



# NEWSLETTER

SPRING 2024

[NMPSIA.COM](http://NMPSIA.COM)



## TOP NEWS

- BENEFITS 101: QUALIFYING EVENTS, PG.2
- GENERIC VS BRAND NAME MEDICATIONS, PG.2
- MENTAL HEALTH HIGHLIGHT PG.3
- GRILLED SALMON RECIPE, PG.3
- LOSS PREVENTIONS: STOPIT, PG.4

### ABOUT NMPSIA

NMPSIA is a state agency created in 1996, by the Legislature, to provide group health insurance coverage and risk-related coverage for public schools, charter schools and voluntary educational entities. NMPSIA's revenues are derived from other state funds (i.e., premiums, investment funds, etc.)

### ADVISORY COMMITTEE UPDATES

NMPSIA'S Risk Advisory Committee (RAC) and Benefits Advisory Committee (BAC) welcome new members. Mr. Benito Gonzales, RAC, with Eastern New Mexico University and Ms. Marsha Martinez, BAC, with Rio Rancho Public Schools.

Thank you for your dedication to the NMPSIA membership!



SEND US PICTURES OF YOUR PART OF NEW MEXICO AND WE WILL DISPLAY THEM IN OUR NEWSLETTER! SHARE YOUR PHOTO ALONG WITH THE LOCATION AND PHOTOGRAPHER'S NAME TO BE FEATURED IN THE NEXT NMPSIA NEWSLETTER. EMAIL YOUR PICTURES TO:

[KAYLEI.JONES@PSIA.NM.GOV](mailto:KAYLEI.JONES@PSIA.NM.GOV)

# BENEFITS CORNER [NMPSIA.COM](http://NMPSIA.COM)

## **BENEFITS 101: QUALIFYING EVENTS**

**Did you know that you may not have to wait for the Open Enrollment period to apply for coverage?**

**A “life change” MUST be reported by completing, signing, and turning in a Change Card to your employer’s benefits office within 31 days of the qualifying event.**

**See page 14 of the Program Guide for a complete list of Qualifying Events.**



**IF YOU ARE IN NEED OF A RECONSIDERATION FOR A DENIED ENROLLMENT, SUBMIT AN INQUIRY TO [LESLIE.MARTINEZ@PSIA.NM.GOV](mailto:LESLIE.MARTINEZ@PSIA.NM.GOV) FOR ASSISTANCE.**



## **GENERIC VS BRAND NAME**

A generic equivalent contains the same active ingredients, in the very same strength, as a specific brand-name drug. Many brands now have generic equivalents, which are just as safe and effective as brand drugs. Since generic medicines are less expensive, you can save money if you are able to take a generic alternative to treat your condition. Remember to consult with your doctor about treatment options that will be most effective for you. The CVS drug cost and coverage tool makes it easy to see if a drug is covered and what you can expect to pay. To get started, sign in or register for an account at [Caremark.com](http://Caremark.com), or with the mobile app.

## **CARRIER CONTACT INFORMATION**

**BCBS**  
1.888.966.7742

**PRESBYTERIAN**  
1.888.275.7737

**DELTA DENTAL**  
1.877.395.9420

**CVS PRESCRIPTION DRUGS**  
1.877.787.0652

**CIGNA**  
1.800.244.6224

**DAVIS VISION**  
1.800.999.5431

**UNITED CONCORDIA**  
1.888.898.0370

**THE STANDARD LIFE AND LTD**  
1.888.609.9763 EXT. 0957

# WELLNESS SPOTLIGHT [NMPSIA.COM](http://NMPSIA.COM)



## MENTAL HEALTH

MARCH IS MENTAL WELLNESS MONTH!

Decreased exposure to sun in the winter months contributes to lower levels of vitamin D in the hippocampus, part of the limbic system that controls emotion and behavior. This is why we may feel depressive moods or the notorious, “spring fever” at this time of year.

Starting a vitamin regimen and getting outdoors is a great start to feeling better!

IN-NETWORK BEHAVIOR HEALTH SERVICES ARE FREE TO NMPSIA MEMBERS. VISIT OUR [WEBSITE](http://NMPSIA.COM) TO LEARN MORE



## THE ONLY THING WORSE THAN DEALING WITH STRESS? NOT DEALING WITH IT!

*When stress is left unchecked, it doesn't just affect you emotionally, it can affect you physically as well. Stress can lead to more serious health conditions. Make a **PLAN** that can help you manage your stress.*



