



New Mexico
Public Schools
Insurance
Authority



NMPSIA
Wellness

Work & Well-Being Newsletter

August 2026



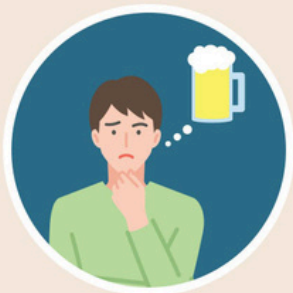
Understanding the Link Between Alcohol and Cancer Risk

Alcohol consumption is recognized as the third leading preventable cause of cancer in the United States, following tobacco use and obesity. According to a recent U.S. Surgeon General's Advisory on Alcohol and Cancer Risk, alcohol use is directly linked to an increased risk of developing several types of cancers including breast, colorectal, esophageal, liver, mouth, throat, and laryngeal (voice box). It is estimated that alcohol contributes to approximately 100,000 cancer cases and 20,000 cancer-related deaths each year in the United States

While research supporting this connection has grown significantly over the past four decades, awareness remains low—less than half of U.S. adults know that alcohol consumption can increase cancer risk. Even moderate drinking (traditionally defined as up to one drink daily for women and up to two drinks daily for men) may carry health risks. Understanding these risks can help individuals make informed decisions about their alcohol use and overall health.

Drinking Less Alcohol for Better Health

Consuming less alcohol or choosing not to drink at all can benefit both physical and mental health. Whether you're trying to drink less or stop altogether, consider these steps to help you achieve your drinking goals.



Bring awareness
to current habits



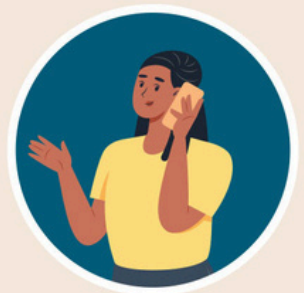
Be mindful
of temptations



Modify drinking
behaviors



Develop new
routines



Find
support

Monthly Program Updates

Click an image for full flyer and registration links

BCBSNM Health Education

Food as Medicine



**Tuesday, August 18
3:30PM**

How food can be used as medicine for your body, foods that can increase or decrease inflammation within your joints, and healthier lifestyle changes that can help.

TSG Wellness Webinar

Gut Instincts: Microbes, Immunity & You



**Wednesday, August 19
12:00PM***

**Recording Available if Registered*

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.

BCBSNM Minset Monday

Setting the Table for Healthy Eating



**Monday, August 24
8:30AM* & 3:45PM***

Join to learn how to read and use the nutrition facts labels, how to shop smarter and make healthier choices, and how to make healthier food choices at home or eating out.

**Only 15 Minutes!*

BCBSNM Wellness Wednesday

Trust Your Gut and Support a Healthy Microbiome



**Wednesday, August 26
8:30AM* & 3:45PM***

Join to learn how the digestive system works and the role of our gut, the common digestive conditions and disorders, and ways you can help keep your digestive system healthy.

**Only 15 Minutes!*

TSG Cooking Show

Sandwich Zen:
Wrap It, Melt It, and Love It



**Thursday, August 27
12:00 PM***

**Recording Available if Registered*

August brings us simplicity of sandwiches—one light and crisp, the other gooey and comforting. Both recipes embody wellness month by blending nourishment with enjoyment, offering easy, balanced meals that reduce stress and encourage mindful eating.

Featured Podcasts



Learn steps you can take to reduce inflammation with Fighting Inflammation.



Learn tips and tricks for Healthy Eating on a Budget



Learn ways to improve your Gut Health

SCHEDULE YOUR ANNUAL EXAM FOR PREVENTIVE HEALTH!

Scheduling an annual physical exam is one of the most effective ways to maintain long-term health and prevent serious medical issues. Even if you feel fine, regular checkups can detect problems early, when they are easier to treat and often more preventable.

PRESBYTERIAN

Get the information you want, when you need it. **myPRES** offers fast and convenient service any day of the year.

Use **Get Care** to schedule appointments, including telehealth visits.

Sign in or Register [**HERE**](#)



BlueCross BlueShield
of New Mexico

Whether you're at your desk or on the go, **Blue Access for Members (BAM)** is there for you with tools and features that give you the freedom to manage your health care your way.

Simply click on **Find Care** to find a provider or schedule an appointment.

Log in or Sign Up at [**bcbsnm.com**](https://bcbsnm.com)

Annual physical exams are not just for sick people—they are a proactive step toward preventing illness, managing chronic conditions, and living a healthier, longer life. Scheduling one each year is a simple yet powerful investment in your health.



