

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.

Making changes to nutrition habits can be challenging, especially since food consumption is often influenced by emotional, social, and behavioral factors. The Academy of Nutrition and Dietetics suggests the following tips to help you eat more mindfully:

- Make $\frac{1}{2}$ your plate fruits and vegetables
- Be mindful of portion sizes
- Learn to read food labels
- Fix healthy snacks to sustain energy levels between meals
- Drink more water
- Reduce added sugars
- Try plant-based meals
- Add more omega-3 fats

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



$\frac{1}{2}$ cup

Monthly Program Updates

Click an image for full flyer and registration links

BCBSNM Health Education

Navigating the Grocery Store on a Budget



Tuesday, June 16
3:30PM

Join to learn how to plan before you shop, what labels mean, and how to virtually shop the aisles and learn tips and tricks for purchasing healthy, affordable foods.

TSG Wellness Webinar

The Silent Storm: Spotting Metabolic Syndrome Early



Wednesday, June 17
12:00PM*

*Recording Available if Registered
Metabolic syndrome is often called a “silent storm,” you don’t feel it brewing until it hits hard with diabetes, heart disease, or stroke. We’ll highlight the power of early detection through regular screenings and simple at-home checks, while exploring holistic prevention strategies.

BCBSNM Miniset Monday

Trending in Nutrition



Monday, June 22
8:30AM* & 3:45PM*

Join to learn the basics of dieting, the importance of good nutrition, information on popular nutrition trends, and keys to maintaining a healthy weight.

*Only 15 Minutes!

BCBSNM Wellness Wednesday

Nutrition and Heart Health



Wednesday, June 17
8:30AM* & 3:45PM*

Join to learn about heart disease, how healthier eating can help with heart health, ideas for meal and snack planning, and tips for making healthier choices at home and while eating out. *Only 15 Minutes!

TSG Cooking Show

Stackin’ Pancakes & Sippin’ Smarts



Thursday, June 25
12:00 PM*

*Recording Available if Registered
These recipes are designed to sharpen focus and fuel the body. These meals pair protein, fiber, and healthy fats to support muscle health, digestion, and cognition. Together, they highlight how simple, wholesome ingredients can supercharge both mental and physical performance.

Featured Podcast



Learn tips and tricks for Healthy Eating on a Budget

CHOOSE TO FEEL BETTER BY LIVING BETTER

You don't have to navigate your health journey alone. Our wellness program offers resources and guidance to help you prevent and manage diseases.

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

PRESBYTERIAN PROGRAMS COVERED UNDER PRESBYTERIAN HEALTH PLAN



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— from weight management to diabetes prevention to stress reduction.



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.

*Formerly Good Measures



Health Coaching through The Solutions Group, Presbyterian's Health & Wellness Division. Participants will learn how to set appropriate goals, create an action plan, identify personal motivation and establish coping skills and a support system. Work with a coach to eat better, lose weight, become more active, reduce stress, sleep better, or prep for a specific event.

[Click here to find out what program is right for you!](#)



PROGRAMS COVERED UNDER BCBSNM



Weight loss isn't one-size-fits-all. **Wondr** is a year-long, skills-based digital weight loss program that helps participants feel their best mentally and physically through simple, clinically-proven techniques and tools. Participants will learn how to enjoy their favorite foods and still lose weight, sleep better, stress less, and more.

[Get started today at wondrhealth.com/BCBSNM](https://wondrhealth.com/BCBSNM)

Health is not about the weight you lose, but about the life you gain!

—Dr. Josh Axe

Get Fit on Route 66 Walking Challenge

Let the historic Route 66 inspire, delight, and charm you with its unique stops along the way.

BeWell has an activity convertor that is ADA compatible, so all activities can be converted to steps within the activity tracker.



[REGISTER HERE](#)

CHALLENGE RUNS FROM JUNE 1-26

*Visit www.NMPSIA.com/wellness for more information

Spinach "Super" Salad

Recipe of the Month

Salad:

- 1/2 cup spinach
- 3/4 cup roasted carrots
- 1/2 a grapefruit or orange, peeled + cut into segments
- 2 Tbsp sunflower seeds/nuts
- 3 oz. cooked salmon or 1 hard-boiled egg

Dressing (3/4 cup):

- 1/2 cup plain Greek yogurt
- 2 Tbsp olive oil
- 2 Tbsp lemon juice or white wine vinegar
- 1 clove garlic, grated
- 1 tsp ground turmeric

Assemble salad and add 2 Tbsp dressing.



Nations Nutrition can transform your eating habits and help you embrace a healthier lifestyle at nmipsianationsbenefits.com/nutrition.

PASSIONATE ABOUT HEALTH & WELLNESS?

Apply to be a NMPSIA Wellness Ambassador today!



NMPSIA Wellness Ambassadors are:

- Employee volunteers who share their passion 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.

APPLY TODAY!

*Must have supervisor/ manager approval