



New Mexico
Public Schools
Insurance
Authority



Work & Well-Being Newsletter

September 2026



Screen & Be Seen:

Why Preventive Screenings Matter

Many serious health conditions can develop quietly, without noticeable symptoms. Preventive screenings help identify potential health concerns early, when they are often easier to treat and manage.

Regular screenings can detect conditions such as high blood pressure, high cholesterol, diabetes, certain cancers, and other chronic diseases before they begin affecting your daily life. Early detection not only improves treatment outcomes but may also help prevent complications, reduce healthcare costs, and support a better quality of life.

Think of screenings as routine maintenance for your health. Just as regular inspections keep a car running smoothly, preventive screenings help keep your body functioning at its best.

Benefits of Preventive Screenings

- Detect health issues before symptoms appear
- Increase treatment options & improve outcomes
- Help prevent serious complications
- Provide peace of mind and a better understanding of your health
- Support long-term wellness and healthy aging

Remember: Feeling healthy does not always mean you're free from health risks. Many conditions can be present for years before symptoms develop.

Click Here to for a guide of recommended Preventive Health Screenings, by age

Monthly Program Updates

Click an image for full flyer and registration links

BCBSNM Health Education

Caregiver Support



Tuesday, September 22
3:30PM

Join to learn about the definition of a caregiver, understanding caregiver burnout and how to prevent it, tips for being a healthy caregiver, and how to support a caregiver.

TSG Wellness Webinar

Strong Is the New Long:
Muscle for Longevity



Wednesday, September 16
12:00PM*

***Recording Available if Registered**
Muscle isn't just for movement — it's a mood booster and brain protector. Research shows people with more lean mass have lower risks of depression, dementia, and chronic inflammatory disease. This session unpacks the surprising science behind the muscle-mind connection and offers simple, practical ways to build resilience for both body and brain.

BCBSNM Minset Monday

Breast Cancer Awareness



Monday, September 28
8:30AM* & 3:45PM*

Join to learn about breast cancer, risk factors for breast cancer, the importance of breast cancer screenings, and wellness resources to stay healthy at any age.

***Only 15 Minutes!**

BCBSNM Wellness Wednesday

Important Wellness Screenings
as We Age



Wednesday, September 30
8:30AM* & 3:45PM*

Join to learn when to have appropriate screenings and immunizations, common health concerns for men and women, wellness tips and resources to help you stay healthy at any age.

***Only 15 Minutes!**

TSG Cooking Show

Golden Grains &
Gentle Gains



Thursday, September 24
12:00 PM*

***Recording Available if Registered**
September honors whole grains, honey, and connection. These recipes highlight the power of complex carbs for longevity, natural energy for vitality, and nourishment for mental wellness. Together, they show how food fuels both the body and the spirit.

Featured Podcasts



Learn how you can be proactive with your health with [Women's Wellbeing Tips](#).



[Partnering with your PCP](#) can help you receive personalized health care.

SCHEDULE YOUR PREVENTIVE SCREENINGS TODAY!

Take charge of your health by scheduling recommended preventive screenings. A few minutes today could make a lasting difference in your future well-being.



Get the information you want, when you need it. **myPRES** offers fast and convenient service any day of the year.

Use **Get Care** to schedule appointments, including telehealth visits.

Sign in or Register [HERE](#)

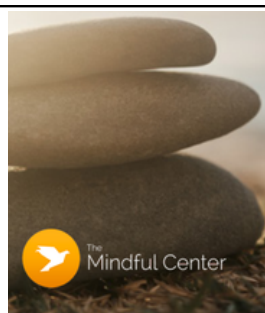


BlueCross BlueShield
of New Mexico

Whether you're at your desk or on the go, **Blue Access for Members (BAM)** is there for you with tools and features that give you the freedom to manage your health care your way.

Simply click on **Find Care** to find a provider or schedule an appointment.

Log in or Sign Up at [bcbsnm.com](https://www.bcbsnm.com)



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!



Slow down, tune in, and rediscover the joy of eating with mindfulness.

Discover a calmer, more connected way to nourish yourself with this 4-Part **Mindful Eating Program**.

Each session combines simple practices, science-backed insights, and guided meditations to help you eat with more ease and intention. Whether you're looking to reduce emotional eating, lower stress, or simply enjoy your food more, this program offers the tools to transform your meals into moments of presence and care.

REGISTER HERE



Register for our 6-week email-based program, to learn proper stretching, increase blood flow to your muscles, re-energize, and integrate stretch breaks into your daily routine.

REGISTER TODAY!



**EVERYONE'S FAVORITE FALL
STEP-CHALLENGE IS BACK!**

October is ideal for walking – the temperatures are cool and the colors are spectacular. Making the most of this great season, Walktober takes you on a virtual tour of autumn's most vibrant landscapes and inspires you to make walking a priority – in October and beyond.

**Registration opens on
Monday, September 14th!**

To learn more Click Here or visit:
www.NMPSIA.Walktober.com

****If you need a tracking device, contact ahagerty@phs.org
(First come, first serve)**

**September whispers
change; embrace it
with open arms.**

-Unknown

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

Recipe of the Month

Apple Pie Oatmeal

SERVES: 2

Ingredients

- 1 apple, peeled and chopped
- 1 Tbsp butter
- 1 cup oats
- 2 cups water
- 1/2 tsp cinnamon (or other spices)
- 1/4 cup maple syrup or brown sugar

In a saucepan, cook apples and butter over medium heat until apples are soft. Turn heat up to high, and add in water and oats. Bring to a boil. Mix in cinnamon and lower heat to medium low. Cook for 5 minutes and remove from heat. Top oatmeal with maple syrup or brown sugar.

Nations Nutrition can transform your eating habits and help you embrace a healthier lifestyle at nmopsia.nationsbenefits.com/nutrition.

nations nutrition

***For Presbyterian Members**



Fall offers nutritious, seasonal produce like pumpkins, apples, and cranberries that are rich in vitamins, fiber, and antioxidants. While these foods support heart and immune health, it is best to choose fresh options over processed versions to avoid added sugars and fats.

Fall Produce

Plan meals around seasonal produce!

yellow produce is a good source of fiber and vitamin C

green foods can be a great source of iron, vitamins K, C, and A



red foods are a good source of vitamin A and C as well as antioxidants

orange produce can be a good source of vitamin C and A as well as beta carotene

Fruits and veggies get their color from phytonutrients that are antioxidants and help fight inflammation!

