



# NMPSIA Wellness BENEFITS



## Onsite health screenings

Screenings can tell you more about your health, including: total cholesterol, HDL, LDL, triglycerides and glucose. Other measurements include weight, body fat, BMI, and waist circumference.



## Monthly webinars

Learn about health topics, from nutrition to mindfulness, from the convenience of your computer.



## Wellness Ambassador Program

Interested in championing employee wellness at your school or worksite? NMPSIA Wellness trains and supports volunteers to bring employee wellness programming to their work location.



New Mexico  
Public Schools  
Insurance  
Authority



NMPSIA  
Wellness



New Mexico  
Public Schools  
Insurance  
Authority



NMPSIA  
Wellness



Blue Cross and Blue Shield  
of New Mexico

 **PRESBYTERIAN**



The New Mexico Public Schools Insurance Authority (NMPSIA) Wellness Program gives you, as a member, access to a variety of wellness resources at no additional cost to support you along your wellness journey.

NMPSIA members covered by **Blue Cross Blue Shield** have access to: **Well On Target – wellontarget.com**

- Self-directed courses
- Health and wellness content
- Tools and trackers
- Wellness Coaching
- Health Assessment
- Blue Points Program – complete activities to earn points for rewards
- Fitness Program - 888-762-BLUE (2583)
- Fitness Tracking
- Online Wellness Challenges

### Blue Care Connection

- Lifestyle Management (lose weight or quit smoking) – Call **866-874-0912** and select “Lifestyle Management”
- Special Beginnings (receive education about pregnancy) - Call **888-421-7781** to join
- Condition Management (talk to registered nurse) - Call **866-874-0912** and select “Blue Care Connection”
- Behavioral Health (depression, substance abuse, anxiety or mental issues) – Call **866-874-0912** and select “Blue Care Connection”
- Additional Resources through Blue Care Connection:
- Call the toll-free 24/7 Nurse line at **800-973-6329** anytime you have a health question for a registered nurse.

### Other Resources

- MDLIVE. Care When and Where You Need It. Available online (MDLIVE.com/bcbsnm), via mobile app, or by phone (888-858-5074).
- Blue 365: Exclusive Health & Wellness Discounts for Members. Save on fitness gear, family activities, gym memberships, healthy eating, dental, vision, hearing aids and more from top national and local retailers.

NMPSIA members covered by **Presbyterian Health Plan** have access to *Wellness at Work* and can:

- Communicate with a health coach
- Take your *Personal Health Assessment* to get your Wellness Score and Risk Assessment Report
- Access meal & exercise plans
- Track your food & exercise to analyze your diet and physical activity
- Take online wellness workshops on topics ranging from asthma to diabetes prevention
- Join team wellness challenges to win prizes for your school or work location, including onsite cooking demonstrations
- Earn a chance to win a \$50 voucher for an activity tracker, like a FitBit

You can access **Wellness at Work** through your myPres account (mypres.phs.org). Have your insurance card member ID number handy.

Need help setting up your **Wellness at Work** account? Call 1-855-460-7737, Mon.-Fri., from 6:00am - 6:00pm.

Well onTarget® MEMBER PORTAL



**Additional benefits available to NMPSIA members covered under Presbyterian include:**

- **Preventative visits** and associated lab work covered at 100%.
- **PresRN** gives you a direct link to experienced registered nurses (RN) for answers to your health questions—24 hours a day, 365 days a year. 1-800-905-3282.
- **Video Visits.** See a doctor for your non-emergency medical needs—24 hours a day, 365 days a year (\$10 copay). Visit **mypres.phs.org** to make an appointment.
- **Member-only discounts.** Presbyterian partners with BenefitSource to provide discounts for services such as acupuncture, chiropractic, hearing and vision software, massage therapy and Meals on Wheels. Visit **benefitsource.org/Presbyterian** for more details.
- **Disease & Case Management Programs.** 1-888-ASK-PRES

*Wellness  
at* **WORK**

