



**New Mexico Public Schools
Insurance Authority (NMPSIA)
Open/Switch 2025-2026**



NMPSIA Open/Switch Enrollment

**Preventive Services Men, Women,
Children**

**Access to free Convenient Care &
Quick Care Options**

Programs and Services



Preventative Healthcare Guidelines

 Careers  Providers  Employers & Producers  Give Now



 myPRES Login

 **PRESBYTERIAN**

Doctors & Services ▾ Locations ▾ Health Plans ▾ Tools & Resources ▾ Community ▾ Find a Doctor

24/7 CARE FOR HEART EMERGENCIES

Our cath labs offer immediate care around the clock for heart emergencies at Rust Medical Center and Presbyterian Hospital.

View heart care >

Access Patient Care

- Login to MyChart to access medical records >
- Find Virtual Care >
- Find a Presbyterian Medical Group Provider >
- Pay My Bill >

Manage My Health Plan

- Login to myPRES to access health plan info >
- Shop for a Health Plan >
- Find a Provider in My Plan Network >
- Pay My Premium >



<https://www.phs.org/tools-resources/patient/preventive-care-guidelines>

Children and Adolescent Guidelines

Children and Adolescent Guidelines

Infancy- Age 1	Ages 1-10	Ages 11-20
Tot-to-Teen Health Check (complete examination that includes vision, hearing, development, and behavioral health screening)		
Visit your PCP for this complete exam at birth and when your child is 1, 2, 4, 6, 9, and 12 months of age.	Visit your PCP for this complete exam when your child is 15, 18, and 24 months, and 3, 4, 5, 6, 7, 8, 9 and 10 years of age.	Visit your PCP for this complete exam when your child is 11, 12, 13, 14, 15, 16, 17, 18, 19, and 20 years of age.
Blood lead screening		
At 12 months	At 24 months	
Laboratory (lab) tests		
Ask your PCP if your child needs any laboratory (lab) tests		
Immunizations*		
Ask your PCP or nurse at every office visit if your child needs immunizations.		

*United States Preventive Services Taskforces

Adult Preventive Healthcare Guidelines



Adult Preventive Healthcare Guidelines

Ages 21-64		Ages 65 and older	
Breast cancer screening			
Mammogram (special x-ray of breast) every 1-2 years for women 40 and older.			
Cervical cancer screening			
Pap smear testing for women ages 21-65 every 3 years.			
Screening for Chlamydia (a curable sexually transmitted disease that can lead to infertility)			
All sexually active women 24 and younger and for others at increased risk. Discuss with your PCP.		All sexually active women at increased risk. Discuss with your PCP.	
Screening for colorectal (intestine/gut) cancer			
For all individuals ages 50-75: By testing for blood in stool every year for everyone 50 and older. Discuss sigmoidoscopy or colonoscopy with your PCP.			
Screening for Type 2 Diabetes			

*United States Preventive Services Taskforces

Secure Digital Access to Your Information at www.phs.org

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Secure Digital Access

Virtual Urgent Care

Convenient care for minor ailments and injuries such as coughs, flu symptoms, urinary infections, and sprains.

Hours: Mon-Fri: 7 am - 7 pm; Sat-Sun: 7 am - 5 pm

Ages: All ages and minors with parent or legal guardian

[Explore Virtual Urgent Care >](#)

Virtual Urgent Care (24/7)

Provides convenient care for urgent care needs like minor illnesses and injuries nationwide, anytime, without an appointment.

Hours: 24/7, 365 days a year

Ages: All ages and minors with parent or legal guardian

[Explore Virtual Urgent Care >](#)

Virtual Primary Care

Establish and build a relationship with a virtual provider for general, chronic, and preventive care.

Hours: Mon-Fri: 7 am - 5 pm

Ages: 18 years and above

[Explore Virtual Primary Care >](#)

PresRN Nurse Advice

Access to trained registered nurses who can answer questions and guide you to the right care when needed.

Hours: 24/7

Ages: All ages and minors with parent or legal guardian

[Explore PresRN Nurse Advice >](#)

Secure Digital Access

Virtual **Dermatology**

Online care for diagnosis and treatment of conditions of the skin, hair, and nails.

