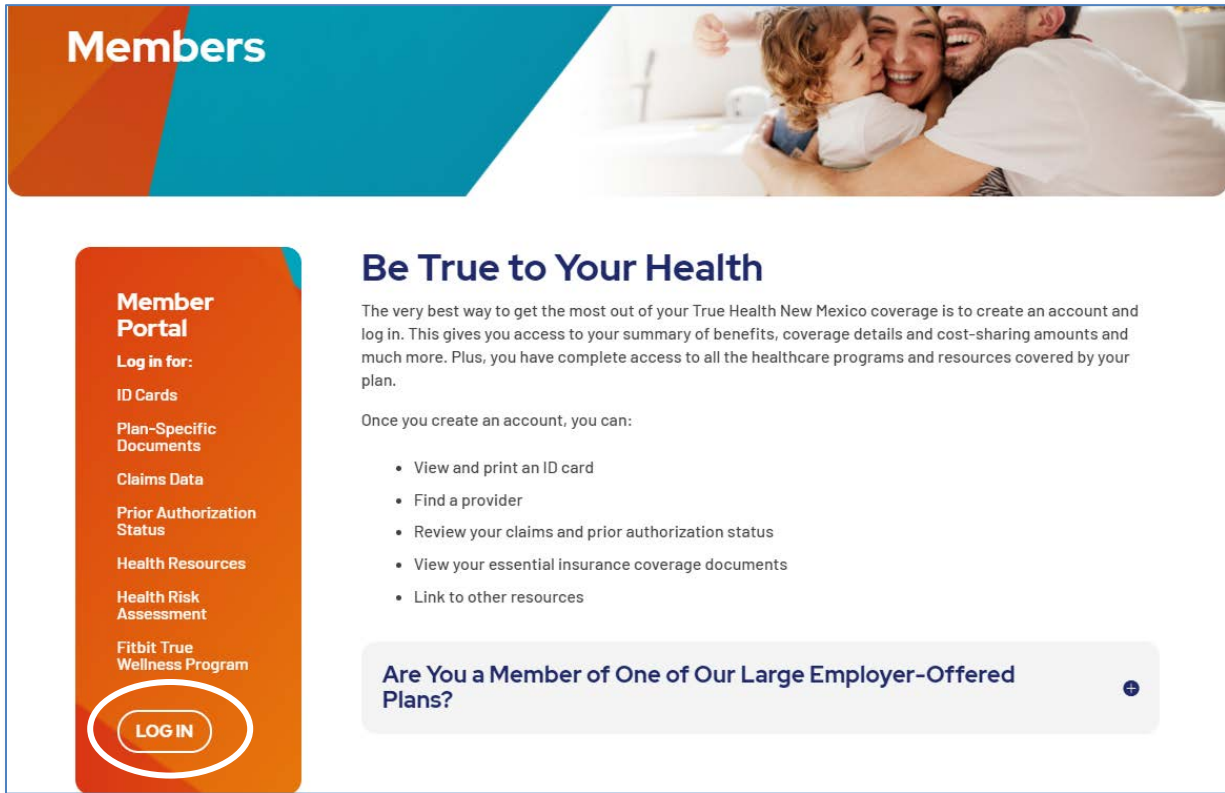
Learn more about our new Mindful You program at [truehealthnewmexico.com/mindfulness](http://truehealthnewmexico.com/mindfulness).

**Note:** These instructions work the same whether you are accessing your account from a desktop computer or a mobile device (smartphone or tablet).

Go to [truehealthnewmexico.com](http://truehealthnewmexico.com). Click *Members* at the top of the home page.

