



New Mexico
Public Schools
Insurance
Authority



NMPSIA
Wellness

Work & Well-Being Newsletter

February 2026



By focusing on balanced, nutrient-dense foods rather than chasing trends, it's possible to build habits that support long-term heart health and overall well-being.

Microlearning: Fad Diets and Heart Health

Complete this short, self-paced, interactive e-learning course to learn ways to build habits that support long-term heart health.

[Click Here to Start Learning](#)

Heart Health

It's American Heart Month, and regular physical activity is an important part of supporting our heart health. The CDC recommends 150 minutes of moderate-intensity activity or 75 minutes of vigorous-intensity activity each week, or a combination of the two. Adults should also include muscle-strengthening activities two or more days per week. If you are struggling to reach your fitness goals, try finding activities you genuinely enjoy, rather than trends or quick fixes. Making exercise something you look forward to makes staying active easier and more sustainable over time.

How to Spot a Fad Diet & Make Heart-Healthy Choices Instead

Many people looking to support their heart health may seek solutions to lose weight, reduce the need for medications, or simply learn how to eat healthier, but they may not be sure where to start. For these reasons, or other, they may encounter “fad” diets or the latest diet trends. High popularity of a diet does not necessarily mean it's healthy or safe. Here are a few things to watch for when spotting a fad diet -->

Fad Diet Warning Signs:

Promises of fast, easy, or guaranteed results	Quick fixes are rarely sustainable—Health goals take time and consistency.	
Buzzwords, such as “cleanse” or “detox”	The body already detoxes naturally—Water and whole foods support this.	
Phrases that sound scientific (e.g., proprietary blend, superfood recipe)	Marketing terms can be misleading; take time to read food labels.	
Requirements to purchase shakes, supplements, or prepackaged foods	While these options are helpful at times, heart-healthy eating focuses on a variety of whole foods.	
Guidance to severely restrict calories or eliminate entire food groups	Calories fuel the body, and balanced nutrition usually requires proteins, carbs, and fats.	
Claims of health goals without exercise	Exercise is key for heart health, along with good nutrition.	

Monthly Program Updates

Click an image for full flyer and registration links

BCBSNM Health Education

Take Control of Your Stress



Tuesday, February 17
3:30PM

Join to learn about the different causes of stress, effects of stress, the four A's of stress management, self-care of management, and different stress management techniques.

TSG Wellness Webinar

Vital Signs, Vital Choices



Wednesday, February 18
12:00PM

Your numbers tell a story — the question is whether you're listening. This webinar dives deep into the truth behind cholesterol, blood pressure, and the new frontier of health testing. You'll learn what each number means, why it matters, and how small changes create big impacts.

BCBSNM Minset Monday

Healthy Heart,
Healthy You



Monday, February 23
8:30AM* & 3:45PM*

Learn about heart disease, different risk factors for heart disease, and what your blood pressure numbers mean. We will also discuss tips for improving your heart health.

*Only 15 Minutes!

BCBSNM Wellness Wednesday

Blood Pressure Basics



Wednesday, February 25
8:30AM* & 3:45PM*

Join to learn what is classified as high blood pressure, risk factors associated with high blood pressure, the importance of controlling the condition, and steps to manage and improve blood pressure numbers.

*Only 15 Minutes!

TSG Cooking Show

Love at First Bite:
Heart-Healthy Snacking



Thursday, February 26
12:00 PM

February is all about heart health. This month's smart snacking recipes, like smoothies & quinoa bites, celebrate sweetness without excess sugar. Each recipe delivers cardiovascular support and energy that lasts, reminding us that caring for your heart can taste downright delicious.

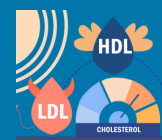
Know Your Numbers with these Podcasts:



A guide to living with high blood pressure in [Tips for Managing Blood Pressure](#)



Una guía para vivir con alta presión en [Manejo de Hipertensión](#) (A guide to living with high blood pressure)



Learn about cholesterol guidelines and ways to improve your numbers in [Managing Your Cholesterol](#)

STAY ACTIVE. YOUR HEART WILL THANK YOU*

PRESBYTERIAN Fitness Pass Membership

You and your enrolled dependents (age 18+) have access to thousands of national, regional, and local fitness recreation & community centers including:

- Defined Fitness
- Prime Fitness Network
- Select YMCA locations
- Discount at all Sports & Wellness

For quick access and to learn more about Fitness Pass, go to: www.phs.org/wellness and sign in using your myPRES credentials.

Only \$29.50 per eligible member per month



BlueCross BlueShield
of New Mexico

Fitness Program

The Fitness Program provides members and covered dependents (age 18+) with tiered membership options where they have unlimited access to more than 12,000 participating facilities nationwide.

