

2025

# Board Institute

New Mexico School  
Boards Association



New Mexico  
Public Schools  
Insurance  
Authority



**NMPSIA**  
*Wellness*



# Agenda

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TOPIC	PRESENTER
The 4-Challenges In Society That Make Well-being Difficult	Jose Maresma
Worksite Wellness	Jacqueline Pacheco
Your Camino To Well-being	Ana Hernandez
How to Request Support	Kaylei Jones



MEET YOUR PROGRAM  
CREATOR AND HEAD  
COACH

JOSE MARESMA MS  
PERFORMANCE-MINDSET  
COACH

Jose has been a clinical exercise physiologist for over 35 years. He was an NCAA Division-1 soccer & track athlete, competitive mountain & road bike racer, white-water kayaker, rock climber, extreme ski & snowboarder and passionate outdoorsman.

He was raised by two parents that were University Academics and from a young age was inspired to be curious and a lifelong learner, to always give his best effort and learn from his mistakes.

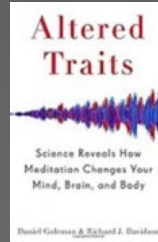
He was blessed as a young professional to start his career working at the top levels of professional and international competitive athletics, working at the US Olympic Training Center, NFL, NBA, NHL, MLB, USA Soccer, USA Cycling, US Ski Team and over 200 Division 1 & 2 college athletic programs. He was able to take his insatiable curiosity and professional experience & training into other high-stakes environments expanding his consulting and coaching practice to support the performance of Tier-1 Special Operations Military, Federal Law Enforcement, First Responders, and Clinical & Emergency Medicine-all arenas where it was crucial that individuals were able to be at their best to achieve the best possible outcomes.

He has a very personal and passionate story on how he added Mindfulness Trainer to his skill-set. His education included sports psychology and over his career realized how important our mental state is to our ability to execute our training & skills on the given field of "play", both professionally & personally. He learned how important his role was to inspire and motivate his clients & organizations and that The Mind was a foundational element to achieving our goals and living an extraordinary life. But the pivotal moment in his life that literally drove him into the world of mindfulness and mental training was in 2008 when he and his wife tragically lost their two sons. This traumatic event left him devastated and feeling helpless. He took some time off work to try and navigate the trauma of the loss and support his wife. During that time, he was trying to manage his emotions and state of mind, something all humans do. Some of what he was doing was helpful like praying, exercising, seeking time with loved ones and seeing a therapist. But he also was using some mal-adaptive way to deal with his pain; distracting himself too much with media, drinking too much, over-exercising and avoiding his pain. He also became very aware that he was not handling the loss well, he began to experience chest pain, dizzy spells and anxiety-clear signs that he was not doing well. Seeking some way to find relief he enrolled in an 8-week Mindfulness Based Stress Reduction course. This was a transformative moment both personally and professionally. He approached the class with an open and hopeful attitude. He began practicing the techniques and tools he was learning in class immediately with the same energy he used in physical training...and to his surprise after the first week he felt something that he felt he would never have again, a sense of peace and hope that he could learn to live with his loss and even start to love life again. This was an aha-moment. Not only did he start to feel like he actually had some control over his emotions & state of mind, he also clearly saw that mindfulness was a missing piece to his coaching practice, and his ability to help his clients find their optimal state of being & performing.

Jose was so inspired by his personal experience he embarked on a 2-year training program to become an MBSR teacher so he could offer the gift of mindfulness training to others. Over the last 15 years he has incorporated other forms of mindfulness training. He is also trained in Unified Mindfulness; the current secular mindfulness practice being used in scientific research along with many other traditional forms of contemplative practice. His program is based on his whole career & experience, blending the elements of Mind-Body and 50 years of scientific research around

# The 4-Challenges in society that make well-being difficult.

Dr. Richard Davidson-Center For Healthy Minds  
University of Wisconsin



Distractibility, loneliness, negative self-talk and a loss of meaning in life.

95% of chronic disease can be avoided or significantly reduce through modifiable lifestyle behaviors.

- CHD
- T2D
- Obesity
- Dementia/Cognitive Decline/Alzheimer's
- Most Cancers
- Hypertension
- Kidney Disease
- Lung Disease

## **7-Pillars of Wellbeing for Optimized Health & Performance**

Self-regulation & stress reduction (Nervous System Regulation)

Mindset-Values-Purpose

Preserving sleep & recovery

Consumption of the right nourishment

Treating the body rigorously

Honoring our human nature & the natural environment (Modernity = Incompatibility)

Being in healthy relationship with ourselves and those around us-Social Connection.