Life on Mindfulness* is an online platform that gives you a clear and dynamic roadmap toward a life of greater health, well-being, and a lot less stress through mindfulness. You have access to daily live-guided meditations, exclusive teachings, and short life-enhancing videos.

REGISTER TODAY!



Slow down, tune in, and rediscover the joy of eating with mindfulness.

Discover a calmer, more connected way to nourish yourself with this 4-Part **Mindful Eating Program**.

Each session combines simple practices, science-backed insights, and guided meditations to help you eat with more ease and intention. Whether you're looking to reduce emotional eating, lower stress, or simply enjoy your food more, this program offers the tools to transform your meals into moments of presence and care.

REGISTER HERE

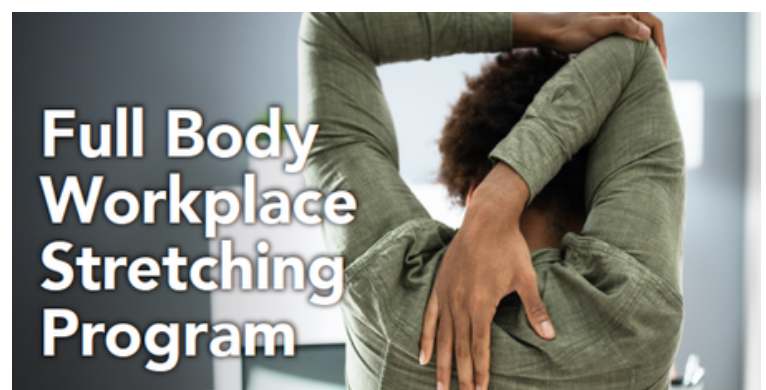
Are you passionate about health & wellness?

Apply to be a NMPSIA Wellness Ambassador to become your worksites' wellness advocate.



APPLY TODAY!

*Must have supervisor/
manager approval



Register for our 6-week email-based program, **Full Body Workplace Stretching Program**, to learn proper stretching, increase blood flow to your muscles, re-energize, and integrate stretch breaks into your daily routine. Weekly emails include educational materials and guided stretching videos targeting specific areas of the body each week.

REGISTER TODAY!

You never know how strong you are until being strong is the only choice.

-Bob Marley

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

Recipe of the Month

nations nutrition

Nut and Seed Chocolate Chews

Ingredients

- 1 heaping cup packed pitted dates
- 1½ cups rolled oats
- ¾ cup roasted unsalted almonds, loosely chopped
- ¼ cup pumpkin seeds
- 2 T chia seeds
- ¼ cup chocolate chips (dark chocolate)
- ¼ cup maple syrup, honey or agave
- ¼ cup almond butter or sunflower butter

Directions

1. Process dates in a food processor for about 1 minute until it has a "dough" like consistency.
2. Put dates, oats, almonds, pumpkin seeds, chia seeds, and chocolate pieces in a large mixing bowl and set aside.
3. Warm maple syrup and almond or sunflower seed butter in a small saucepan over low heat and stir until well mixed. Pour over oat mixture and mix well.

Makes 16 servings, 159 calories each



4. Transfer to an 8x8 inch baking dish lined with parchment paper, so bar will be easy to remove. Press firmly down until mixture is flattened.
5. Cover with plastic wrap and refrigerate or freeze for 15-20 min.
6. Remove bars from pan and chop into 16 even bars. Store in an airtight container.

Use this recipe as a starting point and use other nuts and seeds of your choice. You can also add dried fruits.

Family-Friendly Packable Snacks for Travel

When traveling with family, pack a variety of easy-to-eat snacks that balance nutrition and convenience—such as fruits and veggies, protein-rich options, whole grains, and a few treats—to keep everyone energized and happy. Choose snacks that are low in added sugar, easy to portion, and unlikely to make a mess for a smoother trip.



*NationsNutrition offers app-driven nutrition solutions and personalized coaching from a registered dietitian at no cost for eligible employees. Start your journey at nmopsia.nationsbenefits.com.

nations nutrition

Available to US benefit-eligible employees and spouses only

*For Presbyterian Members



Cancer Care Resources for You

Getting a cancer diagnosis is never easy, but we are here to help.

Our new Cancer Services and Support Hub is designed to help you before, during and after treatment. It features your benefits information, cancer support resources, connect to care options and more-- all in one place.

The Hub is available to you at no additional cost through your health plan with Blue Cross and Blue Shield of New Mexico.

We are here with you in your fight against cancer.



Log into **Blue Access for Members** at bcbsnm.com and select **Cancer Support Services**. Also you can call the number on the back of your member ID card and ask for a cancer care nurse.



BlueCross BlueShield
of New Mexico