Hours: Mon-Fri: 7 am - 3 pm, with extended hours on Tues & Wed

Ages: All ages and minors with parent or legal guardian

[Explore Virtual Dermatology >](#)

Talkspace

Offers video and texting therapy care for common life challenges to Presbyterian Health Plan Commercial members.

Hours: Varies by provider

Ages: 18 years and above

[Explore Talkspace >](#)

Virtual **Talk Therapy**

Personalized counseling for a variety of life challenges, such as anxiety, depression, trauma, and more.

Hours: Mon-Fri: 7 am - 5 pm

Ages: 18 years and above

[Explore Virtual Talk Therapy >](#)

Virtual **Medication Management**

Initial consultations, diagnosis and support for medication-treated behavioral healthcare conditions.

Hours: Mon-Fri: 8 am - 6 pm

Ages: 18 years and above

[Explore Virtual Medication Management >](#)

Improving Health Outcomes Collaboratively

Comprehensive Disease Management Program

1-800-841-9705 or healthysolutions@phs.org

Licensed nurses work with your healthcare provider to provide you with coaching and self-management tools to manage chronic conditions such as:

- Diabetes
- Asthma
- Chronic Obstructive Pulmonary Disease (COPD)
- Congestive Heart Failure (CHF)
- Coronary Artery Disease (CAD)

The primary goal is to empower members to take charge of their health, make informed decisions, and adhere to treatment plans, thus minimizing the impact of their chronic conditions on their daily life.



Improving Health Outcomes Collaboratively

Care Coordination

1-866-672-1242 or phpreferral@phs.org

Provides support for managing cancer or low back pain/musculoskeletal conditions and help members manage complex acute medical needs such as transplants, high-risk pregnancies, transition of care.

Emphasizes in continuous integrated care, with a systematic approach that ensures that the members needs and preferences are met across the continuum of care, and that the communication and information sharing among the member, the family, and the care providers are effective and timely. The care coordinators will work with the members and the providers to develop and implement a care plan that aligns with the members goals and values.

Community Health Workers

Closing the gaps.....

✓ Taking up where the healthcare providers leave off:

- Community services
- Government programs
- Extension of medical services and cost assistance
- Food insecurity
- Member Advocacy – Doctor Appointments
- Behavioral Health Services

✓ Improving health outcomes

How to Contact a Community Health Worker

505-923-8567 or 1-866-597-7839
chwincomingdocuments@phs.org



Your CHW will help you develop an action plan to address the services you want and need.



CHWs can help you for as long as you want, but services usually last 30 to 90 days.

Presbyterian Wellness Programs










New Mexico
Public Schools
Insurance
Authority




NMPSIA
Wellness


Wellness at Work Portal & Incentives




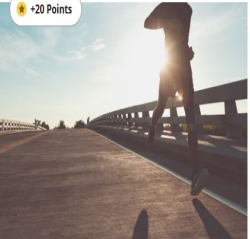
 Home
  Health
  Social
  Benefits
  Media
  More

 Support

Rewards >








+20 Points

Vigorous Exercise
 Daily Tip • Getting Active
 Do you work out enough? If you don't, your sleep may be suffering. In one poll, vigorous exercisers were twice as likely to report a good night's sleep and less likely to report sleep problems. Add at least 10 minutes of vigorous activity to your day today!



< 6 / 10 >

	ACTIVITY	REWARD	HOW TO EARN
	Complete a Health Check	\$30	Answer the lifestyle related questions on the Health Check and receive your personal risk score
	Complete the Primary Care Provider (PCP) Survey	\$20	Visit Wellness at Work and complete the survey. Pulse Cash rewards are awarded automatically upon completion of the survey.
Complete these activities to earn points	Track steps, activity, sleep and more	Earn points to reach Level 1 for \$25 ----- Continue earning to be eligible for additional prizes	Wellness at Work provides multiple ways to earn points and in turn, earn rewards. Do these activities on the platform on the mobile app. Earn enough points for Level 1 and earn \$25. Continue earning points to be eligible for addition prizes throughout the year.
	Stay up-to-date on preventive care		
	Track daily Healthy Habits		
	Join or create a personal challenge		
	Complete a Wellness Journey		
	Watch Wellness Videos		
	Participate in Virtual Cooking Shows		
	Watch a Wellness Webinar		
	Select topics of interest quarterly		

NMPSIA Wellness REWARDS

Complete activities and earn points on the **Wellness at Work** portal and redeem them for gift cards.

