



NEWSLETTER

WINTER 2025

NMPSIA.COM



Photo Credit to C. Hutchins taken in Ruidoso, NM

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**NMPSIA Support is
available all year long**

Your school can request
trainings and health &
wellness events all year long.



Trainings
and events
completed
in 2025!

Information
[Here!](#)

SERIOUSLY, WE WOULD LOVE TO FEATURE YOUR PHOTO IN THE NEXT NMPSIA NEWSLETTER:

SEND US PHOTOS OF YOUR PART OF NEW MEXICO BECAUSE WE KNOW IT'S BEAUTIFUL & UNIQUE!



EMAIL YOUR PICTURES TO: KAYLYNN.ROYBAL@PSIA.NM.GOV

BENEFITS CORNER NMPSIA.COM

Benefits 101: I enrolled in benefits during Open/Switch: Now what?

Download your carrier apps and the [NMPSIA App](#). Earn points with your carrier and keep your info up to date!

Get the app's

Stay on the lookout for our wellness focused newsletters. Visit our [website](#) to find out what is 'Happening Now'.

Stay informed

In-network providers are the best value for your care while also helping to keep the cost of care down for everyone.

Utilize the Network

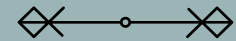
Things might go awry, and if they do NMPSIA is here to help our members, use the 'Contact Us' form to get help!

Call when you need help

Did you know?



People with health insurance are 40% more likely to get preventive care and report feeling more confident managing their health and future.



According to NIH-funded research, many people who skip preventive care end up being diagnosed later with chronic conditions. Delaying care raises the odds of serious undetected disease.

To request a reconsideration review for a denied enrollment, the employee along with their employer may contact Leslie.Martinez@psia.nm.gov.

Don't Skip the Dentist

Preventive dental care isn't just about a brighter smile, it's about protecting your overall health. Regular cleanings can help prevent cavities, gum disease, and even health issues linked to oral health, like heart disease.



Good oral health supports your whole body. Gum disease has been linked to diabetes, heart disease, and even complications during pregnancy. Taking advantage of your preventive dental benefits can help protect more than just your teeth.

If you have a qualifying condition like Periodontal Disease, Pregnancy, Diabetes or Heart Disease, NMPSIA offers additional cleanings throughout the year through your dental carrier!

Click on your dental carrier to find out more, find a provider, make an appointment TODAY!

BlueCare DentalSM

DELTA DENTAL
of New Mexico

United Concordia
dental

Seasonal changes can take a real toll on mood and energy. Explore the tools and support available to help you get through every season with care.

**Presbyterian:
[Talk Space](#)**

**BCBS:
[Mental Health Hub](#)**

GETTING THE MOST OUT OF YOUR BENEFITS:

◀▶▶▶▶ Your Email Matters! ▶▶▶▶▶

You check your employee email 5 days a week, but when it comes to your health benefits, your employee inbox is a bit of a gatekeeper. Firewalls, filters, and seasonal closures can leave your messages sitting in digital limbo.



Mutli-Factor Authentication requires an email. If you cannot access your employee email outside of work, you could miss the opportunity to change or add required information by the deadlines.

Use your personal email for all benefits communications because health changes don't wait for the work week!

WELLNESS SPOTLIGHT NMPSIA.COM

UNLOCK PERSONALIZED WELLNESS WITH NMPSIA AND BEYOND



Access programs through 'Blue Access for Members' (BAM)



Access Programs through MyPres

EVERYONE is welcome here!



Life on Mindfulness



Monthly Cooking Show



Monthly Wellness Webinars

5 Reasons to Eat in Color by the American Heart Association

[Check out more great information here.](#)

1. Bountiful Benefits

Fruits and vegetables provide many important nutrients, vitamins and minerals. Include a variety of colorful choices at meals and snacks for a nutritional power boost.



2. Naturally Nourishing

Fruits and vegetables are typically free of trans fat, saturated fat and sodium. Filling at least half your plate with produce is a great first step toward creating a balanced meal.

3. First-class Fuel

Whole fruits and vegetables help keep you feeling satisfied for longer, thanks to their high fiber and water content. They also play essential roles in your everyday wellness, such as supporting digestive health.



4. Very Versatile

All forms of fruits and vegetables — fresh, frozen, canned and dried — can be part of a healthy diet. They are among the most adaptable and convenient foods you can eat. Choose those with little or no added sodium or added sugar.

5. Whole-body Wellness

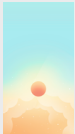
A healthy eating plan full of fruits and vegetables can help lower your risk of many serious and chronic health conditions, including heart disease, obesity, high blood pressure, diabetes and some types of cancer.



Instead of a drive-thru burger and fries, channel your inner “Emily in Paris” and grab a grain bowl with colorful veggies, roasted chicken, and a drizzle of sauce that makes you feel fancy even when you’re still real-world busy. Or make a DIY “Wicked-core” smoothie: strawberries, mango, and spinach (you won’t even taste it), it’s pink, green, and it will leave you glowing!

The American Heart Association's [Healthy for Good platform](#) is helping put a healthy life within reach. They are committed to breaking down barriers and advancing opportunities to help you create and apply the kind of healthy habits that stick with you at every life stage, for good health.

