



**New Mexico
Public Schools
Insurance
Authority**



PRESBYTERIAN

**NEW MEXICO PUBLIC SCHOOLS INSURANCE
AUTHORITY (NMPSIA) OPEN ENROLLMENT 2026**

NMPSIA High Option Plan – PPO

Deductible INN \$825/\$1,650; OON \$3,000/\$6,000
Out-of-Pocket (OOP) Max (Calendar Year) INN \$4,500/\$9,000; OON \$10,000/\$20,000
(Copays, deductible, coinsurance apply to meet medical OOP)

Office Visit

Preventive Care	\$0*
PCP/Gyn Care	\$30*
Specialist (no referral)	\$55*
Lab Work (non-Preventive)	
Office/Free Standing	\$30* or lesser of
Outpatient/Hospital	\$60* or lesser of
Outpatient Surgery	25% after deductible
MRI/PET/CT Scans	\$600* copay or 25% whichever is less per test per day

*Deductible not applicable

Hospital Inpatient	25% coinsurance after deductible
Maternity Care	\$30 (Initial visit)
Delivery	25% coinsurance after deductible
Emergency Room	\$550 copay*
Urgent Care	\$55 copay*
Short-Term Rehab	\$30 copay* up to \$300 copay
Outpatient and Office	thereafter no charge for the
Occupational, Physical,	remaining calendar year
Speech Therapy	

NMPSIA Low Option Plan – PPO

Deductible INN \$2,200/ \$4,400; OON \$6,000/\$12,000

Out-of-Pocket (OOP) Max (Calendar Year) INN \$5,500/\$11,000; OON \$10,000/\$20,000
(copays, deductible, coinsurance apply to meet medical OOP)

Office Visit

Preventive Care	\$0*
PCP/Gyn Care	\$35*
Specialist (no referral)	\$70*
Lab (non-Preventive)	
Office/Free Standing	\$35* or lesser of
Outpatient/Hospital	\$70* or lesser of
Outpatient Surgery	30% after deductible
MRI/PET/CT Scans	\$700* copay or 30%
whichever is less per test/per day	

Hospital Inpatient	30% coinsurance after deductible
Maternity Care	30% coinsurance after deductible
Delivery	30% coinsurance after deductible
Emergency Room	\$550 copay after deductible
Urgent Care	\$70 copay*
Short-Term Rehab	\$35 copay*
Outpatient and Office Occupational, Physical, Speech Therapy	

*Deductible not applicable

Preventative Healthcare Guidelines

 Careers  Providers  Employers & Producers  Give Now



→ myPRES Login



Doctors & Services ▾ Locations ▾ Health Plans ▾ Tools & Resources ▾ Community ▾ Find a Doctor

URGENT CARE GETS YOU BACK TO FEELING BETTER

Whether it's a minor illness or injury, get the care you need for yourself or your children.