EARNING REWARDS IS EASY:

- Points are easy with lots of earning opportunities
- Take wellness with you everywhere with a NEW mobile app
- Rewards are earned by completing simple tasks
- Plenty of gift cards to choose from, or use your rewards at the online store

The NMPSIA rewards programs runs on a Fiscal Year basis. Rewards must be redeemed before June 30th of each year.

To access Wellness at Work, go to www.phs.org and log in to your myPRES account. Click on the **Health & Wellness** tab at the top, then click on **Access Your Health Assessment**. If you need help accessing, please contact the help desk at 505-923-6030, or email wellnessatwork@phs.org.

Available to NMPSIA Presbyterian Health Plan members, and spouses/domestic partners.

NMPSIA Work & Well-Being Monthly Newsletter

**Links & Reminders About All Wellness
Programs**

Monthly Webinar Info & Links

Monthly Cooking Show Info & Links

Mindfulness & Meditation Links

BCBS Wellness Program Links

Monthly Wellness Observances

Recipes

So Much More!



>>> NMPSIA <<<

WORK & WELL-BEING NEWSLETTER

June 2025



AGELESS MOBILITY

IF YOU DON'T USE IT, YOU LOOSE IT

Mobility is the ability to move freely and easily, whether walking, jogging, bending, or lifting. It's critical for functioning well and living independently. The old saying "if you don't use it, you lose it" is true regarding our mobility. If the muscles and joints aren't used how they're designed to, they can stop functioning properly, increasing the risk of injury and damage to the joint.

MOVEMENT IS KEY >>> A lack of physical activity and a sedentary lifestyle make it more likely that a person will experience a loss of mobility. We need to move our bodies by participating in regular physical activity as well as taking movement breaks throughout the day to break up prolonged time spent sitting.

Monthly Wellness Webinar

Every third Wednesday of each month we will bring you a live webinar on a variety of topics. Our wellness webinars provide education to **enhance your well-being** and support your **successful journey** to better health. Register to receive the webinar link and access recordings if you can't attend.

Don't miss out on these enlightening well-being topics in 2026:

- Brains is Bloom: Lifelong Brain Health
- Green Thumbs, Healthy Lives: Urban Gardening
- Clean Living, Clear Choices
- Building Muscle with Positivity and Power
- Managing Compassion Fatigue
- Sugar Unwrapped

2025 Wellness Webinar Series



Wednesday
June 18
Noon – 1:00 p.m.

Ageless Mobility: Unlocking Freedom of Movement at Every Stage

Celebrate movement for all ages in this session on stretching and mobility. Stretch your repertoire of exercises that promote flexibility and independence throughout life, helping you stay active and vibrant as you age.

PRESENTER: TBD

[REGISTER HERE](#) for webinar series.

Or copy and paste this URL into your browser: https://pho-org-corp.zoom.us/j/9hnmY0QNWgortv8_q2CA
Earn points on Wellness at Work after watching the webinar or recording.



SCAN ME

 The Solutions Group

Our wellness webinars provide guidance in enhancing your well-being and support your successful journey to better health.



NMPSIA members covered under **Presbyterian Health Plan** have access to free health coaching through The Solutions Group, Presbyterian's Health & Wellness Division.

- **Eat better**
- **Lose weight**
- **Become more active**
- **Reduce stress**
- **Sleep better & have more energy**
- **Prep for a specific event**



The
Solutions
Group

Health Coaches can help you to:

- Set appropriate goals
- Create an action plan
- ID personal motivation
- Establish coping skills & reliable support system



To sign up with a
health coach,
REGISTER HERE.

<https://www.research.net/r/Coaching-NMPSIA>

Please allow up to 10 business days to be contacted by a health coach.