- PERIOD OF TIME TO UNWIND**
- LOCATION TO DE-STRESS**
- ACTIVITY TO ENJOY**
- NAME OF SOMEONE TO TALK TO**

## GRILLED SALMON

- 3 OZ SALMON FILET (PER PERSON)
- OLIVE OIL
- GARLIC SALT
- MINCED GARLIC
- LEMON
- DILL, CHOPPED

### DIRECTIONS:

PREHEAT THE OVEN OR GRILL TO 400°F. TAKE A LARGE SHEET OF FOIL AND PLACE THE SALMON ON IT. RUB WITH OLIVE OIL, SEASONINGS AND MINCED GARLIC. ADD DILL AND 1/2 OF THE LEMONS ON TOP (SAVE OTHER 1/2 OF LEMONS FOR SQUEEZING AFTER COOKED). FOLD FOIL TO RETAIN JUICES AND PLACE ON THE GRILL OR IN THE OVEN FOR 10-15 MINUTES OR UNTIL COOKED TO YOUR PREFERENCE.





# RISK RESOURCE [NMPSIA.COM](http://NMPSIA.COM)

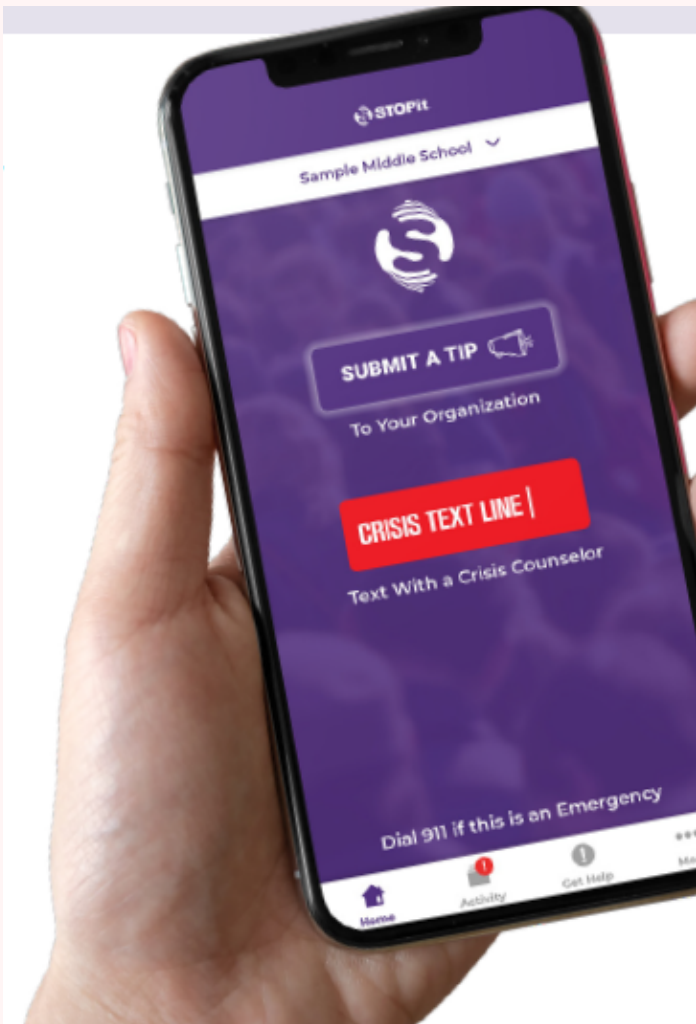
## YOUR RISK CONTROL ALLIES

Poms and Associates is your resource for keeping employees safe and risk at bay through training, site assessments, and guidance on best practices. **ALL AT NO COST TO YOU!**

Reach out today and find out how we can help!



Call for details  
**800-898-6236**



## STOPit

### LOSS PREVENTION RESOURCE

Through the STOPit Anonymous Reporting App, individuals can easily and discreetly submit tips, providing valuable information to help prevent incidents and maintain a safe school climate.

The goal is to empower students, staff, and community members to report concerns, incidents, and potential threats anonymously and securely.

STOPit Solutions has a triage department where all reports are vetted and investigated before being reported to a school district or charter school, easing the burden on school personnel.

**STOPit IS OFFERED FREE OF CHARGE TO MEMBERS!**

If your district or charter school is interested, please get in touch with Mathew Toth at [mtoth@stopitsolutions.com](mailto:mtoth@stopitsolutions.com).

### How the Anonymous Reporting System Works:



**Step 1:**  
Observe & Submit

Individual observes an incident or concern and submits it using the STOPit app, website, or telephone hotline



**Step 2:**  
Monitor & Escalate

STOPit 24/7/365 Incident Response Center monitors and escalates life threatening incidents to school officials and law enforcement (as needed)



**Step 3:**  
Manage & Resolve

School officials receive and act upon the incident using the STOPit admin app and/ or web-based Incident Management System