



Work and Well-Being Newsletter

Welcome to the May 2020 edition of the NMPSIA Work and Well-Being Newsletter! Check out the articles on how to organize your food pantry, what are varicose veins, and how to earn a \$25 Amazon gift card. Also, find out what wellness programs are happening soon.

Special Announcement!



Mindfulness Based Stress Reduction

with Michelle Duval

All participants will receive 2 downloadable guided meditations to help you relax and release stress, as well as an e-book outlining the teachings of the webinar.

Course Begins May 2nd

Coupon code to enter at checkout:
NMPSIAMindfulness2020

[Register Here!](#)

Quick Links to What's Happening



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Timely Topics



Redo Your Pantry Staples

It is always important to keep basic staple items stocked in your pantry (the COVID-10 pandemic reminds us of that). It's helpful to be able to create quick, healthy meals that are packed with nutrients to meet your individual healthy needs. Remember to check with the Good Measures app for your personalized meal suggestions and talk with your Good Measures' Registered Dietitian Coach for additional recommendations that are right for you:

Fruits & Veggies:

- Stock fruits that are easy to grab, store, and eat on-the-go, like apples, bananas, or grapes.
- Rinse and store fresh berries in small containers so they are ready to eat.
- Cut fresh veggies like carrots, celery, peppers, and cucumber into bites-sized strips, and store them in covered containers for a quick dipping snack.
- Keep dried fruit to snack on by itself or add nuts for a homemade trail mix.
- Stock frozen fruits and veggies to blend into smoothies or for quick side dishes.

Grains:

- Stock grains such as brown rice, quinoa, and rolled oats. Store in the freezer and they will last for up to six months.
- For pasta, crackers, or bread, look for "whole" as the first word on the ingredients list.

Dairy:

- **Milk:** choose lower-fat milk and milk products to cut down on saturated fat. Lactose-free milk or dairy-free milk are also great alternatives, but make sure they don't have added sugar and that they are fortified with calcium and Vitamin D.
- **Yogurt:** choose "cultured" brands with gut-friendly probiotics. Opt for plain yogurt and add your own fruit if you want some sweetness.
- **Cheese:** choose fat-free (skim), reduced, or low-fat versions of cheeses.

Protein:

- Look for cuts of beef that are labeled "lean" or "extra lean."
- Skinless chicken and turkey are also good options for low-fat proteins.

- Cold-water fish like salmon, cod, and anchovies are a good source of healthy Omega-3 fats.
- Stock a variety of canned beans and add to salads, soups, or grains dishes (See the easy recipe below!)

Snacks:

- Select crackers, pretzels, or corn chips that are made with "whole grains".
- Store popcorn for a low-calorie, whole-grain snack.
- Stock hummus and/or any variety of nut butters for perfect companions to sliced veggies or whole-grain crackers.

Condiments and cooking tools:

- Choose vegetable oils such as olive, avocado, grapeseed, or sesame oil.
- Use honey, maple syrup, or molasses for a less-refined sweetener.
- As alternatives to regular sodium, try Tamari, soy sauce, or sea salt.
- Stock dried herbs such as basil, oregano, garlic, or onion powder to season soups, grains, and vegetable dishes.
- Use lemons, apple cider vinegar, or balsamic vinegar to create dressings and marinades.

**Depending on your individual health needs, you may wish to check with your doctor or a Good Measures Registered Dietitian before adding any of the foods above to your diet.*

Recipe: Three Bean Salad

Salad:

- cans of any type of beans such as : white northern beans, black beans, green beans or others, drained and rinsed.
- 1/2 red onion, diced
- 1 bell pepper (red, yellow, or orange), dice

Dressing:

- 1 tsp mustard
- 1/8 tsp garlic powder (OR one clove garlic, minced)
- 1/4 cup olive or avocado oil
- 3 Tbsp red wine vinegar

Combine beans, onions, and bell pepper in a large bowl. Whisk dressing ingredients together in a small bowl and season with pinches of salt and pepper to taste. Add to the bean mixture. Mix thoroughly, chill, and serve.

