



New Mexico  
Public Schools  
Insurance  
Authority

# NEWSLETTER



WINTER 2024

[NMPSIA.COM](http://NMPSIA.COM)

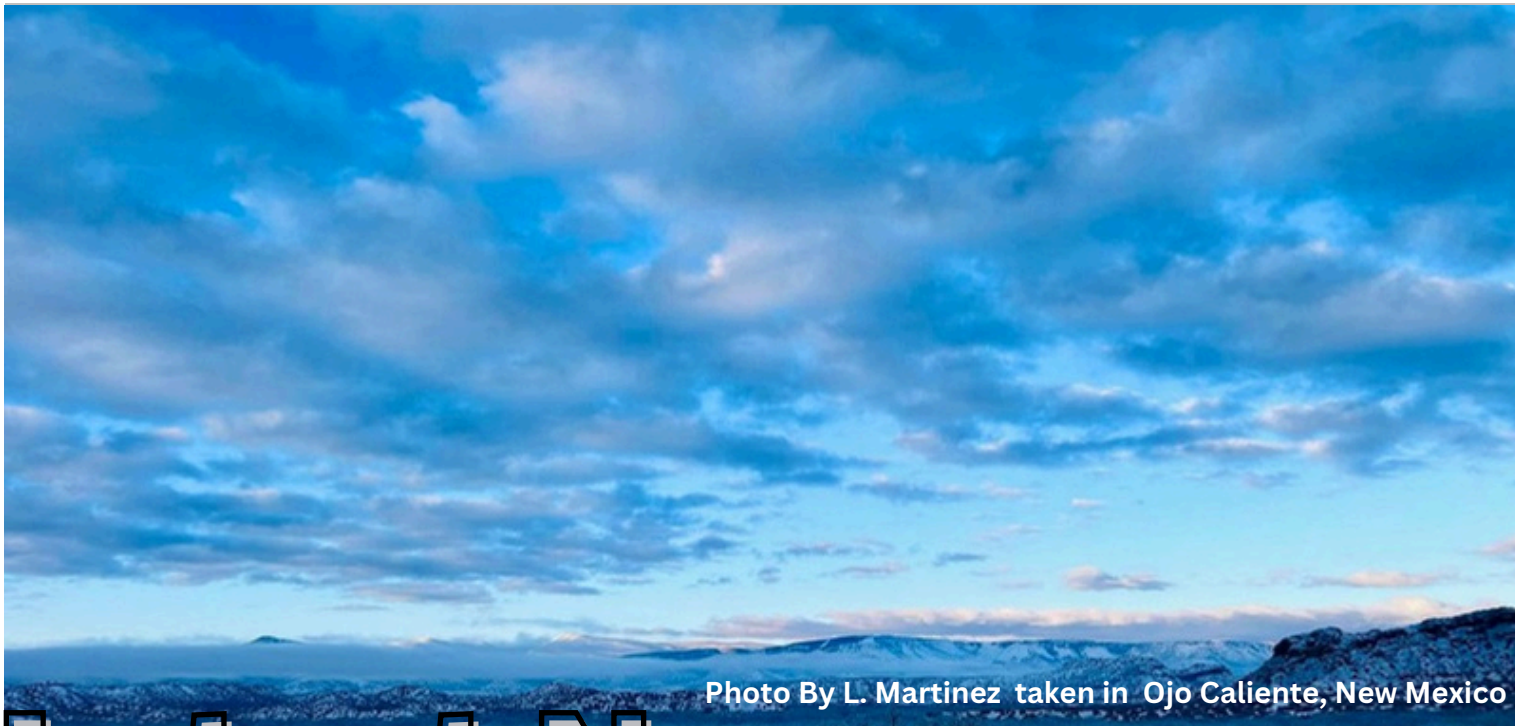


Photo By L. Martinez taken in Ojo Caliente, New Mexico

## Latest News

Benefits 101: Explore the Program Guide, pg. 2

60-Second Type 2 Diabetes Risk Test, pg. 2

TDC: \$0 Diabetic Supplies, pg. 2

Interactive Health Risk Assessments, pg. 3

Cravings: Your Body Needs You, pg. 4

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Two New FREE POMS & Associates Trainings, pg. 5



NMPSIA is excited to announce new resources to our website, offering free tools and support for Behavioral Health, including suicide and self-harm prevention, mental health wellness, anxiety, substance abuse, and eating disorders.