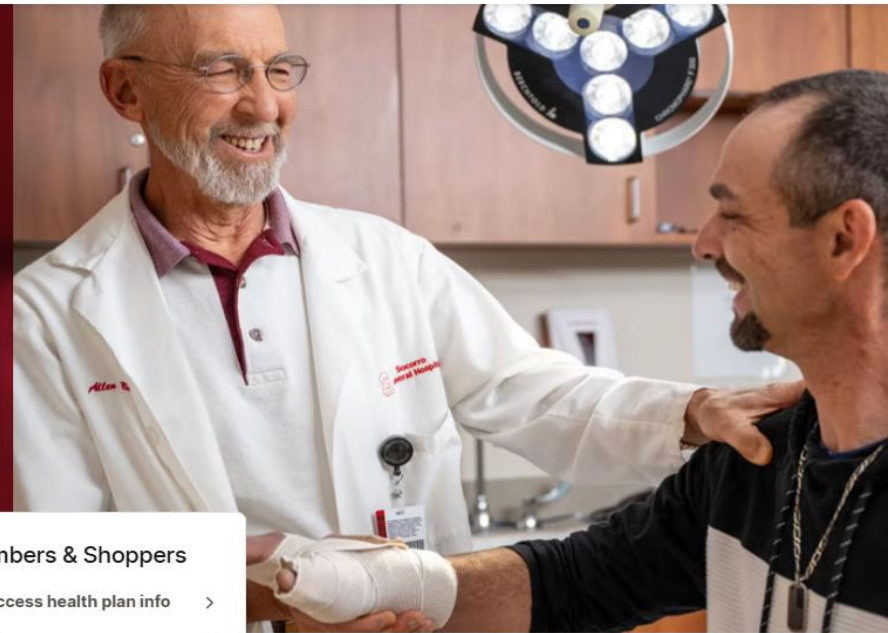
Find a location >

Access Patient Care

- Login to MyChart to access medical records >
- Find Virtual Care >
- Find a Presbyterian Medical Group Provider >
- Pay My Bill >

Health Plan Members & Shoppers

- Login to myPRES to access health plan info >
- Shop for a Health Plan >
- Find a Provider in My Plan Network >
- Pay My Premium >



<https://www.phs.org/tools-resources/patient/preventive-care-guidelines>

PHP PROVIDER NETWORK

New Mexico Provider Network

- Over 24,000 Primary Care and Specialty Providers * No Referrals Required
- Presbyterian Providers and Hospitals Statewide
- Independent Providers and Hospitals Statewide
- www.phs.org - find a doctor (ASO HMO, ASO PPO, ASO HDHP network)

NEW

UNM Network of Providers Effective 7/1/26

- 30 clinics around New Mexico
- More than 1,700 providers in 150+ Specialties

 **PRESBYTERIAN**



PHP NATIONAL NETWORK

- In addition to our robust network, your plan also gives you in-network benefits outside of New Mexico through our partnership with Aetna Signature Administrators®
- Aetna's national network offers access to more than **1.5 million** participating physicians and ancillary providers, including more than **6,000** hospitals
- Many of the most frequently requested facilities are included within the Aetna network, including Mayo Clinic (Scottsdale and Rochester) and Cleveland Clinic
- Find specialty care, including a list of transplant facilities or pediatric congenital heart surgery facilities that are part of Aetna's Institutes of Excellence™ network
- All member ID cards include the Aetna logo
- Go to aetna.com/asa to begin searching for a doctor using your location – ZIP, city, county, or state

1.5M

Participating
Providers



Secure Digital Access to Your Information at www.phs.org

 Careers  Providers  Employers & Producers  Give Now



→ myPRES Login



 **PRESBYTERIAN**

Doctors & Services ▾ Locations ▾ Health Plans ▾ Tools & Resources ▾ Community ▾ Find a Doctor

24/7 CARE FOR HEART EMERGENCIES

Our cath labs offer immediate care around the clock for heart emergencies at Rust Medical Center and Presbyterian Hospital.

View heart care >

Access Patient Care

- Login to MyChart to access medical records >
- Find Virtual Care >
- Find a Presbyterian Medical Group Provider >
- Pay My Bill >

Manage My Health Plan

- Login to myPRES to access health plan info >
- Shop for a Health Plan >
- Find a Provider in My Plan Network >
- Pay My Premium >



VirtualPRES

VIRTUAL URGENT CARE

Convenient care for minor ailments and injuries such as coughs, flu symptoms, urinary infections, and sprains.

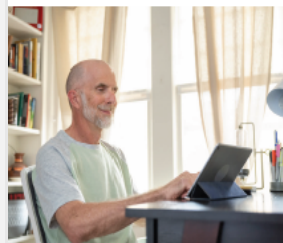
- On-demand care through contracted, 24/7 nationwide providers
- Scheduled same- or next-day care through Presbyterian Medical Group providers

phs.org/virtualpres



VirtualPRES

 PRESBYTERIAN



Urgent Care

VirtualPRES makes it convenient to get care for minor illnesses and injuries. We offer scheduled appointments and on-demand visit options. You can discuss your symptoms with a provider over video and receive a treatment plan, including prescriptions, when appropriate.

