

Employee Wellness Newsletter

September Newsletter

September 2021

Upcoming Webinars and Well-being Information for the month of September.

Preventative Care Webinar

A well-check visit, also called an annual physical or check-up, is a preventive measure and a time to talk with your health care provider. Learn more on the general screenings by joining this webinar.

Tuesday, September 14, 2021, 3:30 pm – 4:30pm



[Click to Register!](#)

Or scan QR code with a smart phone or device.



NMPSIA Walker Tracker

Get your school year off to a healthier start and get back to Basics. Building Healthy Habits Virtual Walking and Activity Challenge. You still have time to register Challenge from August 30 – October 1.

[Click to Register!](#)

Eat an Apple A Day... Cooking Show!

Apple season inspires a bounty of delicious recipes! Come Celebrate apple season with us as we make a tasty and nutritious meal with apples as the star ingredient completed by savory, sweet, and spicy favors. – [Use Safari browser or scan QR with a smart phone to register.](#)

Thursday, September 23, 2021, 12:00 pm – 1:00 pm



Working Well with Mindfulness

Register now for Working Well with Mindfulness. You will have access to:
Weekly Drop In Meditation Sessions on Zoom: Monday's & Thursday's 12-12:20pm
Twice Monthly Drop In Workshops, 1st and 3rd Saturday every month:

10-11am Topics include:

Mindfulness for True Stress Reduction, Mindful Eating, Mindfulness at Work
Mindfulness for Better Sleep and so much more!

- These sessions will be led by Michelle DuVal, MA, Director of The Mindful Center. Come to all the sessions or just drop in when your schedule allows!

[REGISTER HERE](#)

for Life on Mindfulness subscription.

Success Over Stress

Fun ways to reduce Family Stress

Spending time with people you care about can be a powerful stress reliever. This is true for every person in your family. Finding activities, you all enjoy can strengthen family bonds, reduce everyone's stress, and bring more fun into your life.

[REGISTER HERE](#) for some stress-relieving activities that can work for the whole family.

Farmers Market: Fresh produce & more

Eating a whole-food, plant-based diet is one of the best things you can do for your health. Foods food at local farmers markets may be more nutritious as they are picked at the peak of ripeness. And, since they don't have to travel a long distance to reach you, they're better for you and the environment.

To read more on tips to get the most out of your next trip to the farmers market [CLICK HERE](#)

Sepsis Awareness Month

What is Sepsis? Sepsis is a potentially life-threatening condition that occurs when the body's response to an infection damages it own tissues.

[CLICK HERE](#)

to learn more about Sepsis.

Source: Mayo Clinic and Sepsis Alliance



NMPSIA *Wellness*



Employee wellness survey

We want to hear from you!

If you have not taken the survey. Please take a few minutes to complete this survey to let us know what you would like to see and what interests you most. Your answers will help us develop future programming that is more in line with your health/wellness needs and what you would like to see at the district. Please take less than 2 minutes to complete.

Please click on the link to complete the wellness survey.


<https://forms.gle/ijPjGknpf63TE7Co6>

Check out our Employee Wellness Calendar

for the month of September – please click on the link or view attached calendar.

https://docs.google.com/document/d/1ore_93oYBJQSLpe5_rF8gK0ue4-jLvtJ/edit?usp=sharing&ouid=101628174484024807639&rtpof=true&sd=true





Get your school year off to a healthier start and get **Back to Basics!** Join us as we are *Working Well* with the Building Healthy Habits Virtual Walking and Activity Challenge.

All NMPSIA members are invited to participate
Registration opens August 16
Challenge Begins August 30 – October 1

Aug

30
Mon

It's easy to register go to: <https://nmpsia.walkertracker.com/>

Click on the **GREEN REGISTER NOW**
BUTTON

- In less time than it takes to eat your lunch, you can take a fun virtual journey across the United States
- Find out how small changes reap big rewards in your health and quality of life
- Get tips on: Physical Activity; Posture and Ergonomics; Nutrition; Managing Stress
- Special Bonus: Each week you will receive an email with a 5 minute podcast to help you with your habit changes
- Prizes will be awarded to the highest point earners. Most of all, Have FUN with NMPSIA colleagues across the state



BlueCross BlueShield of New Mexico

A Division of Health Care Service Corporation, a Mutual Legal Reserve Company,
an Independent Licensee of the Blue Cross and Blue Shield Association

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The New Mexico Public Schools Insurance Authority (NMPSIA)
PRESENTS *the September Wellness Webinar*



SCAN ME

Preventive Care

A well-check visit, also called an annual physical or check-up, is a preventive measure and a time to talk with your health care provider. According to the Journal of Family Practice, annual physical exams reduce the risk of missed diagnoses. A well-check can sometimes detect problems before they become serious. Learn more on the general screenings by joining this webinar.