Education and guidance on what, why and how to take personal control of your wellbeing.

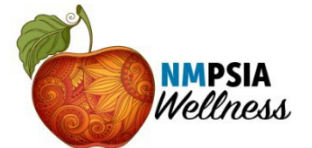
Through small consistent actions you can significantly redirect your personal health-span trajectory.



**BlueCross BlueShield  
of New Mexico**



# Worksite Wellness 2025 Wellness Offerings New Mexico Public Schools Insurance Authority



# Wellness Coordinator Role

## **COORDINATES**

activities to educate and motivate employees in Wellbeing Management Programs

## **DEVELOPS**

and organizes wellness offerings

## **SERVES**

as resource for employees

## **COLLABORATES**

with wellness vendors

## **PROVIDES**

ongoing member feedback and recommends changes based on data and reported experience



# Mindset Mondays

- **Purpose:** Provide stress management techniques within a 15/20-minute time frame to value employee time
- Offered virtually one Monday a month at 8:30am and 3:45pm
- Presentation materials sent after event
- Open to all NMPSIA Employees

Title	Month
Exercise for a Healthier You	January
Women and Heart Disease	February
Fighting Inflammation with Food	March
Financial Fitness	April
Exercise and Mental Health	May
Increase Range of Motion	June
Fighting Inflammation	July
Sun Safety and Hydration	August
Preventing Lifting and Back Injuries	September
Osteoporosis Class	October
Diabetes 101	November
How Alcohol Affects Health	December

# Wellness Wednesdays Workshops

- **Purpose:** Educate employees on identified health resources and topics within a 15/20-minute time frame to value employee time
- Offered virtually one Wednesday a month at 8:30am and 3:45pm.
- Open to all NMPSIA Employees

Title	Month
Vision Boarding for 2025	January
Sleep & Heart Connection	February
Setting the Table for Healthy Eating	March
Budgeting Mindfully	April
Staying Mentally Healthy with Technology	May
Ergonomics 101	June
Power of Preventative Care	July
Hydration and Exercise	August
Everyday Back Health	September
Breast Health	October
Diabetes Nutrition	November
Healthy Holiday Meals	December

\*Not client specific

# Health Education Classes & Webinars\*

- **Purpose:** Educate employees on identified health resources/topics
- 30 minutes in length\*
- Offered virtually once per month at 3:30pm
- Available to all NMPSIA employees

Title	Month
Strong Habits = Strong Brains	January
Healthy Heart, Healthy You	February
Trending in Nutrition	March
Financial Wellness	April
The Power of Social Connection	May
Wellness for Men, Live Better Longer	June
How to be a Savvy Health Care Consumer	July
Metabolic Syndrome	August
Healthy Bones and Joints	September
Women's Way to Wellness	October
Diabetes Explained	November
Essentials of Nutrition	December

\*Due to proprietary content, these presentation slide decks are not shared nor recorded

\*\* List of available topics – Appendix A

# Living Financially Well\*

- **Purpose:** Provide employees a behavior based financial wellness program. Useful tools included
- Open to all NMPSIA Employees
- 60 minutes in length

