

Work & Well-Being Newsletter



Prevent to Protect


Maintaining Your Best Health with a Wellness Visit

With 6 in 10 Americans having at least one chronic disease and four in ten having at least two or more, the CDC reports chronic disease as the number one cause of death and disability in the United States. Behaviors such as smoking, poor nutrition, physical inactivity, and excessive alcohol use are contributors to the onset of many preventable chronic conditions. On top of that, many choose to only visit the doctor when feeling “sick,” rather than as a method of prevention.

If you want to take control of your health but you are not sure where to start, consider scheduling a wellness visit. A wellness visit is a time to discuss prevention strategies, receive preventive services, and allow for early detection of chronic disease and other illness. By completing wellness visits regularly, as part of your preventive care plan, you can improve your chances of staying healthy and well.

5 WAYS YOU CAN ADVOCATE FOR YOUR HEALTH BEFORE, DURING, & AFTER YOUR WELLNESS VISIT

PREPARE




Prior to your wellness visit, take time to review your personal health history and your family health history. Be prepared to discuss any changes in health, any life changes (divorce, adoption, job change), and any differences in lifestyle habits. Bring a list of current allergies and medications and prepare any questions you might have. Plan to take notes or bring a friend or family member for support.

BE HONEST

It is important to communicate clearly and understand that your provider is a professional. Even if you feel shy or embarrassed about a health topic, being transparent with your provider will allow them to better support you. Open and honest communication will allow you and your provider to partner and make smart decisions about your health while building a relationship of trust.



ASK QUESTIONS




When it comes to your health, your provider is your best resource. A wellness visit is an appropriate time to ask questions, even if they may feel insignificant. Refer to the list of questions you created to prepare for your wellness visit, and actively listen throughout your appointment. If you do not understand something or if you have concerns about your health or health care plan, ask!

USE YOUR RESOURCES

Most medical facilities provide patient portals that let you access your electronic medical records, including test results, diagnoses, treatment plans, and medications, helping you stay organized and prepare for appointments. Portals often include secure messaging to communicate with your care team, and virtual visits can offer a convenient way to ask questions and plan care when in-person visits aren't necessary.



FOLLOW RECOMMENDATIONS



At the end of your wellness visit, your provider may recommend next steps such as follow-up appointments, screenings, lifestyle changes, or new medications. Other care team members can help answer questions and support you, and it's important to follow recommendations and keep asking questions as you move forward.

Monthly Program Updates

Click an image for full flyer and registration links

BCBSNM Health Education

Trending In Nutrition



Tuesday, March 17
3:30PM

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

TSG Wellness Webinar

The Inflammation Situation: Cooling the Chronic Burn



Wednesday, March 18
12:00PM

Feeling run-down, foggy, or just "off"? Chronic inflammation might be the culprit. Join us for a down-to-earth talk on how inflammation starts, why it sticks around, and the practical steps you can take to quiet it. From foods that fight fire to habits that heal, you'll walk away with tools to help your body recover, repair, and thrive.

BCBSNM Minset Monday

Colorectal Cancer Awareness



Monday, March 30
8:30AM* & 3:45PM*

Join to learn about colorectal cancer, the most common risk factors, recommended guidelines and screening options, and daily steps and lifestyle changes to help reduce your risk.
*Only 15 Minutes!

BCBSNM Wellness Wednesday

The Power of Prevention



Wednesday, March 25
8:30AM* & 3:45PM*

Join to learn when to have appropriate screenings and immunizations, common health concerns for men and women, what knowing your numbers mean, and wellness tips and resources to help you stay healthy at any age.

*Only 15 Minutes!

TSG Cooking Show

Noodle Your Way to a Balanced Plate



Thursday, March 26
12:00 PM

March highlights nutritional education with recipes that balance energy, flavor, and rest. Noodles and peanuts bring comfort, fiber, and healthy fats for gut support and sustained energy. We'll also make a decadent yet nourishing dessert to demonstrate balance, not restriction.