WE WOULD LOVE TO FEATURE YOUR PHOTO IN THE NEXT NMPSIA NEWSLETTER:



SEND US PHOTOS OF YOUR PART OF NEW MEXICO.

EMAIL YOUR PICTURES TO: [KAYLYNN.ROYBAL@PSIA.NM.GOV](mailto:kaylynn.roybal@psia.nm.gov)

# BENEFITS CORNER [NMPSIA.COM](http://NMPSIA.COM)

## **BENEFITS 101: PROGRAM GUIDE**

*It's a bird! It's a plane! - It's the NMPSIA Program Guide!  
Just like a superhero, this guide is here to help.*

### **Enrollment Guidelines**

You can find out when you are eligible, who in your family is eligible and what documents you need to provide to enroll on pages 8-17

### **Smart Consumer Information**

It's no secret healthcare is costly! Check out page 18 of the Program Guide to find out how you can save yourself some time and money.

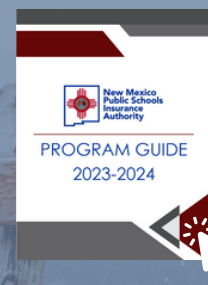
### **Online Benefit Access**

Pages 19-21 teach you how to utilize the Online Benefit System. You can view your benefits, make changes to your personal information and beneficiary information.

### **Detailed Carrier Overview**

Pages 27-94 offer information on each carrier. Have you ever wondered how to enroll in the Wellness Rewards through your carrier? Take advantage of gym membership discounts and more!

Find More  
information  
in our  
Program  
Guide!



**Important Reminder:** Routine visits may appear to be \$0, but this benefit is funded by the investment you make through your monthly premiums. Think of these visits as part of the comprehensive package you're already paying for. By utilizing these services, you're getting the most out of your insurance investment!

*To request a reconsideration review for a denied enrollment,  
the employee along with their employer may contact [Leslie.Martinez@psia.nm.gov](mailto:Leslie.Martinez@psia.nm.gov).*

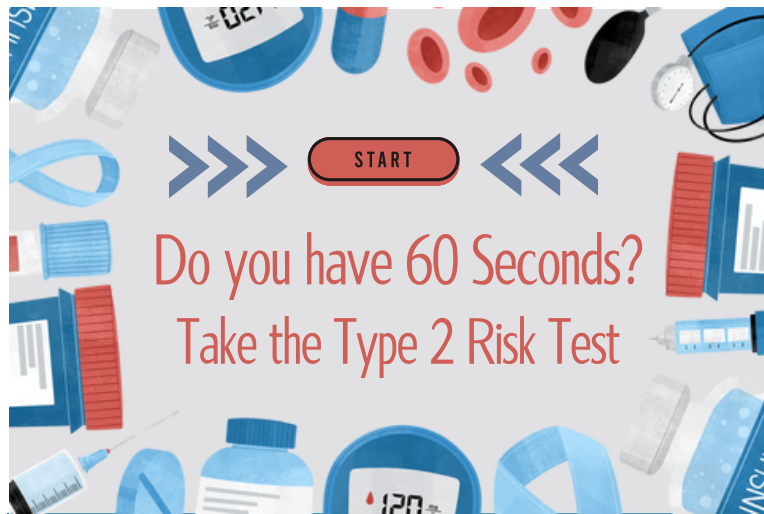
Through CVS Caremark, NMPSIA offers essential support for members living with Diabetes. The CVS Transform Diabetes Care (TDC) program provides easy access to affordable Diabetes medications and supplies, ensuring you have what you need to manage your health effectively. With no co-pays, a broad network of pharmacies, and resources tailored specifically for Diabetes care, CVS TDC makes it easier to stay on track with your treatment plan. Take control of your Diabetes management today.

**Explore the benefits of the  
CVS TDC program!**



#### **DID YOU KNOW?**

ACCORDING TO THE AMERICAN DIABETES ASSOCIATION, OVER 37 MILLION AMERICANS HAVE DIABETES, AND AROUND 96 MILLION HAVE PREDIABETES.