Dates and times can be adjusted to fit NMPSIA schedule

Month/Date
March 13, 2025
June 12, 2025
September 11, 2025
November 13, 2025

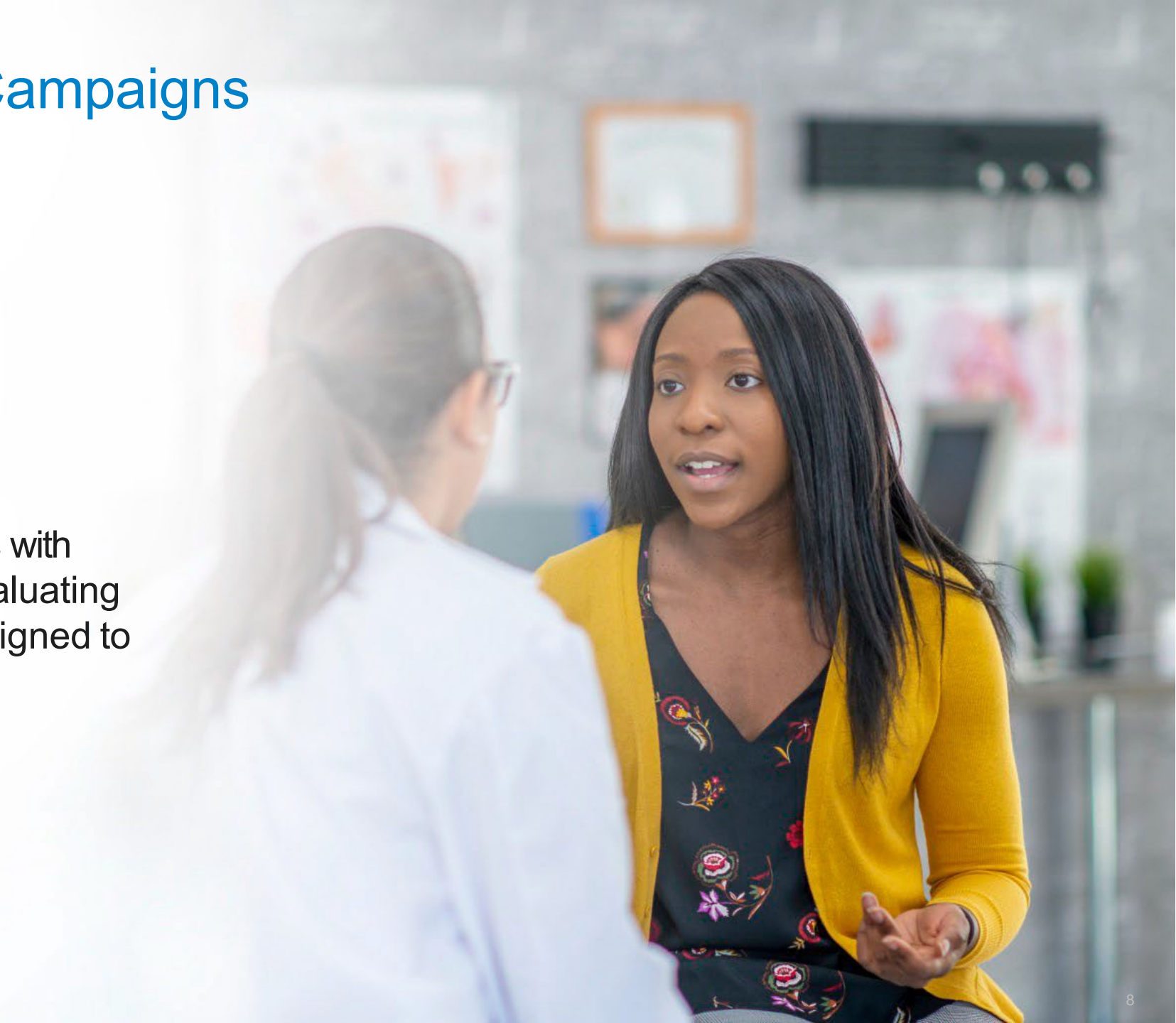
All participants receive a no-cost 1:1 counseling session with the Foundation for Financial Wellness, a 501c(3) organization.

\*Due to proprietary content, these presentation slide decks are not shared nor recorded.

# Employee Education Campaigns

- Preventative Screenings
- Annual Physicals
- Coordinate with National Awareness Months

The Wellness Coordinator assists with developing, implementing and evaluating Health Education Campaigns designed to target client priority topics.





# Additional Wellness Offerings

## Virtual Member Facing Overviews

- Wondr Health
- Learn to Live
- Ovia
- Blue 365
- Fitness Discounts

Scheduled at a time convenient for BCBSNM Members

\*Available to BCBSNM members only. Due to proprietary content, these presentation slide decks are not shared nor recorded.



# Blue Access for Members (BAM)/Well onTarget® (WOT) BCBSNM Member Overviews\*



- What is BAM/WOT?
- Why Should I Use BAM/WOT?
- How Do I Navigate Through the Platforms?
- How Do I Earn Blue Points and Redeem?
- **Purpose:** Provide BCBSNM members a detailed overview of their benefits and personal wellness portal
- **Outcome Reporting:**
  - Registration/Attendance
  - Performance satisfaction survey
  - Client determined measurement of portal usage after presentation
- 60 minutes in length

Month/Date
February 11, 2025
April 8, 2025
August 11, 2025
November 10, 2025

Dates and times can be adjusted to fit NMPSIA schedule

\*Available to BCBSNM members only. Due to proprietary content, these presentation slide decks are not shared nor recorded.



