



NEWSLETTER

SUMMER 2024

NMPSIA.COM



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SHARED BY E. J. VOLKMAN

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NMPSIA is excited to announce our new partnership with SurgeryPlus!

This benefit will help our members obtain Orthopedic and Spinal surgery at NO COST to them!

Click the logo to learn more.



**Surgery
Plus**



SEND US PICTURES OF YOUR PART OF NEW MEXICO TO BE FEATURED IN THE NEXT NMPSIA NEWSLETTER. EMAIL YOUR PICTURES TO: KAYLYNN.ROYBAL@PSIA.NM.GOV.

BENEFITS CORNER NMPSIA.COM

BENEFITS 101: LOSS OF COVERAGE

If you or a dependent experience a loss of coverage, you **MUST** report that loss within 31 days. Supportive documentation of the loss is required to include:

WHO lost coverage
 WHAT type of coverage was lost
 WHEN did the coverage end
 WHY was the coverage lost (must be involuntary)

BE ADVISED: Voluntary canceling of other coverage or non-compliance to maintain other coverage is **not** considered a qualifying event.

See page 14 of the [Program Guide](#) for details related to the Loss of Coverage Qualifying Event.



NMPSIA Benefits completed several procurements and we are proud to announce that we have contracted with the following vendors:

- SurgeryPlus
- Erisa Admin. Services Inc.
- BCBS Medical
- Presbyterian Medical
- BCBS Dental (for 1/1/2025)
- Delta Dental
- United Concordia Dental
- Davis Vision

IF YOU ARE IN NEED OF A RECONSIDERATION FOR A DENIED ENROLLMENT, SUBMIT AN INQUIRY TO LESLIE.MARTINEZ@PSIA.NM.GOV FOR ASSISTANCE.

THE IMPORTANCE OF PREVENTATIVE CARE

Members should not have to face financial burden for seeking routine visits. The NMPSIA plan design is structured to ensure our members are able to access preventative and wellness services at little to no cost. The early detection of disease translates to better health outcomes for our members. Better health outcomes translate to dollars saved for not only the Plan but the insured individual as well!



GETTING THE MOST OUT OF YOUR BENEFITS

In-network providers are providers who are contracted with your selected medical, dental and/or vision carrier. Seeing an in-network provider will allow you to receive care at a fraction of the cost, compared to seeing an out-of-network provider! Be sure to double check that your favorite providers are in-network with your selected carrier(s) by visiting our website or calling your carrier directly. Click [HERE](#) and navigate to the “Find a Provider by Carrier” menu option. From there you will be able to view a complete list of in-network providers.

WELLNESS SPOTLIGHT NMPSIA.COM



EYE CHECK-UPS

BRINGING EYE HEALTH INTO FOCUS

Did you know an eye exam can be used for more than renewing your glasses/contacts prescription?

Early signs of disease can be detected through the eyes which is why it is so important to see your optometrist every year.

Make an appointment with your eye doctor today! Not currently established with an eye care professional? Click [HERE](#) to find a provider near you.

EYE EXAMS ARE COVERED WITH A \$10 COPAY EVERY 12 MONTHS. VISIT OUR [WEBSITE](#) TO LEARN MORE

MINDFUL MOMENTS. Taking 5 Mindful Breaths, 5x a Day can help you with reducing stress, making decisions from a clear head space and manage emotions like anger or frustration. Try incorporating this breathing technique when you wake up, before entering a meeting, before drafting a difficult email and before bed.

1. Exhale to a count of four.
2. Hold your lungs empty for a four-count.
3. Inhale to a count of four.
4. Hold the air in your lungs for a count of four.
5. Exhale and begin from step 1 again. Repeat 3 cycles.

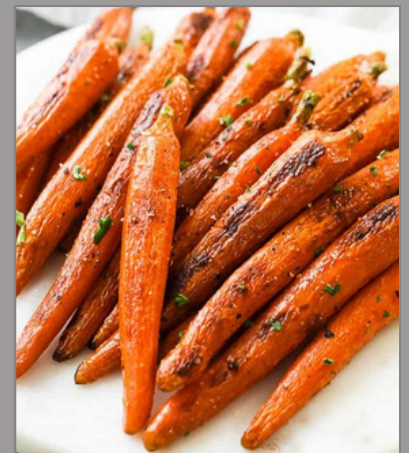


OVEN-ROASTED CARROTS

- 2 POUNDS CARROTS
- 2 TABLESPOONS OLIVE OIL
- 1 TEASPOON SALT
- ¼ TEASPOON BLACK PEPPER
- PARSLEY (CHOPPED, FOR GARNISH, OPTIONAL)

Directions

Preheat oven to 425°F (line a baking sheet with parchment paper for easy clean-up). Toss carrots with oil and seasoning. Pour onto prepared baking sheet. Arrange carrots in a single layer. Bake 18-20 minutes for baby or garden carrots, 25-30 minutes for large carrots.



RISK RESOURCE

NMPSIA.COM

The New Mexico Public Schools Insurance Authority and Poms & Associates want to remind you of an important training resource for your District or school. Vector Solutions delivers high-quality, expert-authored courses on important safety, compliance, and prevention topics. This service is provided to all NMPSIA members at no additional cost and also allows participating entities to assign, track, and manage training for your users.

Included in the offerings are grade-appropriate, short online courses concerning Child Sexual Abuse Prevention and Professional Boundaries in Schools. The courses will help New Mexico Schools comply with the requirements of House Bill 128 and it is strongly recommended that all NMPSIA participating employers adopt them as mandatory training.



VECTOR SOLUTIONS HIGHLIGHTS (2023-2024 SCHOOL YEAR):

- 47,059 Active Users
- 74,925 Users with online completions
- 653,273 online module completions



To get started with Vector Solutions, just fill out the [online form](#).

If you need additional assistance or have questions, please email Kevin McDonald at Poms & Associates at kmcdonald@pomsassoc.com.

OTHER VALUABLE TRAININGS CAN BE ACCESSED [HERE!](#)

- Diversity, Equity, and Inclusion Practices: Staff-to-Student
- FERPA: Confidentiality of Records
- Hazing Prevention in K12 Environments
- HIPAA Overview
- Playground Maintenance & Inspection
- Playground Supervision
- Sexual Harassment: Staff-to-Staff
- Student Alcohol and Substance Abuse
- Bloodborne Pathogen Exposure Prevention
- Cybersecurity Overview
- Cybersecurity Awareness for Employees: End-User Best Practices
- Cybersecurity Awareness for Employees: Security Awareness Essentials
- Cybersecurity Awareness for Employees: Social Engineering
- Diversity, Equity, and Inclusion Practices: Staff-to-Staff