



New Mexico
Public Schools
Insurance
Authority



NMPSIA
Wellness

Work & Well-Being Newsletter

July 2026



Know Diabetes, Fight Diabetes

Diabetes is one of the most common chronic health conditions worldwide—and it's on the rise. But the good news is that understanding diabetes is the first step toward preventing or managing it effectively.

Diabetes occurs when the body has trouble regulating blood sugar (glucose). This can happen because the body doesn't make enough insulin or can't use it properly. The two most common types are Type 1 (often diagnosed earlier in life) and Type 2 (more common in adults and often linked to lifestyle factors). Many people live with prediabetes or early-stage diabetes without knowing it. Symptoms can be subtle—fatigue, increased thirst, frequent urination, or blurred vision. Early detection can prevent serious complications such as heart disease, nerve damage, and vision loss.

The power to reduce your risk—and improve your overall well-being—lies in everyday choices:

- **Move more:** Aim for at least 30 minutes of physical activity most days of the week.
- **Eat smart:** Focus on whole foods, including vegetables, fruits, lean proteins, and whole grains.
- **Know your numbers:** Regular check-ups and blood sugar screenings are key.
- **Manage stress and sleep:** Both can impact blood sugar levels and overall health.

STEPS TO REDUCE SUGAR INTAKE



1. Check Labels:
Watch for hidden sugars like sucrose, corn syrup, and fructose.



2. Choose Better Drinks: Opt for water, unsweetened tea, or black coffee.



3. Cook at Home:
Control ingredients and avoid hidden sugars.



4. Pick Natural Sweets: Replace desserts with fresh fruit.



5. Cut Back gradually:
Reduce sugar slowly, like using less in coffee.

Monthly Program Updates

Click an image for full flyer and registration links

BCBSNM Health Education

Diabetes 101



Tuesday, July 21
3:30PM

Join to learn about diabetes, the various symptoms of diabetes, treatments and guidelines for management, and daily steps you can take for prevention and management.

TSG Wellness Webinar

Sugar Smarts: Modern Strategies to Outsmart Diabetes



Wednesday, July 15
12:00PM*

*Recording Available if Registered

This session reveals the hidden drivers of blood sugar imbalance, including low muscle mass, poor sleep, and chronic stress, and demonstrates how small, consistent changes can have a significant impact. We'll also explore continuous glucose monitoring (CGM), a tool that reveals how your body responds to food, movement, and stress in real time.

BCBSNM Minset Monday

Living Well with Diabetes



Monday, July 27
8:30AM* & 3:45PM*

Join to learn about diabetes, symptoms of diabetes, medications, and daily steps to good health.

*Only 15 Minutes!

BCBSNM Wellness Wednesday

Nutrition and Diabetes



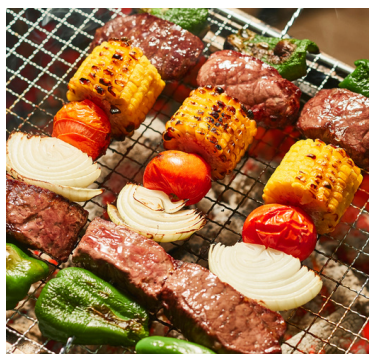
Wednesday, July 29
8:30AM* & 3:45PM*

Join to learn how nutrition affects diabetes, how to set up a healthy plate, the best carbohydrates to consume, and healthy snacking ideas.

*Only 15 Minutes!

TSG Cooking Show

Grillin' and Chillin' for Heart Healthy Thrill

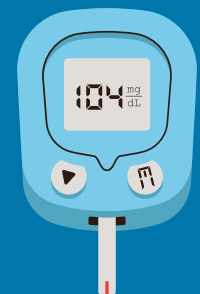


Thursday, July 23
12:00 PM*

*Recording Available if Registered

July is grilling season, and these recipes prove that summer flavors can be both bold and nourishing. With lean proteins, antioxidant-rich vegetables, and heart-healthy fats, this month celebrates vitality. Each dish is designed to fuel long summer days while keeping wellness at the forefront.

Featured Podcast



4 Things You Should Know to Live a Healthy Life with Diabetes provides practical tips and lifestyle changes you can put in place.

STAY ACTIVE TO BEAT CHRONIC DISEASE*

PRESBYTERIAN Fitness Pass Membership

You and your enrolled dependents (age 18+) have access to thousands of national, regional, and local fitness recreation & community centers including:

- Defined Fitness
- Prime Fitness Network
- Select YMCA locations
- Discount at all Sports & Wellness

For quick access and to learn more about Fitness Pass, go to: www.phs.org/wellness and sign in using your myPRES credentials.

Only \$29.50 per eligible member per month



BlueCross BlueShield
of New Mexico

Fitness Program

The Fitness Program provides members and covered dependents (age 18+) with tiered membership options where they have unlimited access to more than 12,000 participating facilities nationwide.

To enroll, log in to Blue Access for Members at bcbsnm.com and search for the Fitness Program under My Health > Wellness.

*You need to enter the code FEB26FP



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

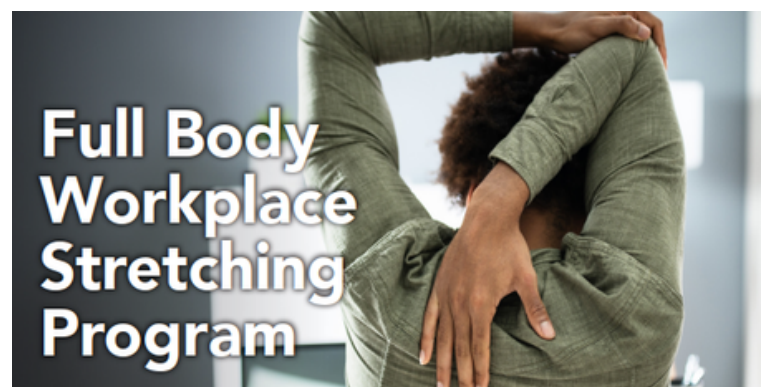
Well onTarget® Overview

Navigate Blue Access for BCBS Members

Learn about how to navigate the Blue Access for Members platform, the Mental Health Hub, and the Well onTarget member portal.

Tuesday, July 14
1:00 -1:30 p.m.

REGISTER HERE



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!

**Our bodies are our
gardens – our wills are
our gardeners.**

-William Shakespeare

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

Recipe of the Month

Greek Yogurt Dip



SERVES 3-4

Ingredients

- 2 cups plain non-fat Greek yogurt
- 3 Tbsp fresh parsley, chopped
- 1 Tbsp fresh dill, chopped
- 4 tsp apple cider vinegar (or lemon juice)
- 1 tsp onion powder
- 2 tsp garlic powder
- Salt and pepper, to taste

Instructions

1. Add the Greek yogurt into a medium bowl.
2. Stir in the parsley, dill, vinegar, onion powder, and garlic powder. Season with salt and pepper to taste.
3. Cover and chill for at least 4 hours or overnight to allow the flavors to blend. Top with additional fresh herbs and serve with raw veggies or crackers. Enjoy!

Nations Nutrition can transform your eating habits and help you embrace a healthier lifestyle at

nmpsia.nationsbenefits.com/nutrition.

nations 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