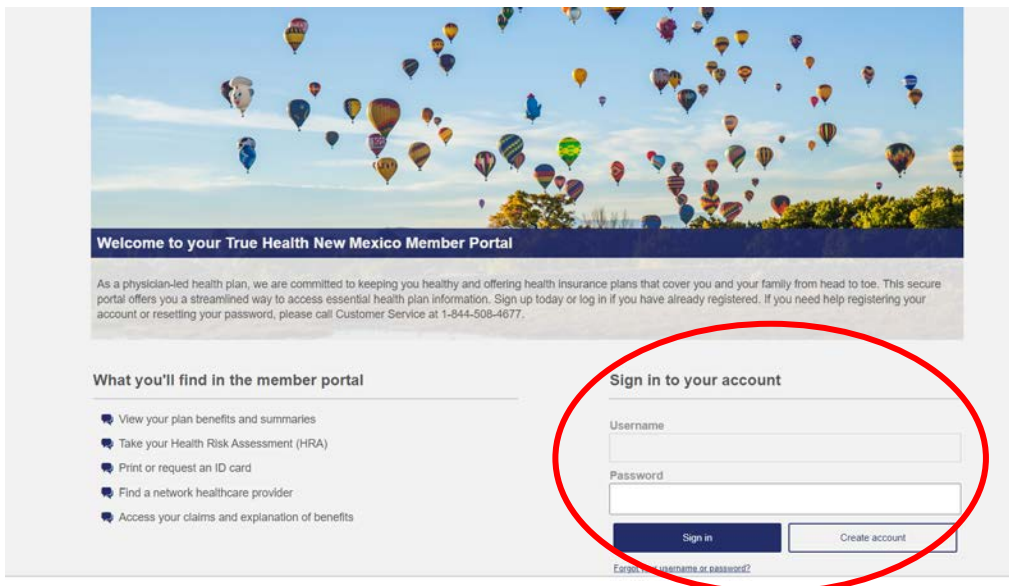


On the left side of the Members page, click the “LOG IN” button.

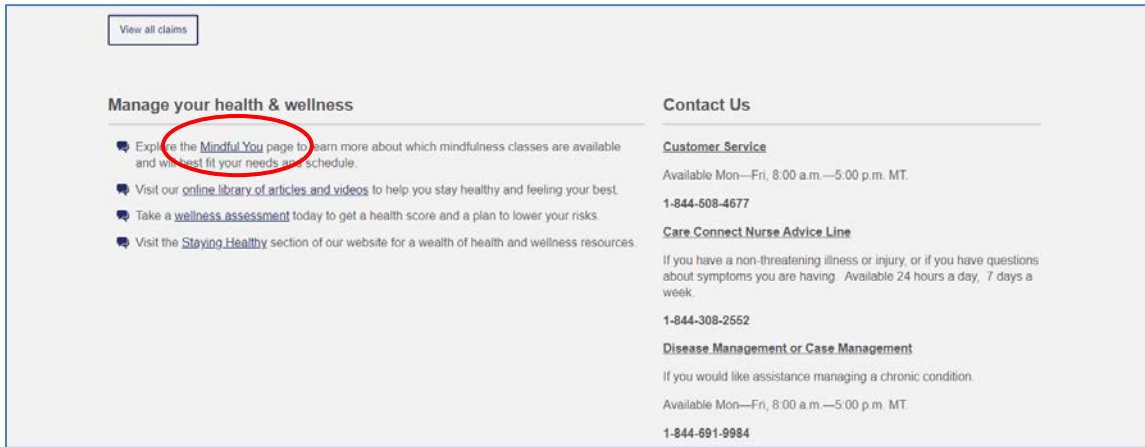


If you previously set up a True Health New Mexico member portal account, log in to your account.