Tuesday, September 14, 2021, 3:30 PM - 4:30 PM

REGISTER HERE:

<https://us06web.zoom.us/meeting/register/tJlIdEqopjsrEtPujruonBWEQXn3Nlu1s0zj>

Or scan QR code with a your smart phone or device

Can't make the webinar? No problem.

All registrants will receive a recording of the webinar sent to their email.



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EAT AN APPLE A DAY....

COOKING SHOW



Let's Celebrate Apple Season!

Apple season inspires a bounty of delicious recipes! Come celebrate apple season with us as we make a tasty and nutritious meal with apples as the star ingredient complemented by savory, sweet, and spicy flavors.

Thursday, September 23
12:00 p.m. - 1:00 p.m.



SCAN ME



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Questions? Contact nmpsiawellness@phs.org





Schedule Your Well-Check Visit

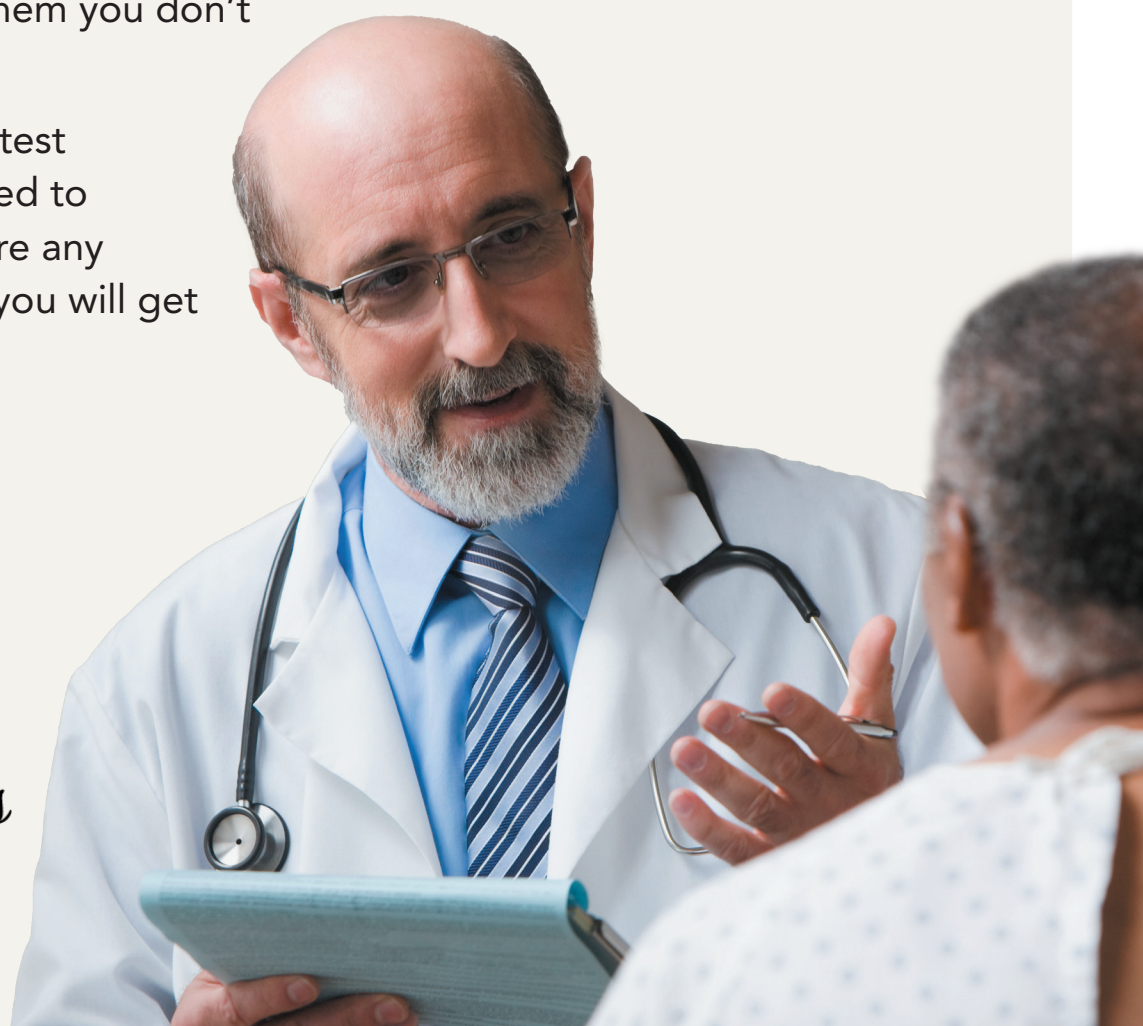
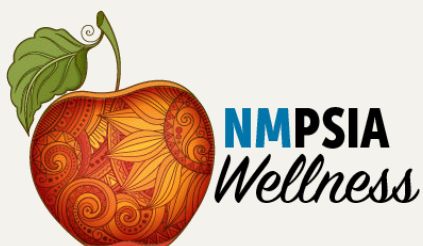
A well-check visit, also called an annual physical or check-up, is a preventive measure and a time to talk with your healthcare provider about any questions or concerns you may have.

