

# BECOME A WELLNESS AMBASSADOR



## NMPSIA Wellness Ambassadors are:



**Employees who volunteer** to share their passion and who contribute to meaningful worksite/department/school-wide wellness initiatives.

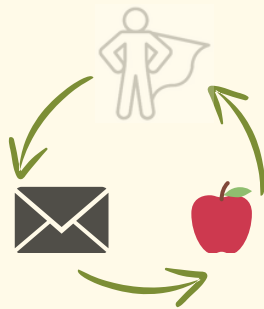


**Comfortable promoting** wellness programs.



**Advocates for healthy living**, no matter where they are in their personal health journey.

**Prepared to inspire** others and be a positive role model for health and wellbeing



## Perks:

Access to Wellness Experts!

1st Chance to Register for Wellness Programs!

Welcome & End-of-Year Gifts!



## Requirements:

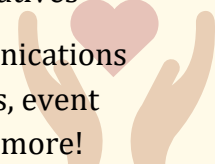
- Attend Wellness Ambassadors Quarterly Zoom meetings
- Have permission to become a wellness ambassador from their supervisor, district and/or school administration



## Support We Provide:

Giveaway prizes for your wellness initiatives

Wellness communications i.e. newsletters, event calendars and more!



## Ready to Sign-Up?

Don't wait—become part of something bigger than yourself! Scan the QR code to sign up now and let's create a healthier future together!

# NMPSIA WELLNESS PROGRAM NO COST TO MEMBERS


## Something for every unique health journey!

NMPSIA wellness programs are designed to support members at every stage of their health journey. By leveraging claims data, these programs help identify underlying health concerns and provide personalized support to guide members toward better health. This is just a summary! Visit our website for even more wellness benefits included in your monthly premium.

## Online Platforms


Presbyterian

### Wellness at Work:

Online wellness portal with tons of wellness tools you can utilize. Explore topics like nutrition, physical activities, health challenges, event sign up, and health education. Access via the “myPres” app. 

BCBSNM

### Well on Target:

Online Member Wellness Portal with several tools and resources to assist you in a personalized health & wellness journey. Access via the “Always On” app. 

## Incentives & Discounts

Presbyterian

### Wellness

**Rewards:** Earn up to \$75 in Amazon.com gift cards by participating in wellness activities.

BCBSNM

### Blue Points:

Redeem points in the online Shopping mall with over a million products.

### Discounted Gym

**Memberships:** Fitness Pass Membership

### Fitness Programs:

Unlimited access to tiered national gym network including digital programs.

### Discounts:

Presbyterian MemberPerks

**Discounts:** Blue 365 Health & Wellness Discounts

## Mental Health

Presbyterian

### Talkspace:

Messaging Therapy for emotional wellbeing

BCBSNM

### Learn to Live:

Digital programming with lessons, activities and one-to-one support.

### My Stress Tools:

Online suite of stress management and resilience-building resources

### Life on Mindfulness:

Online Platform with live workshops & daily live guided meditations. This program is available to ALL members.

## Weight Loss

Presbyterian

### Health Coaching:

through The Solutions Group and through Good Measures

BCBSNM

### Wonder Health:

Obesity & Metabolic Syndrome Reversal Program

### Noom:

Psychology-based program to help individuals make healthier choices.