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NMPSIA
Wellness

Work and Well-Being Newsletter

Welcome to the January 2020 edition of the NMPSIA Work and Well-Being Newsletter! Check out articles about under-active thyroid, healthy Super Bowl recipes, and breaking bad habits. Also, find out what wellness activities are happening soon.

Special Program Announcement!



Course begins February 11th

This four-week email-based video course will help teach individuals with and at risk for high blood pressure how to cook to meet the needs of living with and preventing hypertension.

Each week participants will be emailed a new instructional video, recipes, grocery list for the meal of the week, and additional educational materials.

Dinner with a Dietitian participants also receive optional access to a dietitian or health coach for additional support.

[Register Here!](#)

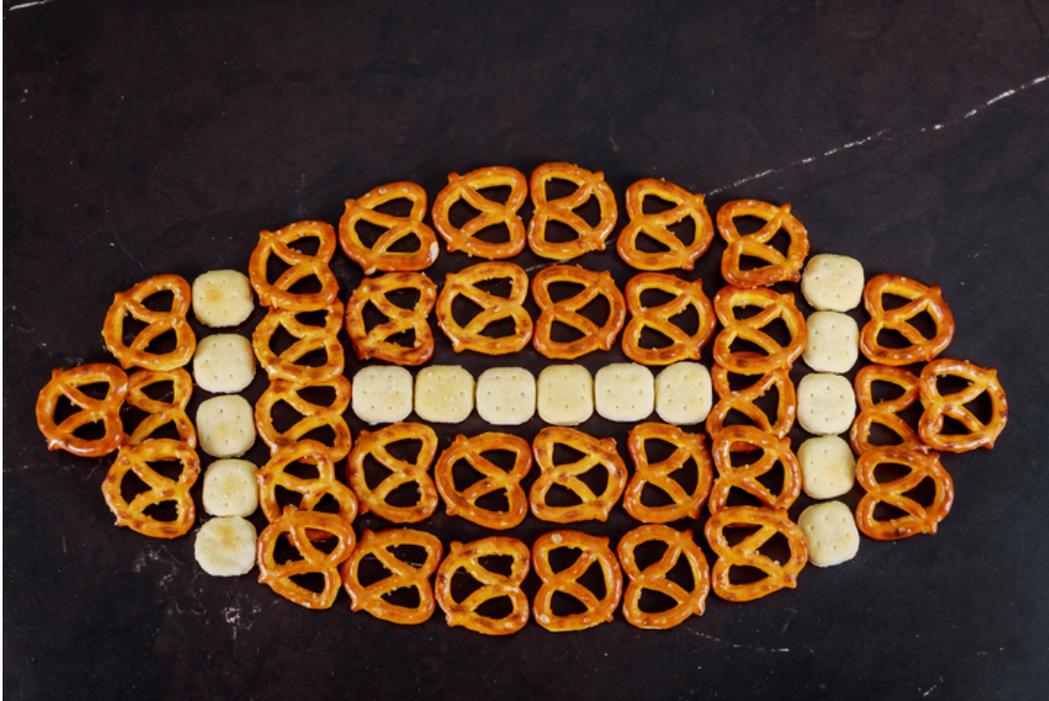
Quick Links to What's Happening



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Timely Topics



Choose Super Foods *for Your Super Bowl*

It's that time of year again! The regular football season is over, it has come down to two teams, and you're planning on watching the exciting big game in February!

Super bowl parties are notorious for offering lots of meat-based, heavy dishes and indulgent salty snacks while viewers partake in all the heart-pumping action. (After all, isn't that part of the draw?) But you don't need to throw away all your healthy habits on this one day. We have a game plan that will satisfy you, your fellow fans, and keeps you true to your health goals.

GET A NEW PLAYBOOK

Trade in those snacks that leave you feeling sluggish and try out some new players:

- **Dips:** Beet hummus, French onion dip made with yogurt (see recipe below), fresh salsa, guacamole.
- **Chips:** (and other crunchy snacks) Try buying healthier chips and crackers – read the labels. Look for snacks made with whole wheat or other grains.
- **Vegetables:** Arrange a display of colorful vegetables to serve with the dips above. Don't worry that your guests won't want to eat them – it's always easier to grab something healthy when it has been prepared for you.
- **Sweets:** Keep it simple by serving fresh fruit and squares or melted dark chocolate.
- **Beverages:** Fruit-infused waters, mocktail (see recipe below).

Below, the Registered Dietitians from Good Measures propose another way to approach the big game. Why not create your own winning strategy by handing off

some traditional game day fare for healthier options – without losing flavor!

TOSS THE FRIED FOODS

Touchdown Turkey Chili

6 servings

Make this game day favorite one day before you serve it. It gives the flavors time to improve.

Ingredients

1 tablespoon olive oil or canola oil

1 medium onion, finely chopped

2 cloves garlic, minced

1 pound uncooked turkey, ground or chopped

1 red bell pepper, diced

1 28-ounce can diced tomatoes

1 8-ounce can tomato paste

1/2 teaspoon salt

2 teaspoons or more of chili powder

1 15-ounce can kidney beans or beans of your choice, drained and rinsed

Toppings of your choice: grated cheese, diced avocado, sliced jalapeno peppers, tortilla chips,

corn, chopped olives, hot sauce

Directions

1. In a large soup pot, heat the olive or canola oil over medium heat. Add the onion and

cook for about 5 minutes until soft. Add the garlic and cook for 1 minute.

2. Add the turkey, stirring it into the onion mixture and breaking it up with a spoon. Cook

until turkey is nearly cooked through and not pink.