NMPSIA Wellness Ambassador Program



PASSIONATE ABOUT HEALTH & WELLNESS?

Apply to be a NMPSIA Wellness Ambassador today!

NMPSIA Wellness Contacts:

Ashley Hagerty, ahagerty@phs.org

Jackie Pacheco, Jacqueline_Pacheco@bcbsnm.com

NMPSIA Wellness Ambassadors are:

- Employee volunteers who share their passion, motivation, 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

Requirements:

- Attend Quarterly Wellness Ambassadors meetings
- Have permission to become wellness ambassador from supervisor, district and/or school administration.

Perks:

- Access to wellness experts, including dietitians, health coaches, and exercise physiologists
- 1st chance to register for wellness programs
- T-shirt for *new* NMPSIA Wellness Ambassadors

NOOM[®]



Noom[®] is a psychology-based program that empowers you to make healthier choices and empower you to take control of your health for good. Powered by behavioral science, technology, and human coaches, Noom[®] helps millions of people meet their personal health and wellness goals—from weight management to diabetes prevention to stress reduction.

40%

Of users who use Noom for 4 weeks or more lost 5%+ of body weight

5.5%

Average weight loss for users who used Noom for 4 weeks or more

11+ LBS

Average weight loss for users who used Noom for 4 weeks or more

70%

Of users surveyed report Noom helped with their mental wellness

- Bite-sized daily modules
- Log dietary intake in less than 30 seconds!
- One-on-one support from a goal specialist
- Peer Group Support

 good measures[™]



Achieve your health goals and feel your best!

Join a Good Measures program and improve your health and well-being through the power of food.

Good Measures healthy habits programs are **no cost** to NMPSIA members covered under Presbyterian Health Plan and their spouses or domestic partners.

Good Measures programs can help you:

- Lose or manage weight
- Eat to boost your immune system, have more energy, and feel better
- Improve a health condition with food choices
- Lower blood pressure, blood sugar, and cholesterol and improve heart health
- Get optimal nutrition for a healthy pregnancy
- Prevent or better manage diabetes

What's included:

- Your own registered dietitian coach—check in by phone or messaging
- A smart app that helps you choose foods and meals best for you
- Support and a personalized plan to meet your goals



At Home Biometric Screenings

Free at-home Biometric Screening

Complete an at-home biometric screening and skip the lines at the lab. Kits are mail in lab tests that will analyze a small blood sample for your lipid panel (Total Cholesterol, HDL, LDL, Triglycerides), Glucose and A1C levels. Receive results and know your numbers so you can take action to improve your health. Click on Benefits tab in Wellness at Work and find Labcorp page to order your kit today.

Key data points:

- Total Cholesterol
- HDL
- LDL
- Triglycerides
- Glucose



FREE WELLNESS SCREENINGS

by mail-order for NMPSIA Presbyterian members 18 and over.

KITS ARE AVAILABLE TO ORDER NOW!

The home test kit is free. It uses a finger stick blood draw to measure Total Cholesterol, HDL, LDL, Triglycerides and Glucose. Home Test Kits come with instructions to follow along. Log in to your myPRES account on www.phs.org, and click on **Wellness at Work**. Once you've logged in, you can access your home test kit by clicking on Labcorp® on the benefits page.

WELLNESS AT WORK

Wellness at Work is an online well-being portal powered by Vigin Pulse. You have free access to this benefit through Presbyterian and NMPSIA. Earn points and rewards, which can be redeemed for gift cards and more. **DON'T MISS OUT!** Enroll today and start building healthy habits for life. Log in to your myPRES account to access.

DON'T DELAY!

Last day to order is June 30.

How to order your kit:

- Log in to your myPRES account
- Click on **Wellness at Work**
- If it's the first time you are accessing the wellness portal, you will need to enroll.
- Once you are logged in, go to the Benefits tab at the top.
- Click on the Labcorp® widget
- Click on Start Now button
- Create your Labcorp account
- Order your kit and follow the instructions included in the kit.
- Your results will take 7-10 days after you mail the kit back.
- Log in to Wellness at Work to access results.

If you have questions, email nmpsia.wellness@phs.org

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.