Get personalized support from a Registered Dietitian as part of your benefits. NMPSIA members covered under Presbyterian Health Plan and their covered spouses or domestic partners have access to Good Measures personalized nutrition coaching by phone 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 nmpsia.goodmeasures.com or call 888-320-1776.



What to do about varicose veins

Do you have bulging veins on your legs? The veins may be blue, purple or red in color. If so, you may have varicose veins.

WHAT ARE VARICOSE VEINS?

Your heart is always pumping blood out to your organs. Then, the blood goes back to the heart through the veins. Veins have special valves that push the blood back toward the heart.

Sometimes these valves stop working correctly. This may happen if valves get weaker over time. Then the blood pools in the vein, unable to move.

Blood that is pooling in a vein may cause the bulge or bump of a varicose vein.

NOT JUST COSMETIC

Some people don't like the look of varicose veins. But they can also cause other problems. Varicose veins may itch or cause pain, swelling or heaviness in the legs.

They can also continue to weaken the vein over time. This can cause the skin changes like open sores or hard, thick areas of skin.

MEDICAL OPTIONS

Ask your doctor about medical procedures that can help. Options may include:

- Lasers that heat the vein and close it off
- Injections that seal the vein closed
- Surgery to remove the vein if non-invasive options don't work

HELPING AT HOME

If varicose veins bother you, there are some things you can do.

- First, work toward a healthy weight. Being overweight puts more pressure on the veins.
- Be active. Exercise gets your blood pumping. This helps move blood out of the veins.
- Ask your doctor about compression stockings. These can help relieve pain and heaviness for some people. These are available at drug stores and online without a prescription if your doctor gives you the okay to wear them.
- Put your legs up. When possible, keep your legs up above your heart.
- Don't wear clothes that are very tight around the waist or upper thighs.



Complete Your Personal Health Assessment

Get a \$25 Amazon Gift Card!

The Personal Health Assessment (PHA) is a 15-minute, online questionnaire that evaluates your lifestyle-related health risks. Upon completing your PHA, you'll receive a comprehensive risk-assessment report and personalized feedback to help you make positive changes to enhance your health and wellbeing.

After completing the PHA, you may be eligible to receive personalized health coaching at no extra cost with The Solutions Group or Presbyterian Disease Management. Your health coach provides you with the information and support you need to improve your lifestyle behaviors and maximize your overall long-term health.

Who: New Mexico Public Schools Insurance Authority (NMPSIA) members and their spouse/domestic partner covered under Presbyterian Health Plan.

How:

Log on to **Wellness at Work**, the online health and wellness platform.

1. Register/ sign-in to MyPres (mypres.org).
2. Click on "Wellness at Work" near the bottom.
3. On the Wellness at Work homepage, click "PHA" in the upper left-hand corner.

If you have questions about accessing your personal health assessment, please call (505) 923-6030, Monday-Friday, 6 a.m. - 6 p.m.

Disclaimer: Your personal health information is confidential and is not shared with your employer, NMPSIA, or any other unauthorized third party. Only aggregate data is used to plan and improve future wellness offerings.

Wellness at Work is your personal wellness tool.

- Track important health numbers and see trends over time – weight, blood glucose, blood pressure, cholesterol, etc.
- Track food and activity
- Create meal plans and exercise routines
- Expand your knowledge with the Health Library and wellness workshops
- Privately communicate with your personal Health Coach

BCBS of New Mexico

The Gift of Gratitude Video

Watch Now

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**.

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



Webinar -
Mindfulness-Based
Stress Reduction:
Find your Peace

Michelle Duval, MA, is the leading provider of mindfulness training's in the Southwest and is the director of the The Mindful Center. She blends insight, humor, and research with the profundity of the practice in a way that makes her training's deeply felt and truly enjoyable.

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

Tuesday, April 14th
1:30 P.M.

[view this email in your browser](#)

Work & Well-Being

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