3. Add the bell pepper, tomatoes, tomato paste, salt, chili powder, and 1/2 cup of water.

Bring to a gentle simmer. Make sure you don't boil the chili. Simmer for about 15 minutes, then add the beans and simmer for 5 more minutes.

4. Add more water if the chili is too thick, and taste the chili. If needed, add more chili

powder, salt, or pepper. Serve with toppings of your choice.

HUDDLE OVER THIS DIP

French Onion Dip

Makes about 2 cups

2 tablespoons extra virgin olive oil

2 large yellow onions (about 1 1/2 pounds), finely chopped
3/4 cup low fat sour cream
3/4 cup low fat plain Greek yogurt
3 teaspoons dehydrated onion powder/granulates (salt-free)
very scant 1/2 teaspoon salt

In a large thick-bottomed skillet over medium heat saute the chopped onions in the olive oil along with a couple pinches of salt. Stir occasionally and cook until the onions are deeply golden, brown, and caramelized - roughly 40 or 50 minutes. Set aside and let cool.

In the meantime, whisk together the sour cream, yogurt, onion powder, and salt. Set aside until the caramelized onions have cooled to room temperature. Stir in 2/3 of the caramelized onions, scoop into a serving bowl, and top with the remaining onions. Serve at room temperature.

TOAST TO YOUR FAVORITE PLAYER

Pineapple Mint Mocktail

10 Fresh mint leaves, plus more for garnish
1/4 cup pineapple juice
1 lime, juiced
1/2 cup seltzer

Pound the mint leaves in a mortar and pestle or roughly chop. Combine the pineapple juice, lime juice, and seltzer. Stir in the mint leaves. Serve with ice.

Get personalized nutrition coaching and find out which foods are best for you. Presbyterian NMPSIA members have access to Good Measures personalized nutrition coaching and online tools at no cost. Whether you want to lose weight, feel more energetic, reduce stress, stay healthy, or better manage a health condition, Good Measures can help. To learn more or sign up, go to <https://nmpsia.goodmeasures.com/> or call 888-320-1776.



Myths About *under-active thyroid*

One of the most common thyroid problems is hypothyroidism, or under-active thyroid.

Hypothyroidism means the thyroid gland isn't making enough thyroid hormones. This can cause a number of symptoms, including:

- Fatigue
- Trouble with learning or remembering
- Dry hair, nails or skin
- Constipation
- Sore muscles
- Weight gain or bloating
- Heavy or irregular menstrual periods

Although hypothyroidism is a common problem, there are many myths about it. Read on to learn about some common myths – and what you should know about hypothyroidism.

MYTH:

You can't lose weight if you have a thyroid problem.

FACT:

Many people can get to a healthy weight with hypothyroidism after getting on the proper dose of thyroid medication. They may need to work with a nutritionist or other health provider and get plenty of exercise. But losing weight is doable.

MYTH:

People with under-active thyroid need to take iodine.

FACT:

People with hypothyroidism should be on a medication that their doctor prescribes. Taking iodine supplements is usually not needed.

MYTH:

You can't get pregnant if you have hypothyroidism.

FACT:

Many women can get pregnant with an under-active thyroid. They should work with their doctor to make sure they are on thyroid medication that is safe and effective. It's important to take thyroid medication consistently and carefully throughout pregnancy.

MYTH:

High doses of thyroid medicine are better.

FACT:

Having too much thyroid hormone can lead to health problems like rapid heart rate, irregular heartbeat, bone loss and can even become life threatening. Work with your doctor to be sure your thyroid blood levels are within a healthy range.

MYTH:

Only older women have hypothyroidism.

FACT:

Thyroid problems can affect anyone, of any age. But women older than 60 years are at an increased risk for hypothyroidism.

MYTH:

I can manage under-active thyroid with a healthy diet.

FACT:

A healthy diet is great for everyone, including people with under-active thyroid. However, even the best food choices cannot replace missing thyroid hormones. A person needs to take their thyroid medication as their doctor prescribes to replace these hormones.

Source: American Association of Clinical Endocrinologists



Breaking Bad Habits

It's the new year, which is a great time to say goodbye to bad habits. If you're hoping to make a change, these tips may help:

AVOID.

If certain places or people make you want to engage in unhealthy habits, try your best to stay away.

REPLACE.

Focus on what you can do instead of the bad habit. For instance, take a walk or drink a glass of water.

PLAN.

If you know you'll be tempted with a bad habit, practice what you can do. Picture yourself not giving in. Have a plan for yourself. **BUDDY UP.** Ask a friend or family member to support you. They can cheer you on and encourage you when you need it.

Source: National Institutes of Health

Program Highlights



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Good Measures

- Registered

Dietitian Services

NMPSIA offers a variety of Good Measures

programs to NMPSIA members with

Presbyterian insurance and their spouses at no charge. For additional

healthy eating information, please

access the **Good**

Measures personalized nutrition coaching and online tools.



*Wellness
Webinar - Break
Through Barriers*

Keeping the goals we set can be hard, especially when life gets in the way. Learn to identify what's keeping you from achieving your goals or staying stuck at a plateau and create strategies to overcoming those



*Health
Coaching*

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 for a \$25 Amazon gift card on Presbyterian's *Wellness at Work*.

barriers!

To get started, sign up [here](#) or call Good Measures at 888-320-1776.

Can't make the webinar? No problem. All registrants will receive a copy of the webinar sent to their email address.

Email nmpsia.coaching@phs.org to register or find out more.

Tuesday, January 14th

12:00PM



view this email in your browser

Work & Well-Being

is a monthly publication for employees covered by the New Mexico Public Schools Insurance Authority (NMPSIA) under Presbyterian Health Plan. This publication is composed and distributed by The Solutions Group, a division of Presbyterian Healthcare Services.

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