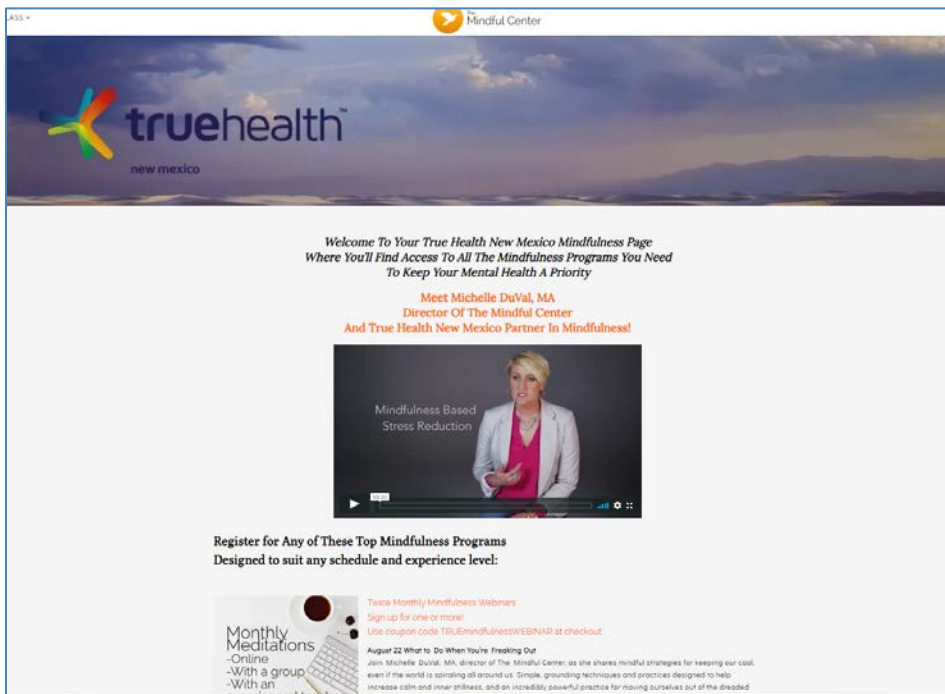
If you need to register, click *Create account* and then continue to page 6 of this document for instructions to create your account. After you finish creating your account, log in.



Once you are on the home screen of the member portal, scroll down to the *Manage your health & wellness* section and click on the *Mindful You* link.



You will see the Mindful You program presented by The Mindful Center. Scroll down to see the various courses offered.



Make note of the coupon code for the course you select, then click on the corresponding registration link.

**Register for Any of These Top Mindfulness Programs**  
Designed to suit any schedule and experience level:

**Monthly Meditations**  
-Online  
-With a group  
-With an experienced teacher  
-From the comfort of your own home

**Twice Monthly Mindfulness Webinars**  
Sign up for one or more!  
Use coupon code **TRUEmindfulnessWEBINAR** at checkout:

**August 22 What to Do When You're Freaking Out**  
Join Michelle DuVal, MA, director of The Mindful Center, as she shares mindful strategies for keeping our cool, even if the world is spiraling all around us. Simple, grounding techniques and practices designed to help increase calm and focus, and an incredibly powerful practice for moving ourselves out of the dreaded "freak out" zone. Perfect for beginners and more advanced practitioners as well.  
**Registration link:** <https://themindfulcenter.com/program/webinar-what-to-do-when-youre-freaking-out/>  
Use coupon code **TRUEmindfulnessWEBINAR** at checkout.

**September 5 Find Your (New) Flow with Mindfulness, guest teacher Pete Kirchner**  
Have you lost your flow? In this time of uncertainty and unrest, do you find yourself defaulting into either overwhelm or boredom? When you can't go back and you can't move forward, there's only one place to be and that's right here in the present moment! Join Pete Kirchner, director of UC San Diego Center for Mindfulness mPeak program as our guest instructor.  
**Registration Link:** <https://themindfulcenter.com/program/webinar-find-your-new-flow-with-mindfulness/>  
*No coupon code needed for this webinar - it's free to the community!*

**September 19: Mindfulness for Optimal Health:**  
Science now shows us very clearly that the state of our mind directly impacts the state of our body. If the mind is tense and stressed, then so is the body. This creates an unhealthy environment in the body, which we now know from clinical evidence can lead to or increase blood pressure, cardiac issues, chronic pain, sleep issues, inflammation, and more. Learn simple yet effective mindfulness practices that have the clinical evidence behind them supporting their benefit for optimal health. Anyone interested in taking a more active role in their own health and ability to heal won't want to miss this important webinar.  
**Registration Link:** <https://themindfulcenter.com/program/webinar-mindfulness-for-optimal-health/>  
Use coupon code **TRUEmindfulnessWEBINAR** at checkout.

