



New Mexico
Public Schools
Insurance
Authority

2021

WELLNESS
ENGAGEMENT PROGRAMS



NMPSIA





**New Mexico
Public Schools
Insurance
Authority**



NMPSIA

Supporting our community of members to create a culture of well-being that educates and advocates the need for maintaining healthy lifestyle behaviors. Building supportive networks and engagement, while remaining affordable and fiscally sound is vital to the success of NMPSIA Wellness and Well-Being.

The New Mexico Public Schools Insurance Authority (NMPSIA) was created by the NM Legislature to serve as a purchasing agency for public school districts, post-secondary educational entities and charter schools. Through NMPSIA, member schools are afforded the opportunity to offer quality employee benefit, wellness and risk coverages.

This booklet includes current and upcoming offerings through June 2021. Look for more information NMPSIA.com

Wellness at **WORK**

Personal Health Assessment (PHA)

The Personal Health Assessment (PHA) is a questionnaire designed to identify your health risks for chronic conditions such as diabetes, asthma and heart disease, and to provide the foundation to educate, motivate and coach you toward healthier behaviors. PHA questions focus on lifestyle behaviors in areas such as exercise, nutrition, tobacco, safety and stress management. Biometric information – including height and weight, blood pressure, blood glucose and cholesterol – may also be included if you choose to further identify your risk for health issues.



Presbyterian NMPSIA members can complete their PHA by logging into their myPRES account at mypres.phs.org and selecting **My Health Assessment** under Wellness options.

Wellness at Work Workshops

Through the Wellness at Work website, you can access a variety of health-and-wellness-related online workshops including:

Arthritis	High Cholesterol
Asthma	Hypertension
Cardiovascular Disease	Managing Your Allergies
Depression	Osteoporosis
Financial Wellness	Preparing for Flu Season
Healthy Aging	Sleep Health
Heart Failure	Understanding Back Pain

Need more information on how to access
Wellness at Work?

Contact NMPSIA.Wellness@phs.org
for access instructions.



NMPSIA Wellness Ambassador Program

Wellness Ambassadors serve as the eyes and ears for members and the NMPSIA Wellness and Well-being team and provide members with a direct link to information concerning wellness resources and activities. Wellness Ambassadors are volunteers who share their enthusiasm, communication skills, initiative, and motivation to inspire others to contribute to a meaningful, organization-wide wellness initiative.



Interested in being a Wellness Ambassador?

Contact NMPSIA at NMPSIA.Wellness@state.nm.us.

NMPSIA Wellness Rewards Amazon Gift Card Incentive Program

Members can earn up to \$75 in Amazon.com gift cards by participating in select wellness activities. Visit **Wellness at Work** portal for more information on how to earn points for your reward. To access Wellness at Work, go to www.phs.org and log in to your myPRES account. Look for Wellness and click on the My Health Assessment. Points program is from July 1, 2020 - June 30, 2021.



How to access Wellness at Work

Step 1: Access www.phs.org
Using your internet browser, go to the Presbyterian home page: www.phs.org.

Step 2: Sign-in to myPRES
*Click on "Login to myPRES" in the red box on the right-hand side.
If you have already registered with myPRES, simply enter your user ID and password, then click "Sign In" (and skip ahead to Step 3).*

If you have not yet registered with myPRES, click on "Register for myPRES" located beneath "Login to myPRES" on the right side of the screen. Complete the fields on the myPRES registration page:

- Enter your personal information.
- Create a user ID and password you will be able to remember.
- Select Presbyterian Health Plan from the "Insurance" drop down. Enter the 11-digit ID number located on your member ID card. You will need to enter this ID number in order to access Wellness at Work.
- Click "Register" to sign in.

Step 3: Access Wellness at Work

- Set up your profile if you have not done so already.
- Complete your Personal Health Assessment (PHA).

Mindfulness Based Stress Reduction Program Offerings:



Programs are delivered by The Mindful Center and Michelle Duval. These programs are online and delivered by videos and downloadable guided meditations.

21 Day Calm and Strong: Meditation and Exercise Online Challenge

January 25 - February 22

To register for this program type this into browser:
<https://themindful-e-center.com/courses/191/enroll>

One monthly live webinar

Third Saturday of the Month, 10:00 a.m.

Mindful Approach to Sleep

March 29 - April 19 (Additional 2 weeks to complete, ending on May 3)

For registration information, please visit nmopsia.com or check **Wellness at Work**

Dinner with a Dietitian Blood Pressure Online Video Course.

Are you interested in learning cooking techniques to lower manage high blood pressure? This four-week email video course will help you grasp meal prep. Each week you will receive a new instructional video, recipe and grocery list for the meal of the week, and additional educational handouts that correspond with the weekly topic.



To register, visit <http://eepurl.com/hnAMNj>

Program starts February 8



Kitchen Confidence

This is a 4-week email-based program.

Participants will receive weekly instructional videos. These classes will build essential skills such as how to perfectly pair ingredients, choosing recipes that won't break your budget, and properly utilizing a kitchen knife for safe and optimal food preparation.

Registration Starts: March 8, 2021



To register, visit <http://eepurl.com/hnAO9T>

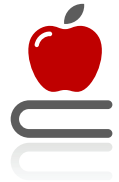
Program starts March 8



Be Well Behavior Change

Healthy cooking made simple

This is an 8-week behavior change program with 3 phases covering tools, actions, and next steps. TSG health coaches collaborate with NMPSIA members when enrolled in this program. Program starts: April 12, 2021



To register, use your smart phone and scan the QR code.
Or, type this url into your browser to register:

<https://www.research.net/r/NMPSIABWContact>



Live Webinar Series

Every Second Tuesday of the month, 3:30 p.m.

- **January:** Break through Barriers
- **February:** Work Life Balance
- **March:** Gut Health
- **April:** Financial Wellness
- **May:** MBSR/Find Your Peace
- **June:** Active Listening



To register, use your smart phone and scan the QR code.
Or, type this url into your browser to register:

<https://zoom.us/meeting/register/tJlIdEqopjsrEtPujruonBWEQXn3Nlu1s0zj>

Good Measures Programs

Personal Nutrition

Good Measures nutrition coaches are registered dietitians who give you a simple, easy way to improve your health through better eating. Good Measures is not about dieting. Instead, it gives you the knowledge and tools to make better decisions about what you eat, starting with the foods you enjoy.



You receive one-on-one, personalized support and guidance, via phone, desktop computer or tablet whenever you need it, not just during office hours.

See more about Good Measures on the next page.

Our first medicine: **FOOD**

High blood pressure?

Diabetes?

Extra weight?

Heart disease?

Low energy?

**Digestive
issues?**



Good Measures can help you improve your health and feel better through food. We start with the foods you like and help you make small changes that deliver big results.

Work with your own personal expert dietitian to find your healthy. We're by your side to provide support and guidance so you can live your best retirement.

Best of all, Good Measures personalized nutrition and health programs are no cost to NMPsia medical plan retirees and their spouses or domestic partners.

Here's what one retiree says:

"Good Measures has made my life truly rich, joyful, and fun. When I eat, everything tastes so good. I savor every bite. I am thrilled that at my age I feel I am doing all I can and all I should to get every nutritional need met."

—VALERIE

lost 30 pounds and went down 3 dress sizes

To get started or learn more,
call 1-888-320-1776 or visit nmpsia.goodmeasures.com



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information about your
Wellness benefits.**