Know Your Numbers with these Podcasts:



Explore [Six Ways to be Proactive with Your Health](#) by focusing on prevention.



The [What You Should Know to Reduce Your Risk for Cancer](#) discusses screening guidelines, vaccinations, and healthy lifestyle behaviors that may reduce your risk for cancer.



[Partnering with your PCP](#) can help you receive personalized health care.

Take Control of Your Health & Schedule Your Wellness Exam

Annual wellness exams and health screenings are essential for early detection, prevention, and ongoing management of health issues, helping you stay proactive about your well-being. Many diseases—such as high blood pressure, heart disease, diabetes, and certain cancers—develop silently without obvious symptoms. Annual exams can catch these problems before they cause severe harm, allowing for earlier, more effective treatment



PHP members can find providers and schedule appointments, including telehealth visits, on [myPres](#)

At-Home Wellness Screenings Kits are available through Wellness At Work*



BCBSNM Members can schedule their annual physical with the assistance of provider finder on [BCBSNM.com](#)

Catapult- is way to get your annual physical virtually, log into [BCBSNM.com](#) to learn more.

[Click Here to see recommended Preventive Health Screening by Age](#)

Health Quest: Decode the Numbers that Power Your Health

In this self-paced program, you'll discover simple, meaningful insights that help you understand and reduce your health risks across 8 essential health markers, including blood pressure, cholesterol, and weight. You'll not only gain clarity on what these numbers really mean, but you'll also explore impactful lifestyle habits that can elevate your overall well-being.

Program available from March 2 - May 1

REGISTER TODAY!



Final month to register for this on-demand course.

REGISTER TODAY!

“An ounce of prevention is worth a pound of cure.”

-Benjamin Franklin

Coming Soon

- **Spring Into Motion Step Challenge**- Registration opens on April 1st. Learn more [HERE](#)
- **Full Body Workplace Stretching**- learn how to increase blood flow to your muscles, re-energize, and integrate stretch breaks into your daily routine.
- **Mindful Blood Pressure Reduction Program**-3-lesson online program that helps you naturally lower your blood pressure through the power of mindful awareness.

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

Quick Cauliflower Rice Bowl

Total Time: 20 min

Makes: 4 servings

Ingredients

- 1 medium head of cauliflower
- 2 Tbsp olive oil
- ½ cup shredded cheddar cheese
- 2 cups low sodium black beans
- 2 tsp minced garlic
- 1 lime quartered

Directions

1. Rinse cauliflower and let dry. Discard stems and roughly chop. Place cauliflower in a food processor and process until it resembles rice. You may want to split this into two batches. Do not over pulse them, it will become mushy.
2. Heat oil in large skillet over medium heat. Add garlic and sauté for 3-4 minutes. Add cauliflower and bring to medium-high heat. Cover and cook for about 5-6 minutes, while stirring frequently. Season with salt and pepper.
3. Remove from heat and assemble bowl by layering rice, followed by beans, and then cheese. Top with your favorite vegetables, salsa, pico de gallo, and/or avocado slices. Squeeze a quarter of a lime over the whole bowl.



Make simple swaps for better nutrition
Small changes in everyday foods can help you cut added sugars, reduce unhealthy fats, and boost fiber and nutrients — without giving up the dishes you love.

- **White rice:** Swap for fiber-rich grains like brown rice, quinoa, farro, or cauliflower rice.
- **Ground beef:** Try lean turkey, chicken, or plant-based options.
- **Fruit Yogurt:** Choose plain Greek yogurt or cottage cheese and add your own fruit.
- **Sugary drinks:** Switch to sparkling water with fruit or unsweetened iced tea.
- **White potatoes:** Swap with sweet potatoes, butternut squash, or other colorful veggies.
- **Potato chips:** Try air-popped popcorn tossed with olive oil and salt, roasted chickpeas, or baked veggie chips.

