



NEWSLETTER



FALL 2024

NMPSIA.COM



PHOTO OF BRAZOS CLIFFS NEAR CHAMA, NM
PHOTO BY JOE MARQUEZ OF SANTA FE, NM

LATEST NEWS

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**NMPSIA is Excited to
Announce
OPEN/SWITCH
Enrollment
Oct 1 -Nov 1, 2024**

**Use the online enrollment system to
add or change lines of coverage**

Employee Login
You are an Employee.



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

BENEFITS CORNER NMPSIA.COM

BENEFITS 101: BIRTH OF A CHILD

Welcoming a newborn child is a joyous time in someone's life and it's also a qualifying life event to cover your newborn under NMPSIA Benefits!

IMPORTANT: The Policyholder has 31 days to report the birth of a child by submitting a Change Form and proof of birth.

Don't wait to inform your employer of your upcoming birth! It will be important to ask about your maternity options such as FMLA and ensure you know how to fill out the Change Form, which can be found [HERE](#) on the NMPSIA website.

DID YOU KNOW: You can use the Hospital Proof of Birth/ Birth Registration to enroll your child in benefits? You do not need to wait for the Social Security card or Official State Filed Birth Certificate to enroll your newborn!

Helpful Tip: Pack your Change Form in your hospital overnight bag. When hospital registration comes to your room, you will be prepared with your Change Form, which you will provide to your employer.

Fun Fact

DID YOU KNOW
SEPTEMBER IS THE MOST
POPULAR BIRTH MONTH
OF THE YEAR?
SEPTEMBER 9TH IS THE
MOST POPULAR DAY TO
BE BORN, AVERAGING 12K
BIRTHS ON THIS DAY
ALONE.



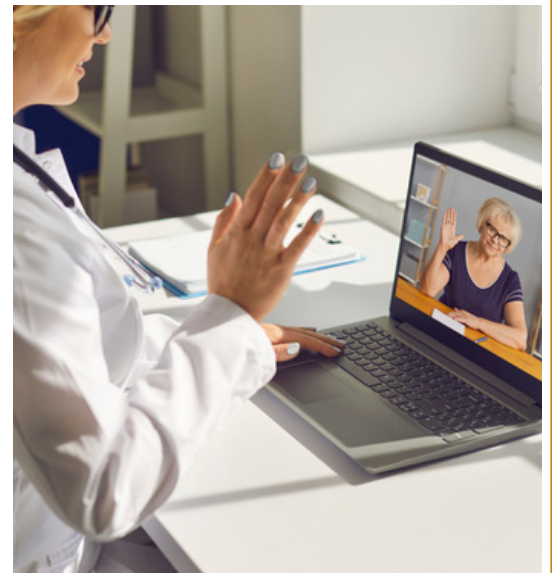
IF YOU ARE IN NEED OF A RECONSIDERATION FOR A DENIED ENROLLMENT, SUBMIT AN INQUIRY TO LESLIE.MARTINEZ@PSIA.NM.GOV FOR ASSISTANCE.

BACK-TO SCHOOL BUSY? TELEHEALTH.

Take a moment for yourself amidst the back-to-school chaos. Prioritize your wellness and make those virtual appointments today—your mind and body will thank you! We're excited to remind you about the convenience of telehealth services! With \$0 copay through your medical carrier's national network, accessing healthcare has never been easier or more affordable.

Whether it's a quick consultation for a lingering cough or advice on managing stress during this hectic season, telehealth allows you to connect with healthcare professionals!

Book through your medical carrier for \$0 visits.



GETTING THE MOST OUT OF YOUR BENEFITS

Important Note: To take advantage of the \$0 telehealth visits you must book through your medical carrier, either online or by phone. This gives you access to a nationwide network of providers. If you choose to use your local doctor or any local office, you will be charged an office visit copay.

WELLNESS SPOTLIGHT [NMPSIA.COM](https://nmpsia.com)



BACK-TO-SCHOOL WELLNESS

Schedule “Me Time” Like It’s a Staff Meeting

You wouldn’t skip a meeting with the principal, right?
So don’t skip your own self-care!

Laugh Often—It’s Free Therapy!

Laughter is like cardio for your soul—it gets your heart pumping and releases those feel-good endorphins.

Hydrate, Hydrate, Hydrate!

Staying hydrated helps maintain focus and keeps those brain cells firing on all cylinders.

Get Moving—Even If It’s Just to the Copy Machine

Do some stretches between meetings. Every little bit counts!