Some of the conditions treated include:

- Cough, cold, flu and fever
- COVID
- Diarrhea and constipation
- Eye pain, irritation and pink eye
- Female bladder and yeast infections
- Head lice
- Heartburn or acid reflux
- Joint aches and pains
- Migraines and headaches
- Minor burns and sunburn
- Minor cuts, abrasions, and insect bites and stings
- Nausea and vomiting
- Sore throat and sinus problems
- Sprains and strains
- Stomachache

If the virtual provider determines that you should come in to be seen, they will provide recommendations for seeking in person care.

Some conditions cannot be treated using virtual urgent care, including serious and severe conditions, such as stroke symptoms, severe abdominal, back, or headache pain, uncontrolled vomiting, kidney stones, major cuts, suicidal thoughts, and sudden change in mental state (Emergency care is recommended).

Visit phs.org/virtualpres to review the full list of what conditions can and cannot be treated.

We accept most major insurance. Please check with your health insurer if you have any questions.

VirtualPRES uses Presbyterian Medical Group and independent community healthcare providers.

phs.org/virtualpres

Secure Digital Access

Virtual Urgent Care

Convenient care for minor ailments and injuries such as coughs, flu symptoms, urinary infections, and sprains.

Hours: Mon-Fri: 7 am - 7 pm; Sat-Sun: 7 am - 5 pm

Ages: All ages and minors with parent or legal guardian

[Explore Virtual Urgent Care >](#)

Virtual Urgent Care (24/7)

Provides convenient care for urgent care needs like minor illnesses and injuries nationwide, anytime, without an appointment.

Hours: 24/7, 365 days a year

Ages: All ages and minors with parent or legal guardian

[Explore Virtual Urgent Care >](#)

Virtual Primary Care

Establish and build a relationship with a virtual provider for general, chronic, and preventive care.

Hours: Mon-Fri: 7 am - 5 pm

Ages: 18 years and above

[Explore Virtual Primary Care >](#)

PresRN Nurse Advice

Access to trained registered nurses who can answer questions and guide you to the right care when needed.

Hours: 24/7

Ages: All ages and minors with parent or legal guardian

[Explore PresRN Nurse Advice >](#)

Improving Health Outcomes Collaboratively

Comprehensive Disease Management Program

1-800-841-9705 or healthysolutions@phs.org

Licensed nurses work with your healthcare provider to provide you with coaching and self-management tools to manage chronic conditions such as:

- Diabetes
- Asthma
- Chronic Obstructive Pulmonary Disease (COPD)
- Congestive Heart Failure (CHF)
- Coronary Artery Disease (CAD)

The primary goal is to empower members to take charge of their health, make informed decisions, and adhere to treatment plans, thus minimizing the impact of their chronic conditions on their daily life.



Improving Health Outcomes Collaboratively

Care Coordination

1-866-672-1242 or phpreferral@phs.org

Provides support for managing cancer or low back pain/musculoskeletal conditions and help members manage complex acute medical needs such as transplants, high-risk pregnancies, transition of care.

Emphasizes in continuous integrated care, with a systematic approach that ensures that the members needs and preferences are met across the continuum of care, and that the communication and information sharing among the member, the family, and the care providers are effective and timely. The care coordinators will work with the members and the providers to develop and implement a care plan that aligns with the members goals and values.

Community Health Workers

Closing the gaps.....

✓ Taking up where the healthcare providers leave off:

- Community services
- Government programs
- Extension of medical services and cost assistance
- Food insecurity
- Member Advocacy – Doctor Appointments
- Behavioral Health Services

✓ Improving health outcomes

How to Contact a Community Health Worker

505-923-8567 or 1-866-597-7839
chwincomingdocuments@phs.org



Your CHW will help you develop an action plan to address the services you want and need.



CHWs can help you for as long as you want, but services usually last 30 to 90 days.