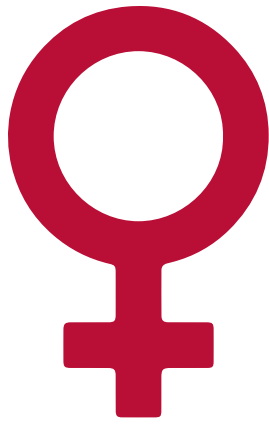
According to the Journal of Family Practice, annual physical exams reduce the risk of missed diagnoses. A well-check can sometimes detect problems before they become serious. The purpose of these visits is to screen for diseases, assess risk of future medical problems, encourage a healthy lifestyle, update vaccinations and maintain a relationship with your doctor in case of a future illness or health concern.

Make the most of these visits by writing down and bringing with you important questions and concerns that you'd like to discuss. Also, be prepared for your doctor to ask you about important behaviors, like smoking, alcohol use, diet and exercise.

To make the most of your next check-up, here are some things to do before you go:

- **Review your family medical history.**
- **Find out if you are due for any general screenings or vaccinations.**
- **Write down a list of issues and questions to take with you.**
 - Be honest about your diet, physical activity, smoking, alcohol or drug use, and sexual history. Not sharing information with your healthcare team can be harmful!
 - Describe any allergies to drugs, foods, pollen or other things. Don't forget to mention if you are being treated by other doctors, including mental health professionals.
 - Don't be afraid to talk about sensitive topics. Your doctor or nurse has probably heard it before! Be sure to talk about all your concerns before you leave. If you don't understand the answers your care team gives you, tell them you don't understand and ask again.
 - Ask questions about any tests and your test results. Get instructions on what you need to do to get ready for the test(s), if there are any dangers or side effects, and how/when you will get the test results.





SCHEDULE YOUR ANNUAL CHECKUP TODAY!

Preventive care is an important part of your health and well-being.

When you see your primary care provider for an annual checkup you can ask questions, get important screenings and vaccinations, and identify risks early so you can better protect your health. Schedule your annual checkup and use this checklist to help you start the conversation with your primary care provider.

Be sure to:

- Know your family and medical history, if possible, including any history of allergies.
- Write down any specific questions you may have for your doctor and bring them with you.

Use this checklist as a guide.

Recommended Female Screenings	Recommendations/Average Range
Cholesterol/lipid disorders screenings	Ages 40 to 75 years, or ages 20-40 if risk factors
– Total cholesterol	Normal: Less than 200 mg/dL
– HDL cholesterol “Good” cholesterol	Normal: 40-60 mg/dL
– LDL cholesterol “Bad” cholesterol	Normal: Less than 100 mg/dL Note: High-risk individuals should discuss their goals with their doctor
– Triglycerides	Normal: Less than 150 mg/dL
Cervical cancer screening	Ages 21+, Pap test every 3 years Ages 30-65, HPV and Pap test every 5 years or a Pap test alone every 3 years
Chlamydia	Sexually active women ages 24 and under, and older women at risk. Or as recommended by your doctor
Breast cancer screening	Ages 40+ every 1-2 years
Osteoporosis (bone density)	Ages 65+, or under age 65 if risk factors
Colorectal cancer screening	Begin screening at age 50
HIV screening and counseling	Sexually active women, annually

Recommended Immunizations

Influenza vaccination	All adults, annually
Tetanus vaccination	Tetanus/diphtheria (TD) every 10 years; Tdap (for adult pertussis prevention) given once, ages 11 and older

Diabetes Screening

Diabetes screening (glucose)	Desirable range: Fasting blood sugar (glucose) less than 100 mg/dL
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It is recommended that you follow a preventive care plan as outlined by your physician. The above information is provided to you for education purposes only, and is not intended to provide or be a substitute to medical advice. The adult well examination should incorporate evidence-based guidance toward the promotion of optimal health and well-being, including screening tests shown to improve health outcomes.

