

**Varner, Emily**

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**From:** NMPSIA Wellness Program <NMPSIA.wellness@phs.org>  
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**To:** Varner, Emily  
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## **NMPSIA September 2022 Work and Well-being Newsletter**

### **Lets Talk Preventative Wellness NMPSIA Members!**

Your annual physical or well-check visit is a preventative measure and a time to talk to your primary care provider about ANY health questions or concerns you may have. These visits screen for diseases, assess risk of future medical problems, encourage healthy lifestyle, get updated on vaccinations and help you maintain a trusting relationship with your provider.

Make the most of your well-check visits by writing down important questions or concerns that you'd like to discuss and bring that list to your appointment. Be prepared for your visit by reviewing your family medical history, reviewing

your records to see if you are due for any particular screenings or vaccinations, making a list of any medications or supplements you are currently taking, and being ready to discuss any sensitive topics.

## September Wellness Webinars



# OUR BIG PHAT GREEK MENU

## COOKING SHOW

### Take a trip with us to the Mediterranean

Learn how to make delicious and healthy Greek dishes using traditional recipes common in the Mediterranean diet.

**Thursday, September 15**

12:00 p.m. - 1:00 p.m.



To Register, [click here](#), or scan the QR code with your smart phone.

Questions? Contact [wellness@phs.org](mailto:wellness@phs.org)





## **Preventative Health**

Prevent medical problems before they become major

### **What are NMPSIA members saying about our past webinars:**

*"Very relevant to every season of life in both personal and work relationships."*

*"Great facilitator with excellent examples. Makes you reevaluate my own personal ways of interacting with others and correcting or creating healthy boundaries."*

*"Great at giving tons of info in a short time."*

**Tuesday, September 13, 2022 at 3:30 p.m.**

**[REGISTER HERE](#)**

Make sure to register even if you think you cannot make it live, **all** registrants will receive a link to the recorded webinar regardless of attendance!

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# September Good Measures Article & Recipe

## How To Get Your Family To Eat Healthy With You



If you are making some healthy changes to what you eat, there are many reasons you might try getting your family on board. Read this months Good Measures article to find out how!

[Click here for the article](#)



# Southwestern Zucchini Roast

Serves 4 (165 calories per serving)  
Total time: 25 minutes

## Ingredients:

- 4 small to medium zucchini, sliced
- 2 tablespoons (tbsp) extra-virgin olive oil
- 1/2 teaspoon (tsp) chili powder
- 1/2 tsp garlic powder
- 1/8 tsp cayenne pepper
- kosher salt and black pepper to taste
- 4 oz cojita, feta, or goat cheese crumbles
- juice of 1 lime
- 2-3 tbsp chopped fresh cilantro

## Directions:

- Preheat the oven to 425 degrees F and lightly spray a rimmed baking sheet with oil.
- In a medium bowl, mix the diced zucchini, olive oil, chili powder, garlic powder, cayenne pepper, salt, and pepper until well coated.
- Spread the zucchini mixture on the baking sheet and roast for 25 minutes or until the zucchini is browned. It's important not to put the zucchini in the oven before it's reached 425 degrees. You can also saute this recipe in a frying pan.
- Serve the zucchini sprinkled with lime juice, cheese, and cilantro.



Good Measures programs bring together the expert coaching of your own registered dietitian with a smart app to help you improve your health through the power of food and are at no cost to NMPSIA members eligible under Presbyterian Health Plan. Food is medicine - are you taking yours? To sign up, go to <https://nmpsia.goodmeasures.com/>

**More September Wellness Activities**

# Working Well with Mindfulness

Mindfulness for True Stress Reduction

Mindful Eating

Mindfulness at Work

Mindfulness for Better Sleep and so much more!

## For Daily Drop In Meditation Sessions on Zoom

- [REGISTER HERE](#) for Michelle's Life on Mindfulness subscription.

## For Twice Monthly Saturday Workshops (1st and 3rd Saturday of month: 10-11am)

- [REGISTER HERE](#) for Michelle's Life on Mindfulness subscription.  
Topics include:

### September's Saturday Workshop Topics

September 3, 2022, 10-11am MST: Eat and Meditate for Depression

September 17, 2022, 10-11am MST: Re-choosing Love

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!

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## PHP Wellness Programs

These programs listed below are available  
to NMPSIA Presbyterian Members

# Wellness at **WORK**

## NMPSIA Wellness Rewards

Earn up to \$75 in Amazon.com gift cards by participating in select wellness activities on your Wellness at Work portal. Email [NMPSIA.wellness@phs.org](mailto:NMPSIA.wellness@phs.org) if you have any questions.

For more information .....[CLICK HERE.](#)

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## Health Coaching

Set wellness goals and have one of the knowledgeable Health Coaching work with you to achieve those goals. Health Coaching is available to NMPSIA members covered under Presbyterian Medical Plan. Participants who complete at least three coaching sessions and a final survey will earn 25 points towards \$25 Amazon.com gift card available on the Presbyterian's *Wellness at Work* website. Email [nmpsia.coaching@phs.org](mailto:nmpsia.coaching@phs.org) to register or find out more.

### What Do Fellow NMPSIA Members Say About Their HC Experience:

*"Very friendly and helpful."*



*"I enjoyed speaking with my health coach. She was understanding and helpful."*

*"Her guidance has helped me make progress toward my goals."*

*"It's a great program. Helping and encouraging individuals to achieve their health goals. It's always great to have someone check on you from time to time to chat about progress and next steps to achieve this important goal. I am glad I signed up."*

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## **Personalized Nutrition support from a Registered Dietitian**



NMPSIA members covered under Presbyterian Health Plan and their covered spouses or domestic partners have access to Good Measures Nutrition Program. This is a personalized nutrition coaching program with online tools, available at no cost.

Whether you want to lose weight, feel more energetic, reduce stress, stay healthy, or better manage a health condition, Good Measures can help.

To learn more or sign up, go to [nmpsia.goodmeasures.com](https://nmpsia.goodmeasures.com)

or call 888-320-1776

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The Solutions Group a division of Presbyterian Healthcare Services  
9521 San Mateo Blvd NE  
Albuquerque, NM 87113-2237

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