Presbyterian Wellness Programs



New Mexico
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NMPSIA
Wellness

Wellness at Work Portal & Incentives



WELLNESS AT WORK



Online Wellness Portal and Incentives

Wellness at Work is an online wellness portal that will help you attain the skills and knowledge to achieve **better health**. Wellness at Work is powered by Personify Health® technology. In the portal, you can take a Health Check, which is a questionnaire designed to **identify your health risks** for chronic conditions. The questions focus on lifestyle behaviors in areas such as exercise, nutrition, tobacco, safety and stress management. Sync your devices to track you steps, activity, sleep and more. Become more aware of the behaviors that impact your overall health, and **learn ways to improve** upon them.

Earn \$75 in Wellness Rewards

NMPSIA Members on the **Presbyterian plan** can earn up to \$75 in rewards that can be redeemed for gift cards and more. Rewards are earned by participating in select wellness activities. Visit **Wellness at Work** portal for more information on how to earn points* and rewards.

	ACTIVITY	REWARD	HOW TO EARN
	Complete a Health Check	\$30	Answer the lifestyle related questions on the Health Check and receive your personal risk score
	Complete the Primary Care Provider (PCP) Survey	\$20	Visit Wellness at Work and complete the survey. Pulse Cash rewards are awarded automatically upon completion of the survey.
Complete these activities to earn points	Track steps, activity, sleep and more	Earn points to reach Level 1 for \$25 Continue earning to be eligible for additional prizes	Wellness at Work provides multiple ways to earn points and in turn, earn rewards. Do these activities on the platform on the mobile app. Earn enough points for Level 1 and earn \$25. Continue earning points to be eligible for addition prizes throughout the year.
	Stay up-to-date on preventive care		
	Track daily Healthy Habits		
	Join or create a personal challenge		
	Complete a Wellness Journey		
	Watch Wellness Videos		
	Participate in Virtual Cooking Shows		
	Watch a Wellness Webinar		
	Select topics of interest quarterly		

NMPSIA Wellness REWARDS

Complete activities and earn points on the **Wellness at Work** portal and redeem them for gift cards.

EARNING REWARDS IS EASY:

- Points are easy with lots of earning opportunities
- Take wellness with you everywhere with a NEW mobile app
- Rewards are earned by completing simple tasks
- Plenty of gift cards to choose from, or use your rewards at the online store

NationsNutrition Programs



As a valued **New Mexico Public Schools Insurance Authority** participant, you have access to a nutrition program, powered by **NationsNutrition™**, helps you learn how to eat better and feel healthier. This virtual program includes personalized support from your own dietitian coach, a digital platform to track your progress, and ongoing support to help you meet your health goals. NationsNutrition is offered at **no additional cost** to NMPSIA members covered under Presbyterian Health Plan and their spouses or domestic partners.

You Have Access To The Following Programs:



Heart Health

For people who want to improve their heart health through lifestyle change and medication management



Weight Management

For people looking for a sustainable weight management program, whether it be losing, maintaining, or gaining weight



Diabetes Management

For people with type 1 or type 2 diabetes who want to understand how food, medicine, stress, and activity affect their blood sugar



Better Health

For people wanting to focus on general wellness and wellbeing to help make sustainable lifestyle changes



Diabetes Prevention

For people with pre-diabetes or certain risk factors who want to make lifestyle changes to avoid progressing to type 2 diabetes

Take control of your health today—because small changes can lead to a healthier future!