Plan and calendar your adult well examination below:

Name of Clinic and Practitioner (please print)

Anticipated Annual Well Exam Date MM/DD/2021

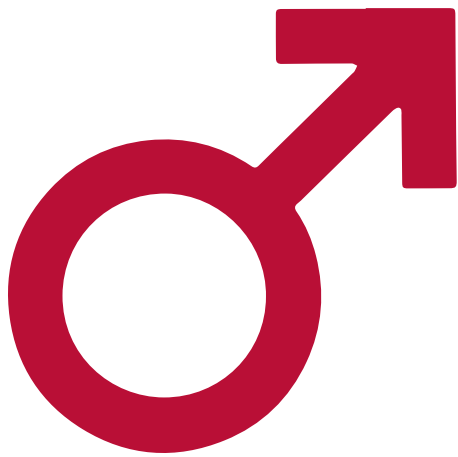
Name

Employer

Email

Submit completed form to
nmopsia.wellness@phs.org by October 10, 2021





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When you see your primary care provider for an annual checkup you can ask questions, get important screenings and vaccinations, and identify risks early so you can better protect your health. Schedule your annual checkup and use this checklist to help you start the conversation with your primary care provider.

Be sure to:

- Know your family and medical history, if possible, including any history of allergies.
- Write down any specific questions you may have for your doctor and bring them with you.
- Decide with your doctor which tests are right for you based on your age, gender and risk factors.

Use this checklist as a guide.

Recommended Male Screenings	Recommendations/ Average Range
Cholesterol/lipid disorders screenings	Ages 40 to 75 years, or ages 20-40 if risk factors
– Total cholesterol	Normal: Less than 200 mg/dL
– HDL cholesterol "Good" cholesterol	Normal: 40-60 mg/dL
– LDL cholesterol "Bad" cholesterol	Normal: Less than 100 mg/dL Note: High-risk individuals should discuss their goals with their doctor
– Triglycerides	Normal: Less than 150 mg/dL
Prostate screening (PSA)	Ages 50+, or age 40 if risk factors - discuss the benefits and risks of this screening with your doctor
Colorectal cancer screening	Begin screening at age 50
HIV screening and counseling	Sexually active men, annually

Recommended Immunizations

Influenza vaccination	All adults, annually
Tetanus vaccination	Tetanus/diphtheria (TD) every 10 years; Tdap (for adult pertussis prevention) given once, ages 11 and older

Diabetes Screening

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VITAMIN

Vital health information in a minute

BRAISED CHICKEN WITH CHESTNUTS

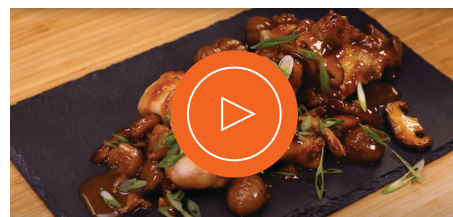
This classic Chinese-style braised chicken with chestnuts is a perfect family dish for any occasion. Chestnuts are a good source of vitamin C.

Ingredients:

- › 2 pounds chicken, thighs and legs, skin on
- › ¼ cup low-sodium soy sauce
- › 1 tablespoon canola oil
- › 1 cup chestnuts, roasted and removed from shells
- › 1 cup chicken broth
- › 3 scallions, cut on a bias
- › 2 tablespoons ginger, peeled and minced
- › 8 shiitake mushrooms, no stems, cut into quarters
- › ¼ cup sherry wine or cooking sherry
- › 2 tablespoons honey
- › 1 star anise

Directions:

In a preheated braising pan over medium heat, sear chicken until golden brown. Add ginger, sherry wine, broth, soy sauce, honey, mushrooms, chestnuts and anise. Bring to a boil and then lower to a simmer. Cover and simmer for 25–30 minutes. Remove from heat. Remove star anise and garnish with scallions prior to serving.



**Click here to watch
a video of this
recipe being made.**

Together, all the way.®



This information is for educational purposes only. It's not medical advice. Always ask your doctor for appropriate examinations, treatment, testing, and care recommendations.

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Wondr more, stress less (and lose weight).

When our head isn't in the right place, our body feels it—and vice versa. New Mexico Public Schools Insurance Authority is offering a skills-based digital weight loss program that will not only help you lose weight but come out of hard times healthier and happier than ever—at no cost to you.*

Space is limited.

**Learn more at
wondrhealth.com/NMPSIA**

Apply between
8/16/2021 - 8/29/2021.

The program begins 9/13/2021.

*Employees on a NMPSIA BCBSNM medical plan and their covered spouses and adult dependents are eligible to apply.
Please apply using your personal email address.