Click the *Register Now* button.

VIDEO TEACHINGS TAKE A CLASS Mindful Center LET'S CONNECT MEDITATIONS

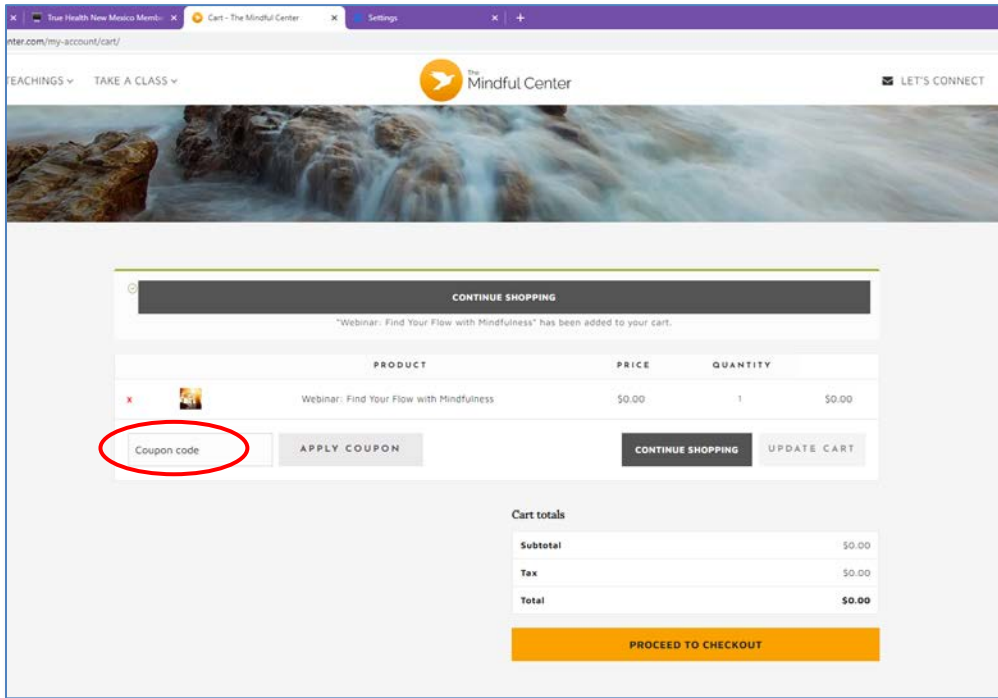
**Webinar: Mindfulness For Optimal Health**

**REGISTER NOW**

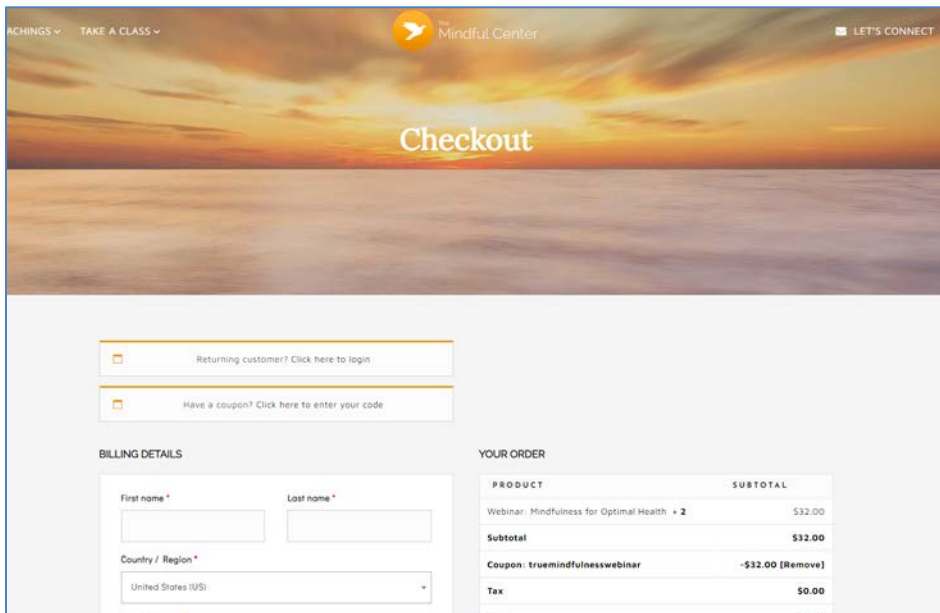
Join Us For This Health-Full Webinar:  
Mindfulness for Optimal Health