In Nordic cultures, wellness is about living in harmony with the natural world. By soaking up daylight when it's available and creating a sense of **hygge** (coziness) at night, they support deep, restorative sleep and balanced energy. You can borrow these timeless practices to gain rest, relaxation and connection.



Start your day by stepping outside into natural light, even on cloudy days. This signals your brain to wake up, sets your circadian rhythm, and boosts mood.



As the sun sets, trade screens for softer light. Light a candle or turn on a lamp, sip herbal tea, or play calming music. This transition tells your body it's time to wind down.



Cool, fresh air is a Nordic sleep essential. Try cracking a window or keeping your bedroom a little cooler than usual. A heavy blanket or quilt provides warmth while your body rests better in a cool space. (This may not be for everyone, do what feels right, most importantly, do what makes you feel COZY!)

EMBRACE 'HYGGE'

Morning light	20mins
Midday light	15mins
Last light	5mins
Before bedtime but after nighttime chores	
Wind down	30mins
Embrace Hygge	8 hrs

[Learn more about the Wellness Concept Hygge, here!](#)



Oven Baked Holiday Pears

- 2 ripe pears
- 1/2 cup of your favorite granola (crumbled)
- 1 tablespoon of honey
- 1 teaspoon of brown sugar
- 1 1/2 tablespoons of Cinnamon
- 4 tablespoons of vanilla almond milk
- vanilla ice cream (optional & amount required is based on love of ice cream)

1. Wash the pears and slice them in half.
2. Carefully remove the core while trying to leave the stem intact.
3. Place the pears in a small oven safe dish or pan and pour the vanilla almond milk into the bottom.
4. Sprinkle with the granola, brown sugar, cinnamon and drizzle with the honey.
5. Bake for 15 minutes at 375 degrees (or until you can easily poke through the pear with a fork).
6. Allow to cool from a hot to a warm temperature before topping with ice cream and serving.

RISK RESOURCE

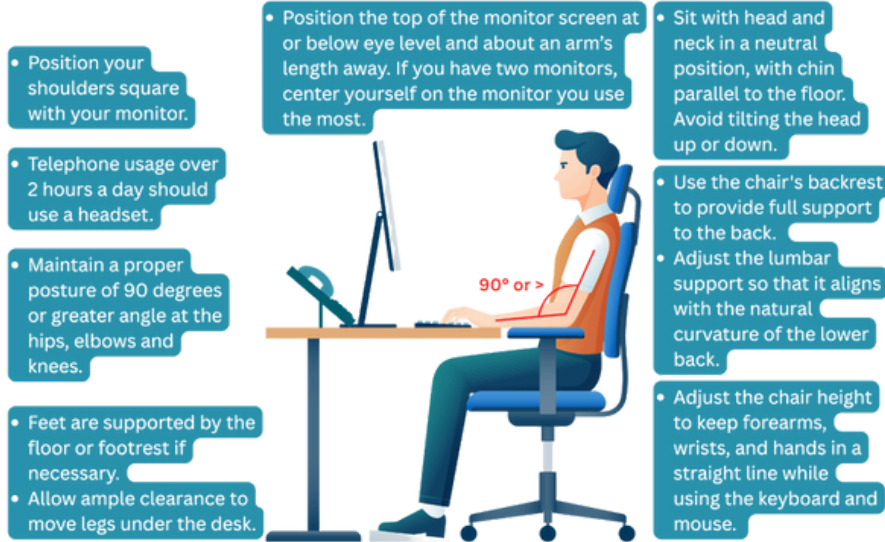
NMPSIA.COM

Promoting a Healthy & Safe Workspace Reduces Risk

Investing in ergonomic safety can also help reduce costs tied to workers' compensation claims and turnover, which every district aims to avoid.

Need help setting up your workstation?

Take a look at the following workstation ergonomic tips:



A key pillar of POMS and Associates is *proactive risk management*, which includes preventing injuries and burnout before they happen.

Ergonomics training is one strategy that fosters a physically and mentally healthy and safe workspace.

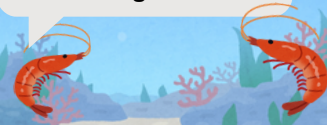
Ergonomics involves designing workspaces to fit people, allowing your body to work comfortably and safely, reducing strain, fatigue, and musculoskeletal injuries.

According to the Bureau of Labor Statistics, Musculoskeletal Disorders (MSDs) account for approximately 30% of all workplace injuries that require time away from work. That's critical, especially when staffing shortages already challenge schools nationwide.

"For school employees, staying comfortable at work isn't just about feeling good. It's about staying healthy and being able to do your job well. This is where proper and mindful ergonomics can help your staff," said **Karen Mestas-Harris, Senior Manager, Risk Services/Ergonomics.**



Don't look....but there is a human pretending to be us right now....



If you have a standing workstation, you are encouraged to utilize the following tips:



- Use an elevated footrest periodically to reduce strain on the back
- Adjust keyboard and mouse height to standing posture
- Stand on an anti-fatigue mat
- Wear shoes with adequate support
- Avoid poor posture due to standing too long

If you would like to schedule a free ergonomics assessment or training for your school through Poms & Associates, email **Karen Mestas-Harris at kmestas@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