Life on Mindfulness

Join our online platform that gives you access to two live monthly workshops and daily live-guided meditations Mon-Fri.

[Click Here](#) to create your account and get started today!



CAULIFLOWER SOUP

- 1 medium head of cauliflower & 1 medium carrot, shredded
- 1/4 cup chopped celery
- 2 & 1/2 cups of each water & milk
- 2 teaspoons chicken bouillon or 1 cube vegetable bouillon
- 3 tablespoons of each butter & all-purpose flour
- 3/4 teaspoon salt
- 1/8 teaspoon of each pepper and garlic powder
- 1 cup shredded cheddar cheese

Directions: In a stockpot, combine whole cauliflower, carrot, celery, & water.

Bring to a boil. Reduce heat and simmer for 12-15 minutes until veggies are tender (Do Not Drain). While that simmers, in a saucepan, melt the butter, stir in flour and spices until smooth. Gradually add milk and cheese. Once cheese is melted, combine mixture in stockpot and mix thoroughly. Enjoy!



BECOME A WELLNESS AMBASSADOR



NMPSIA Wellness Ambassadors are:



Employees who volunteer to share their passion and who contribute to meaningful worksite/department/school-wide wellness initiatives.

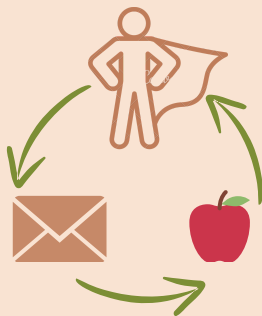


Comfortable promoting wellness programs.



Advocates for healthy living, no matter where they are in their personal health journey.

Prepared to inspire others and be a positive role model for health and wellbeing



Perks:

Access to Wellness Experts!

1st Chance to Register for Wellness Programs!

Welcome & End-of-Year Gifts!



Requirements:

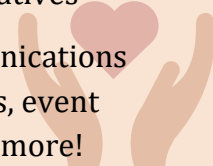
- Attend Wellness Ambassadors Quarterly Zoom meetings
- Have permission to become a wellness ambassador from their supervisor, district and/or school administration



Support We Provide:

Giveaway prizes for your wellness initiatives

Wellness communications i.e. newsletters, event calendars and more!



Ready to Sign-Up?

Don't wait—become part of something bigger than yourself!
[Sign up now](#) and let's create a healthier future together!

RISK RESOURCE NMPSIA.COM



As we step into September, we are reminded that this month holds a significant purpose—Suicide Prevention Month. Remember, it’s okay to not be okay, but it’s also important to know how to help others who might feel that way. The New Mexico Public Schools Insurance Authority and Poms & Associates want to remind you of training resources available to you.

QPR Training: Question, Persuade, Refer (2-Hour Session) Think of it as being equipped to be a mental health superhero—without the cape (unless you want one!). You’ll learn how to spot warning signs and engage in conversations that could save lives and give hope to someone in need.

Youth First Aid Training (8-Hour Session) This training is like having a first-aid kit for the mind! We wouldn’t ignore a sprained ankle in one of our students; why would we ignore emotional pain?

The CDC knows Mental Health matters and has stepped up with a handy-dandy guide aimed at improving mental health among our youth. The **DASH Mental Health Action Guide** is packed with tools and strategies to help support the mental well-being of youth. DASH stands for “Division of Adolescent and School Health.” They put together an action guide that serves as a roadmap for educators, parents, and community leaders who want to make a difference in the lives of young people. Think of it as your GPS for navigating the sometimes bumpy roads of adolescent mental health. The CDC’s Mental Health Action Guide isn’t just another document gathering dust on a shelf; it’s an essential tool designed to empower our youth and promote their mental well-being in ways that are effective—and yes, even fun!

Download the PDF [HERE!](#)



The QPR Training and the Youth First Aid Training are designed to empower you with knowledge and skills. As we navigate through this month, let’s commit ourselves not only to learning but also to acting on what we learn. Your participation in these trainings could be the key that unlocks hope for someone in need.

Are you interested in having a training at your school?

QUESTION, PERSUADE, REFER (QPR)

Provides employees with three simple steps anyone can learn to help save a life from suicide.

Contact [Tamie Pargas](#), [James Vautier](#) or [Darron Walter](#)

Youth Mental Health First Aid

(Ideal for those who work with ages 12-18)

Gives adults who work with youth the skills they need to reach out and provide initial support and resources.

Contact [Brenda Barela](#) or [Tamie Pargas](#)



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