A **simple approach** to bringing more mindfulness to your life. It's like always having a meditation teacher, right in your pocket, and having a place to go when your life needs a little more mindfulness.

Free access to daily live & recorded meditations.

NMPSIA members have additional access to PREMIUM content like Youth on Mindfulness, Mini Meditations, Anxiety & Depression on Mindfulness and more.

Life on Mindfulness

Guided meditations, teachings, and mindfulness practices

Brought to you by:



New Mexico
Public Schools
Insurance
Authority



The Mindful Center

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.

Available on your smart phone, tablet, or desktop.

A **simple approach** to bringing more mindfulness to your life. It's like always having a meditation teacher, right in your pocket, and having a place to go when your life needs a little more mindfulness.

Free access to daily live & recorded meditations.

REGISTER



SCAN ME



Scan the QR code
with your smartphone or visit:
<https://nmpsiaregistration1.themindfulcenter.com/>

YOUR GUIDE
Michelle DuVal, MA, is the leading provider of Mindfulness Training in the Southwest United States. Her skill in teaching comes not only from her training with the top meditation masters in the world, but also from her father, who started The Mindful Center more than 25 years ago after meditation literally saved his life and he responded to the powerful need to share the practice with others. All of her programs are evidence based, steeped in research, and skillfully interweave the profundity of the practice and the humor of insight every step of the way.

On To Better Health

Self-help tools and resources at your fingertips

On to Better Health gives you online access to self-help tools and resources proven to help people get better and feel better. Complete guided therapy programs to change unhelpful thoughts and behaviors. Read health and wellness articles. Chat online with a clinician, or schedule a virtual therapy session. All of the tools and resources are easy to use, confidential and available 24/7!*

On To Better Health helps you:

- Identify your needs – by answering a few questions, a personal health plan is created just for you
- Get help through digital cognitive behavioral therapy for common challenges such as:
 - Insomnia
 - Depression
 - Anxiety
 - Obsessions or compulsions
 - Alcohol or substance use
 - Chronic pain





Keep moving with
a Fitness Pass membership.
Only \$29.50 per eligible member per month.

 **PRESBYTERIAN**
Health Plan, Inc.

Fitness Pass \$29.50

As a Presbyterian Health Plan member, you and your dependents have access to more than 10,000 fitness, recreation and community centers, including:

- Defined Fitness locations in Albuquerque, Rio Rancho, Farmington and Santa Fe
- Prime Fitness network (nationwide)
- A discount at all Sports & Wellness facilities



www.defined.com

Defined Fitness is one of New Mexico's premier health clubs, offering a wide variety of group exercise classes, supervised child care and state-of-the-art strength training and cardiovascular equipment. All locations feature an aquatic complex with an indoor pool, hot tub, dry sauna and steam room.



www.primemember.com

The Prime Fitness network provides group exercise classes and amenities such as pools, sport courts, tracks and more. You can visit participating locations nationwide as often as you like, including select CHUZE, YMCAs, Snap Fitness, Curves® and more. When you use Prime Fitness, your fitness travels with you.



www.sportsandwellness.com

Sports & Wellness is where Albuquerque has gone to find fun, friends and fitness for 25+ years. Enjoy a special discounted Presbyterian membership fee and experience five-star service and first-rate amenities at five New Mexico locations and other clubs cross the country.

Fitness Pass program enrollment is easy. How to start:

For quick access and to learn more about Fitness Pass, go to www.phs.org/wellness.

- All enrolled health plan members aged 18 and older are eligible to enroll. Employees must enroll in the program for dependents to be eligible for the program.
- Once enrolled, Presbyterian will automatically debit your account or credit card each month.
- Your enrollment will last through the current calendar year, and you must reenroll each year.
- Some gyms may charge a registration or annual fee

If you choose Presbyterian, you can use Presbyterian.



**Access to Free
Convenient Care**

**Quick Care
For Everyday
Ailments**



Provider Networks

**New Mexico
and Nationwide**



**Programs and
Services**

- **Dedicated Member Service Team**
- **Community Health Workers**
- **Wellness Program**
- **Disease Management and Care Coordination**