Register by entering the coupon code.



Click *Proceed to Checkout*.



## How to register for the member portal

After clicking *Create Account* on the Member Portal login page, you will be directed to the License Agreement. If you wish to continue with registering, check the *Accept* box and then click *Next*.

**License Agreement**

Please read the License Agreement. Click "Next" to continue or "Cancel" to go back to the login page.

Need help? Contact us at 1-855-769-6642.

License Agreement

License Grant. This is a legal Agreement between you and the producers of this website. The terms of this Agreement govern your use of and access to this website. By using this website, you are agreeing to be bound by this Agreement. In consideration of your agreement to these terms and for other valuable consideration, you are granted a nonexclusive, non-transferable, limited, terminable license to access and use the website under the laws of the United States. The producer of this website, Healthx Inc., reserves all rights not expressly granted in this Agreement.

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Term and Termination. This license is effective until terminated by either you or the producers of this website. This license will automatically terminate without notice if you fail to comply with any provisions of this Agreement. The provisions of this Agreement which by their nature extend beyond the termination of this Agreement shall survive termination of this Agreement, including but not limited to the sections relating to Restrictions, Content of the Website, Links to Third Party Websites, Disclaimer of Warranties, Limitation of Liability, and Governing Law.

Content of the Website. The insurance products, data, and other information referenced in the website are provided by parties other than the producer of the website. We make no representations regarding the products, data, or any information about the products. We are not liable for errors in data or transmission or for lost data. Any questions, complaints, or claims regarding the products or data must be directed to the appropriate provider or vendor.

Accept

Cancel Next

Enter your member information found on your True Health New Mexico member ID card and click *Next* to complete your registration. Follow the instructions on the screen.

Please refer to your ID card to assist you in completing the steps on this screen. Enter the **Subscriber ID number** exactly as it appears on your ID card, followed by the three digit number that appears before the Subscriber name (001), with no spaces in between. Then enter the Subscriber's **First Name, Last Name, and Date of Birth**.

Please eliminate any dashes or spaces when entering Subscriber ID.

Click "Next" at the bottom of the page when complete.

Need help? Contact us at 1-855-769-6642.

Are you a dependent? (spouse or child)

\*Subscriber ID (include the 001 at the end of the ID)

\*Subscriber Date of Birth

Format mm/dd/yyyy

\*Subscriber First Name

\*Subscriber Last Name

Cancel Previous Next

Plan Name

Subscriber Name: 001 John Doe  
Group ID#: G70000001  
Subscriber ID#: G40000001

PCP  
Specialist  
Urgent Care  
Emergency Room  
RX

002 Jane Doe  
003 James Doe  
004 Julie Doe

RX Bin: 410011  
RX PCN: IRX  
RX Group: NMCHC

NMHC0027-0913

**Note: Subscriber/Member ID includes the 10 digit Subscriber ID# and the 3 digits before the subscriber's name (001).**  
**Sample: G40000001001**

## How to download our mobile app

Our mobile app allows you to take all the features of our member portal with you wherever you go for quick and easy access. To download it, search for "True Health New Mexico" either in the Apple Store or in Google Play, depending on what type of mobile device you own. Register or log in to the app following the instructions in the "How to register for the member portal" section above.