

Presbyterian Wellness Programs



New Mexico
Public Schools
Insurance
Authority



NMPSIA
Wellness

Incentive Program on *Wellness* at **WORK**

NMPSIA *Wellness* Rewards

Earn up to \$75 in Amazon.com gift cards by participating in select wellness activities

Visit *Wellness at Work* portal for more information on how to earn points for your reward.

To access *Wellness at Work*, go to www.phs.org and log in to your myPRES account. Look for **Wellness** and click on the **Personal Health Assessment tab**. If you need help accessing, please email wellnessatwork@phs.org. Points are cumulative. Points program is from July 1, 2022 - June 30, 2023.

25 points = \$25
 50 points = \$25
75 points = \$25
\$75

	ACTIVITY	POINTS	HOW TO EARN YOUR POINTS
	Personal Health Assessment (PHA)	25 pts	Step ONE towards earning points. Complete your PHA on Wellness at Work.
	Complete the Primary Care Provider (PCP) Survey	5 pts	Visit Wellness at Work and complete the survey. Points are awarded automatically upon completion of the survey.
Complete One	Preventive Visit	20 pts each, max 20 pts	Visit your doctor.
	Video Visit		Complete an online Video Visit.
	Biometric Screening		Attend an onsite Biometric Screening.
Complete One	Health Coaching	25 pts each, max 25 pts	Engage in Free Health Coaching on Wellness at Work.
	Good Measures		Engage in the Good Measures Program.
	Wellness Workshops	25 possible pts	Workshops are available on Wellness At Work portal. Points will vary depending on the workshop.

PERSONAL HEALTH ASSESSMENT



[Start Here](#)

Wellness Workshops



Health Coaching



Click to Access Resources

[NMPSIA Frequently Asked Questions](#)
[Sign up for Good Measures](#)
[Wellness Workshop Point Allocation](#)

Primary Care Provider Survey

SURVEY



On To Better Health



Wherever you are,
we'll help you get to
a better place.

You can earn up to \$75 from July 1, 2021 to June 30, 2022.

Total Available Points: 0 [Details](#)

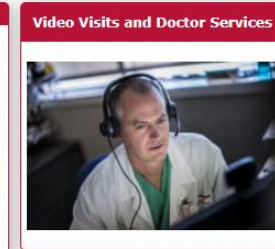
[How to Redeem Your Gift Card | Shop at Amazon.com](#)

Gift Card Awarded For	Amount	Actions
Completing Your Personal Health Assessment	\$25	Claim Your Gift Card
Level 2: 50 Points	\$25	Complete Activities to Earn
Level 3: 75 Points	\$25	Complete Activities to Earn

NMPSIA webinar



Video Visits and Doctor Services



Good Measures



[Breakthrough Nutrition Coaching](#)

Click [here](#) for information on how to get started.

[Good Measures Programs Available this Year!](#)



Health Coaches can help you to:

- Set appropriate goals
- Create an action plan
- ID personal motivation
- Establish coping skills & reliable support system

NMPSIA members covered under Presbyterian Health Plan have access to free health coaching through The Solutions Group, Presbyterian's Health & Wellness Division.

Eat better
Lose weight
Become more active
Reduce stress
Sleep better & have more energy
Prep for a specific event



To sign up with a
health coach,
REGISTER HERE.

<https://www.research.net/r/Coaching-NMPSIA>

Please allow up to 10 business days to be contacted by a health coach.





To get started sign up at
nmpsia.goodmeasures.com
Or call Good Measures at
888-320-1776



Achieve your health goals and feel your best!

Join a Good Measures program and improve your health and well-being through the power of food.

Good Measures healthy habits programs are **no cost** to NMPSIA members covered under Presbyterian Health Plan and their spouses or domestic partners.

Good Measures programs can help you:

- Lose or manage weight
- Eat to boost your immune system, have more energy, and feel better
- Improve a health condition with food choices
- Lower blood pressure, blood sugar, and cholesterol and improve heart health
- Get optimal nutrition for a healthy pregnancy
- Prevent or better manage diabetes

What's included:

- Your own registered dietitian coach—check in by phone or messaging
- A smart app that helps you choose foods and meals best for you
- Support and a personalized plan to meet your goals



MyStressTools is an online suite of stress management and resilience-building resources which includes:

-  **TRAINING VIDEOS**
 -  **RELAXATION MUSIC**
 -  **MEDITATION**
 -  **STRESS TESTS**
 -  **JOURNALING**
- and much more!*

My Stress Tools helps you understand the root causes of your stress and gives you the help you need to dramatically reduce your stress and build your resilience.

To register visit myStress Tools at
[Mystresstools.com/registration/tsg-NMPSIA](https://mystresstools.com/registration/tsg-NMPSIA)

To learn more about how Stress Stop works watch
Vimeo.com/291304178



A Web-Based Platform for
Managing Your Stress.

NMPSIA Monthly Newsletter

Other Wellness Programs

These programs listed below are available
to NMPSIA Presbyterian Members

NMPSIA Wellness Rewards

Earn up to \$75 in Amazon.com gift cards by participating in select wellness activities. Email NMPSIA_wellness@phs.org if you have any questions.

For more information[CLICK HERE](#).

Health Coaching

Set wellness goals and have one of the knowledgeable Health Coaching work with you to achieve those goals. Health Coaching is available to NMPSIA members covered under Presbyterian Medical Plan. Participants who complete at least three coaching sessions and a final survey will earn 25 points towards \$25 Amazon.com gift card available on the Presbyterian's *Wellness at Work* website. Email nmpsia.coaching@phs.org to register or find out more.

**Personalized Nutrition support from a
Registered Dietitian**

Links & Reminders About All Your Programs

Monthly Webinar Info & Links

Monthly Cooking Show Info & Links

Mindfulness & Meditation Links

Recipes

So Much More!

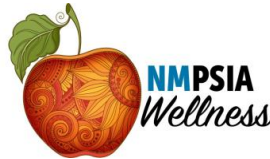
NMPSIA Wellness Ambassador Program

Are You Passionate About
Health & Wellness?

[Apply Here Now](#)



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NMPSIA Wellness Ambassadors are:

- Employee volunteers who share their passion, motivation, and contribute to meaningful worksite/department/school-wide wellness initiatives
- Advocates for healthy living, no matter where they are in their personal health journeys
- Inspiration to others and are positive role models for health and well-being
- Comfortable promoting wellness programs

Requirements:

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

Perks:

- Access to wellness experts, including dietitians, health coaches, and exercise physiologists
- 1st chance to register for wellness programs
- T-shirt and pullover for new NMPSIA Wellness Ambassadors

**All current NMPSIA Wellness Ambassadors will need to reapply.*

Free Wellness

Programming for Your School!

Contact Katherine Chavez,
NMPSIA Benefits and Wellness Operations Manager, with
any questions: NMPSIA.Wellness@state.nm.us