#### **GETTING THE MOST OUT OF YOUR BENEFITS**

**Important Note:** Regular check-ups with Medical, Dental and Vision providers not only help you maintain your health but also ensure you're fully utilizing the coverage you've invested in! Use our Find a Provider tool found **HERE** on the menu to the left to get started TODAY!

## Vision Simulator

  
EYES  
ARE YOUR  
WINDOW TO  
YOUR WORLD

Check out this amazing tool from Davis Vision! You don't have to be a Davis member to try it!  
See what you might be missing!

## You've gotta be Kidney Me Quiz!

Don't clog your body's natural filtration system, the plumbing bill will be out of this world!

You can't take an online quiz to find out the risk of your home systems but you can take this quiz to find out if your Kidneys are at risk. Plan ahead and take action before the problems start!



try each link

# FREE

## ORAL RISK ESTIMATOR

Oral bacteria throw a party when you skip this risk test—Because they know you don't have to be a Delta Dental member to try it out! Find out if you are hosting a sugar eating bacteria buffet in your mouth before it leads to tooth loss!

Sugar Eating Oral Bacteria Buffet  
1 star would not recommend



## FOOD CALCULATOR FOOD CALCULATOR **CARBS, CALORIES AND MORE** FOOD CALCULATOR FOOD CALCULATOR




Put your takeout to the test!  
You can find your favorite fast food restaurants and meals easily to find out what they don't want you to know!




# WELLNESS SPOTLIGHT [NMPSIA.COM](http://NMPSIA.COM)

*If you Crave*  
You might need



Chromium,  
Carbon,  
Phosphorus  
& Sulfur

*Foods that contain it*



Chromium aids in blood sugar regulation and metabolism, while carbon is fundamental to organic molecules and energy production. Phosphorus supports bone health and cellular function, and sulfur is essential for protein synthesis and detoxification.

## Your Body Needs YOU.

**Fill over half of your plate with non-starchy vegetables.**

- Asparagus
- Broccoli or Cauliflower
- Brussels Sprouts
- Cabbage (green, red, napa, Bok Choy)
- Carrots
- Celery
- Cucumber
- Eggplant
- Leafy greens (kale, collards, swiss chard)
- Mushrooms
- Okra
- Green beans, pea pods, snow peas, and sugar snap peas
- Peppers (bell peppers and hot peppers)
- Salad greens (lettuce, spinach, arugula, endive, and other salad mixes)
- Squash such as zucchini, yellow squash, chayote, spaghetti squash
- Tomatoes

**Fill one quarter of your plate with lean protein**

- Chicken, turkey, and eggs
- Fish like salmon, cod, tuna, tilapia, or swordfish
- Shellfish like shrimp, scallops, clams, mussels, or lobster
- Lean beef cuts such as chuck, round, sirloin, flank, or tenderloin
- Lean pork cuts such as center loin chop or tenderloin
- Lean deli meats
- Cheese and cottage cheese

Plant-based sources of protein:

- Beans, lentils, hummus, and falafel
- Nuts and nut butters
- Edamame
- Tofu and tempeh
- Plant-based meat substitutes

**Fill one quarter of your plate with carbohydrates**

- Whole grains such as brown rice, bulgur, oats/oatmeal, polenta, popcorn, quinoa, and whole grain products (bread, pasta, tortillas)
- Starchy vegetables such as acorn squash, butternut squash, green peas, parsnips, plantain, potato, pumpkin, and sweet potato/yam
- Beans and legumes such as black, kidney, pinto, and garbanzo beans
- Fruits and dried fruit
- Dairy products like milk, yogurt, and milk substitutes (i.e. soy milk)





### FREE Drop-in Meditation Breaks

## Take a Break with NMPSIA Wellness

Find a quiet spot where you can sit comfortably. Close your eyes and gently place your hands on your lap. Inhale deeply through your nose, holding for a count of 3, then exhale slowly through your mouth, letting go of any tension. Focus on your breath, allowing each inhale to fill you with calm, and with each exhale release stress. If your mind starts to wander, gently bring your focus back to your breath, without judgment. After a minute, slowly open your eyes, stretch, and carry that sense of calm with you throughout your day.

You've just given yourself a moment of rest and relaxation—enjoy it!



