

JULY 2025

WHY WELLNESS

HELPING YOU TO HELP OTHERS!

Your monthly wellness spotlight newsletter



July is Prevention and Sun Safety Month

How To Get The Word Out

Use these helpful tips to distribute monthly wellness events to your staff.

- Send as an email notification of upcoming event with flyers attached. Please reach out to your wellness team at NMPSIA.Wellness@psia.nm.gov if you would like assistance in creating a template.
- Forward to your marketing and communications team to include in employee communications
- Send reminder emails a day or two before events.
- Include information in staff meetings.
- Post the attached flyers in breakroom, on the back of bathroom stalls, nursing rooms, newsletters, internal social media postings.
- Invite your fellow co-workers to attend with you so you can compare notes.

If you would like more information, please reach out to NMPSIA.Wellness@psia.nm.gov



Links You Can Share:

[Are You Up to Date on Your Preventive Care?](#)

[The Importance of Regular Dental Visits](#)

[Sun Safety](#)

[Sun Safety for the Entire Family](#)



New Mexico
Public Schools
Insurance
Authority



NMPSIA

July Carrier Wellness Events & Resources

Available to all Employees Regardless of Insurance Coverage

Wednesday, July 16 at 12:00 p.m. - Brains in Bloom: Explore the dynamic world of brain health, including the impacts of nutrition and stress on the brain. Learn about neuroplasticity—the brain’s ability to adapt and change—and how to nurture it for a resilient, healthy mind.

Tuesday, July 22 at 3:30 p.m. - How to be a Savvy Health Care Consumer: Learn what it means to be a Savvy Health Care Consumer by understanding your benefits, knowing where to go for care, and learning how to become your biggest advocate for health.

Thursday, June 24 at 12:00 p.m. - Berry Bliss: Sweet and Simple Blueberry Creations: Join us this July to celebrate National Blueberry Month. We’re baking up Lemon Blueberry Scones and mixing a delicious blueberry smoothie. Both as rich in flavor as they are in health benefits. You’ll learn insider tips for baking and blending with blueberries, while we chat about the amazing benefits of these tiny, powerful berries.

Monday, July 28 - Fighting Inflammation: Join to learn about the two different types of inflammation in the body, what causes it and what risk factors are associated. You will also learn which foods can increase or decrease inflammation, and healthier lifestyle changes that can help. [Register HERE for 8:30 a.m.](#) or [Register HERE for 3:45 p.m.](#) ONLY 15 MINS!

Wednesday, July 30 - Power of Preventative Care: Learn when to have appropriate screenings and immunizations throughout your life. You will also learn about common health concerns for men and women, how cholesterol and blood pressure affect you, and wellness resources to help you stay healthy at any age. [Register HERE for 8:30 a.m.](#) or [Register HERE for 3:45 p.m.](#) ONLY 15 MINS!

Wellness Ambassador Application: Are you passionate about health and wellness? Become an employee volunteer who shares their passion, motivation, and contribute to meaningful worksite/department. To learn more reference the attached flyer.

BlueCross BlueShield Plan Members: VirtualCheckup Home Kit - a convenient, no-cost health checkup. Available at no cost to all health plan covered employees, spouses, and dependents (18+) covered on BCBSNM health plan.

Kitchen Confidence: 4-week email series (Starts the day the user registers). Receive weekly emails that will include video demonstrations from a nutrition team, recipes, a challenge, practical tips and resources that will inspire you to improve your kitchen skills for feeding yourself and your family well.

On-Demand Mindfulness Program: 21 Day Meditation Challenge: In this 3-week online challenge, you’ll receive a short daily video teaching from Michelle DuVal, director of The Mindful Center. She’ll tell you in what order to do the guided meditations for maximum benefit, as well as how to skillfully work through the most common obstacles.

Life of Mindfulness - No passwords required: On demand, online platform that gives users a clear and dynamic roadmap toward a life of greater health, well-being and a lot less stress through mindfulness.

Well Balanced Article: Healthy Habits for Hot Weather- Article Attached

Keep Your Skin Safe From the Sun - Flyer Attached

July Observance Poster: Brain Health - Flyer Attached

THIS INFORMATION IS INTENDED FOR EDUCATIONAL PURPOSES ONLY AND SHOULD NOT BE INTERPRETED AS MEDICAL OR FINANCIAL ADVICE.

ARE YOU PLANNING A HEALTH FAIR?

CONTACT YOUR WELLNESS TEAM AT NMPSIA.WELLNESS@PSIA.NM.GOV 90 DAYS PRIOR FOR ASSISTANCE OR IDEAS.

“YOUR
HEALTH IS
AN
INVESTMENT,
NOT AN
EXPENSE.”

UNKNOWN