New Member Special!

Pay No Enrollment Fee When you Join the Fitness Program in February.

To enroll, log in to Blue Access for Members at bcbsnm.com and search for the Fitness Program under My Health > Wellness.

*You need to enter the code FEB26FP

TAKE CHARGE OF YOUR HEALTH*

7- Week Virtual
Hypertension Program
designed to develop
behaviors for a healthier
lifestyle.



Program Runs from February 9 - March 27



Blood Pressure

Blood pressure wrist cuffs are provided to participants. Participants will check their blood pressure throughout the challenge and track their progress.



Essentials of Nutrition

Learn how nutrition plays a crucial role in blood pressure. Participants will also learn the components of a healthy diet, the truth about salt, and tips and tools to eat healthy.



Healthy Habits

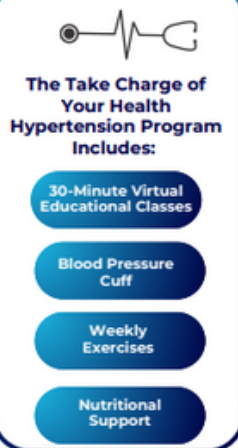
Learn about the importance of sleep, exercise, and weight management and how all of these factors can contribute to high blood pressure.



Disease Management

Learn the facts about hypertension, the risk factors associated with high blood pressure, how to prevent and manage your blood pressure, and how to properly measure your blood pressure.

REGISTER TODAY!

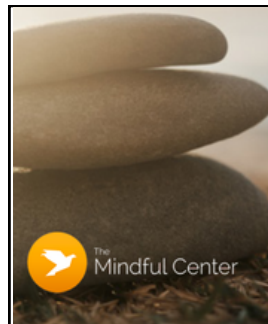


Open to all NMPSIA Employees at no cost!

Coming in March:

Health Quest: Decode The Numbers That Power Your Health

Discover simple, meaningful insights that help you understand and reduce your health risks across 8 essential health markers, including blood pressure, cholesterol, and weight. You'll not only gain clarity on what these numbers really mean, but you'll also explore impactful lifestyle habits that can elevate your overall well-being.



Life on Mindfulness* is an online platform that gives you a clear and dynamic roadmap toward a life of greater health, well-being, and a lot less stress through mindfulness. You have access to daily live-guided meditations, exclusive teachings, and short life-enhancing videos.

REGISTER TODAY!

**“Tomorrow
belongs
to the people
who prepare
for it today”**

-African Proverb

Well onTarget®

Overview & Navigate Blue Access for BCBS Members

Learn about how to navigate the Blue Access for Members platform, the Mental Health Hub, and the Well onTarget member portal.

Friday, February 13
9:00 -10:00 a.m.

Register Here

*Visit www.NMPSIA.com/wellness for more information



6-Way Sheet Pan Chicken

Makes 4 servings | Prep time: 10 minutes | Cook time: 30 minutes | Total time: 40 minutes



Ingredients

- 4 boneless skinless chicken breasts or thighs (or combination of both)
- 1 head of broccoli, cut into large florets (about 3 cups)
- 2 potatoes, sweet or russet (or a combination of both), cut into 1/4-inch half-moons
- 2 Tbsp olive oil
- Dry seasoning blend of choice

Directions

- 1 Preheat the oven to 400°F.
- 2 Line a sheet pan with aluminum foil and lightly coat with nonstick cooking spray.
- 3 Place chicken on the sheet pan and surround with broccoli and potatoes. Evenly drizzle olive oil and sprinkle seasoning blend over the pan.
- 4 Bake for 30 minutes or until the potatoes are fork-tender and the chicken reaches an internal temperature of 165°F.



Chef Tip:

Try this recipe out with any of these six **dry seasoning blends**. You can turn this into an Italian-, Indian-, Spanish-, Moroccan-, Cajun-, or Southwest-style flavor feast.

Nutrition Information:

278 calories, 17 g carbohydrates, 0 g added sugar, 29 g protein, 10 g fat, 1.5 g saturated fat, 4 g fiber, 105 mg sodium, 76 mg calcium, 2 mg iron, 816 mg potassium, 0 mcg vitamin D

***Wondr available for BCBSNM members**

American Heart Association's takeaways on the new Dietary Guidelines 2025-2030

- **Whole foods:** Increasing your intake of fruits, vegetables, beans, and fiber-rich whole grains
- **Healthy fats:** Using healthy oils (like olive or vegetable oil) instead of animal fats like butter or beef tallow.
- **Limiting processed items:** Reducing "highly processed" packaged foods, added sugars (less than 10% of daily calories), and high-sodium foods to help maintain a healthy weight and blood pressure.