## Caprese Stuffed Portobello Mushrooms

- 3 tablespoons extra-virgin olive oil, divided
- 1 medium clove garlic, minced
- ½ teaspoon salt, divided
- ½ teaspoon ground pepper, divided
- 4 portobello mushrooms (about 14 ounces), stems and gills removed (see Tip)
- 1 cup halved cherry tomatoes
- ½ cup fresh mozzarella pearls, drained and patted dry or shredded Mozzarella
- ½ cup thinly sliced fresh basil
- 2 teaspoons balsamic vinegar

**Tip:** To prepare portobello mushroom caps, Using a spoon, scrape off the brown gills from the underside of the mushroom caps to create space to stuff.

Preheat oven to 400°F. In a small bowl, mix 2 tbsp oil, minced garlic, 1/4 tsp salt, and 1/4 tsp pepper. Brush the mixture over the mushrooms to coat them evenly. Place mushrooms on a large baking sheet and bake for 10-20 minutes until mostly soft. In a medium bowl, combine chopped tomatoes, mozzarella, basil, and the remaining 1/4 tsp salt, 1/4 tsp pepper, and 1 tbsp oil. Remove mushrooms from the oven and fill each with the tomato mixture. Return to the oven and bake for an additional 12-15 minutes until the cheese is melted and tomatoes are wilted. Drizzle each mushroom with 1/2 tsp vinegar before serving. Add any Protein, such as Grilled Chicken or Tofu if you desire. Enjoy!

# RISK RESOURCE

[NMPSIA.COM](http://NMPSIA.COM)

## Living at Work With Diabetes

Here are some key ways workplaces can support employees with Diabetes:

By creating a workplace that supports health and wellness through thoughtful programs and policies, we can reduce risks and improve everyone's well-being. Small changes can make a BIG difference!

- ☐ Offer on-site health screenings for blood sugar, blood pressure, cholesterol, BMI, and waist circumference.
- ☐ Educate employees about diabetes risks, symptoms, and management to reduce stigma and increase awareness.
- ☐ Provide training on recognizing and managing blood sugar fluctuations to ensure a safer work environment.
- ☐ Consider ergonomic support to employees with physical challenges related to Diabetes.
- ☐ Offer accommodations like private space for testing and insulin administration, healthy snacks, and flexible scheduling.

If you are interested in an on-site health fair for your school/employer, please ask your [Benefit Specialist](#) to make a request with NMPSIA.

**After learning about self-help resources to maintain a healthy and productive lifestyle, it's time to focus on Staff and Students**



**For all educators, coaches, activity directors and staff who have any contact with students:**

Free training is available through POMS, in association with NMPSIA, to provide further education on creating a safer environment for students. The training course, **“Setting the Standard: Putting an End to Sexual Abuse in New Mexico Schools”**, is available under the Policy tab in Vector Solutions, and is mandatory for coaches and activities directors through NMAA. Completion of this training will count towards the State's requirement for sexual abuse misconduct training.



To Get Started with  
Vector Solutions  
Fill out [this online form](#)



### Safe and Healthy Relationships – New Training Now Available to Staff and Students

This training isn't just about what students and staff should steer clear of—it's about helping them build strong, respectful, and healthy relationships. It gives the tools needed to tackle the challenges of today's world, both online and offline, with confidence. We're not just teaching them to react—we're empowering them to lead with kindness and care. It's about preparing them to make smart, positive choices wherever they go. Let's equip them to thrive in every part of their lives!

If you are interested in learning more or want to schedule a training, please reach out to Angelique Sedillo at Poms & Associates: [asedillo@pomsassoc.com](mailto:asedillo@pomsassoc.com)

### OTHER VALUABLE TRAININGS CAN BE ACCESSED [HERE!](#)

- Diversity, Equity, and Inclusion Practices: Staff-to-Student
- FERPA: Confidentiality of Records
- Hazing Prevention in K12 Environments
- HIPAA Overview
- Playground Maintenance & Inspection
- Playground Supervision
- Sexual Harassment: Staff-to-Staff
- Student Alcohol and Substance Abuse
- Bloodborne Pathogen Exposure Prevention
- Cybersecurity Overview
- Cybersecurity Awareness for Employees: End-User Best Practices
- Cybersecurity Awareness for Employees: Security Awareness Essentials
- Cybersecurity Awareness for Employees: Social Engineering
- Diversity, Equity, and Inclusion Practices: Staff-to-Staff