Signup or Learn More

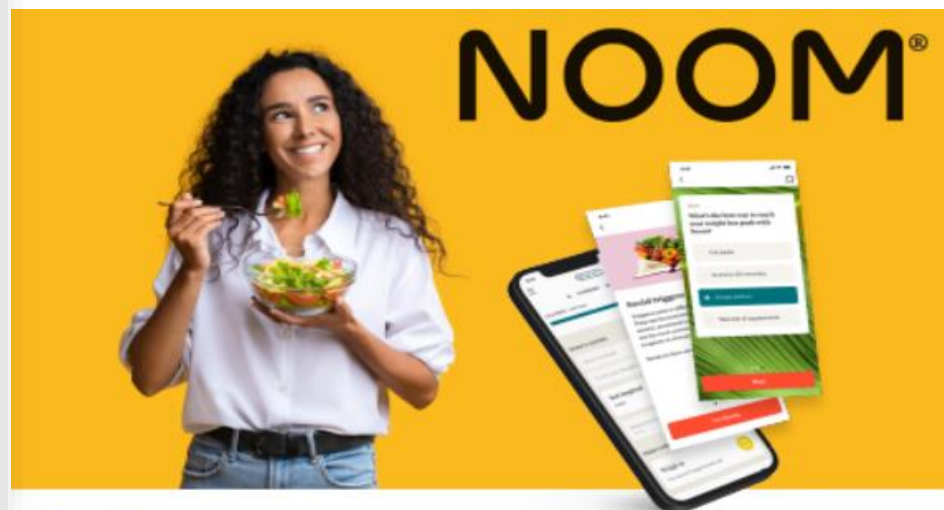
Go to NMPSIA.NationsBenefits.com/Nutrition or call 1-888-320-1776 (TTY: 711) to get started.



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nations
nutrition

Nutrition Support



Noom® is a psychology-based program that empowers you to make healthier choices and empower you to take control of your health for good. Powered by behavioral science, technology, and human coaches, Noom® helps millions of people meet their personal health and wellness goals—

40%

Of users who use Noom for 4 weeks or more lost 5%+ of body weight

5.5%

Average weight loss for users who used Noom for 4 weeks or more

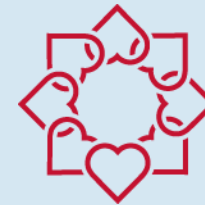
11+ LBS

Average weight loss for users who used Noom for 4 weeks or more

70%

Of users surveyed report Noom helped with their mental wellness

- Bite-sized daily modules
- Log dietary intake in less than 30 seconds!
- One-on-one support from a goal specialist
- Peer Group Support



The
Solutions
Group



Health Coaching

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

Participants will learn to:

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

- **Health Coaches can support a wide variety of wellness goals including:**

- Eating Better
- Losing Weight
- Disease Prevention
- Becoming more active
- Reducing stress
- Sleeping better
- Prepping for a specific event

Current Running Programs

Wellness Webinar Series	This webinar series offers practical advice and useful tools you can use to stay closer to your optimal performance in challenging times.
The Cooking Show	Monthly virtual event with nutritionist or Registered Dietitian. Each month included a new topic, recipes and recording included in the follow up email.
Full Body Workplace Stretching	With Full Body Workplace Stretching you'll learn how to increase blood flow to your muscles, re-energize, integrate stretch breaks into your daily routine and feel better. Weekly emails include Educational material, Guided stretching videos, 5 - 6 stretches per week targeting specific areas of the body.



Full Body Workplace Stretching Program



2026 Well-being Webinar Series

Wednesday August 19 Noon



Cooking Show

Sandwich Secrets Unwrapped

Come and Meet this healthy sandwich recipe. Lettuce guide you through a meat-ing of the minds where we'll "buri-die up some knowledge in this sandwich making extravaganza. This classic lunchtime staple has an ideal balance of all your macronutrients to sustain you through your workday into those long, activity-filled summer evenings.

Thursday, August 22
Noon - 1 p.m.

Register Here

Can't make it? That's okay!
Register anyway and we'll send you the recording after the show and to be entered in a raffle for a free cook!

Questions? Contact wellness@hsa.org

The Florida vacation sandwich

Gut Instincts: Microbes, Immunity & You

Your gut is home to trillions of microbes that shape everything from digestion to immunity. This session unpacks the cutting-edge science of the microbiome and its role in chronic disease prevention. Learn how stress, diet, antibiotics, and lifestyle affect gut diversity, and explore simple, evidence-based ways to support a healthier microbiome.

REGISTER HERE for webinar series.

Or only and paste this URL into your browser: <https://hsa.org/zoom.us/join?meetingId=1447464350&context=hsa>
Earn points on Wellness at Work after watching the webinar or recording.

Our webinars provide practical guidance to support your well-being and help you achieve better health.

Upcoming Programs

Nurture Your Wellbeing	6-week holistic wellness webinar series designed to help you build a deeper understanding of your own health, from the inside out. Grounded in current research and designed for real life, this series translates complex science into practical tools that participants can actually use in their day to day, that works to optimize your entire wellbeing. Nurture Your Wellbeing meets people where they are and gives a framework and the right tools for feeling better that lasts well beyond six weeks.
Walktober	Walktober is a fall-themed employee walking challenge that turns daily movement into a fun, visual, and social wellness experience.
Ergonomics 101	6-part on-demand video series to establish a healthier work environment. Gain practical tips, expert advice, and easy-to-follow demonstrations to customize your workspace, reduce strain, and enhance comfort. Whether you're working from home or in an office, you can lower your risk of musculoskeletal disorders and fatigue, while improving your overall wellbeing and productivity.



WALKT  **BER** TM



Biometric Screenings

Home Kit Option

Key data points:

- Total Cholesterol
- HDL
- LDL
- Triglycerides
- Glucose



WELLNESS SCREENINGS AT NO COST TO YOU

by mail-order for NMPSIA Presbyterian members 18 and over.

KITS ARE AVAILABLE TO ORDER NOW!

The home test kit is available at no cost to members. It uses a finger stick blood draw to measure Total Cholesterol, HDL, LDL, Triglycerides, Glucose and A1C.

Home Test Kits come with instructions to follow along. Log in to your myPRES account on www.phs.org, and click on Health and Wellness tab.

Find the **Wellness at Work** link. Once you've logged in, you can access your home test kit by clicking on Labcorp® on the benefits page.



HOW TO ORDER YOUR KIT:

- Log in to your myPRES account on www.phs.org.
- Click on Health and Wellness tab.
- Find the Wellness at Work link.
- Once you are logged in, go to the Benefits tab at the top.
- Click on the Labcorp® widget
- Click on Start Now button
- Create your Labcorp® account
- Order your kit and follow the instructions included in the kit.
- Your results will take 7-10 days after you mail the kit back.
- Log in to Wellness at Work to access results.

QUESTIONS? Contact nmpsia.wellness@phs.org



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NMPSIA
Wellness

NMPSIA Work & Well-Being Monthly Newsletter

Links & Reminders About All Wellness Programs

Monthly Webinar Info & Links

Monthly Cooking Show Info & Links

Mindfulness & Meditation Links

Recipes

So Much More!



Work & Well-Being Newsletter

June 2026



**Weight Matters:
Start with Nutrition, Not Restriction**

When people think about weight management, they often focus on the number on the scale. In reality, sustainable weight management is less about restriction and more about nourishing your body with the right foods. Nutrition plays a central role because what we eat affects hunger levels, energy, mood, and metabolism. Weight management looks different for everyone, and progress isn't always linear. Instead of aiming for rapid results, consider small, realistic nutrition changes that fit into your lifestyle. By focusing on nutrition as fuel for your body, weight management becomes less about rules and more about building habits that support health, energy, and well-being over time.

Did you Know?

A portion and a serving are not always the same. A serving size is a standardized, recommended amount of food, while a portion is the actual amount you choose to eat. One strategy to be mindful of your portions is to eat from a plate or bowl, not a package.

Make Portions Easy!



- 3 oz
- 1 cup
- 1 tbsp
- 1 tsp
- 1/2 cup

NMPSIA Wellness Ambassador Program



PASSIONATE ABOUT HEALTH & WELLNESS?

Apply to be a NMPSIA Wellness Ambassador today!

NMPSIA Wellness Contacts:

Ashley Hagerty, ahagerty@phs.org

Jackie Pacheco, Jacqueline_Pacheco@bcbsnm.com

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 Quarterly Wellness Ambassadors 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 for *new* NMPSIA Wellness Ambassadors





THANK YOU.

QUESTIONS?

Contact: Steve Valdez

505-923-5241

svaldez7@phs.org