## Health Education Podcasts

- **Purpose:** Educate employees on identified health resources/topics
- **Outcome Reporting:** Aggregate views can be collected\*
- 3-6 minutes in length
- Several health and wellness topics to choose from\*\*
- Link and QR codes available
- Embed into wellness communications
- Can be added to challenges including Walker Tracker
- Updated/Refreshed regularly
- Available to all NMPSIA employees

\*Not client specific. \*\*See Appendix B for complete list.



## BeWell



- Physical Activity
- Wellness Challenge Platform
- **Purpose:** Encourage and motivate employees towards improved health behaviors
- Variety of Options
- Customizable to Organization
- Promotional Materials Provided
- Open to all NMPSIA Employees

# APPENDIX

# Appendix A

## Health Education Webinars by Topic

### Health Conditions

- Blood Pressure Basics
- Diabetes 101
- Healthy Heart, Healthy You
- Metabolic Syndrome

### Men's and Women's Health

- Breast Cancer Awareness
- Nutrition During Pregnancy
- Wellness for Men: Live Better, Longer
- Women and Heart Disease
- Women's Way to Wellness

### Ergonomics and Musculoskeletal

- Carpal Tunnel Syndrome
- Everyday Back Health
- Healthy Bones and Joints –
- Musculoskeletal Health
- Osteoporosis
- Preventing Lifting and Back Injuries

### Nutrition

- Essentials of Nutrition
- Gut Health
- Healthy Holiday Eating
- Nutrition and Blood Pressure
- Nutrition and Diabetes
- Nutrition and Heart Health
- Principles of Intuitive Eating
- Setting the Table for Healthy Eating – Nutrition Labels
- Trending in Nutrition

### Physical Activity

- Exercise for a Healthier You
- Hydration and Outdoor Exercise

### Preventive Care

- Brain Health
- Colorectal Cancer Awareness
- Fighting Inflammation
- How Alcohol Affects Health
- Hydration
- New Year, New You
- Sun Safety
- The Power of Preventive Health Care

### Tobacco Cessation

- Breathe Easy: Living Tobacco Free
- E-Cigarettes and Vaping
- Smokeless Tobacco

### Wellbeing and Mental Health

- Better Sleep for Better Health
- Financial Wellbeing
- Resilience: Rising Strong
- Staying Mentally Healthy with Technology
- Stress Less; Live More
- Understanding Burnout
- Understanding Seasonal Affective Disorder
- Weaving Wellbeing into Our Lives

### Well onTarget

- Member/Employee Overview and Demo

# Appendix B

## Podcasts

### Ergonomics and Musculoskeletal

- Connect With Your Core
- Healthy Joint Mobility
- Upper Body Mobility
- Maintaining Healthy Hips
- Mindful Posture

### Health Conditions

- Tips for Managing Blood Pressure
- Manejo de Hipertensión (A guide to living with high blood pressure)
- Managing Your Cholesterol
- 10 Consejos para el Manejo de la Diabetes (10 Tips for Diabetes Management)
- 4 Things You Should Know to Live a Healthy Life with Diabetes

### Nutrition

- Healthy Eating on a Budget
- Gut Health
- Healthy Holiday Eating

### Physical Activity

- Benefits of Walking
- Movement into Your Day
- Re-establishing an Exercise Routine

### Preventive Care

- Brain Health
- Conceptos Básicos de Hidratación (Basic Concepts of Hydration)
- Hydration Basics
- Partnering with your PCP
- The Men's Health Tune Up
- What You Should Know to Reduce Your Risk for Cancer

### Tobacco Cessation

- Tips to Quit

### Wellbeing and Mental Health

- Bounce Back with Resilience
- Financial Wellbeing
- Finding Your Why
- Laughter is the Best Medicine
- Sleep Health
- Sleep Tips for Shift Workers
- Substance Abuse
- Successful S.M.A.R.T. Goals

A woman with a backpack is seen from behind, walking through tall grass towards a body of water. The scene is bathed in warm, golden light, suggesting a sunrise or sunset. The background is slightly blurred, focusing attention on the woman and the text.

# Your Camino to Well-being

Ana Hernandez, MS, RD







## Hi! I'm Ana!

### Wellness Program Manager

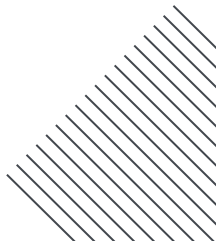
- I was born and raised in Las Vegas, NM
- The great outdoors inspires me to take care of myself.
- I'm a Registered Dietitian and desserts and dancing are my love language!





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**“Camino is more  
than a path—  
it is a journey of  
becoming.”**



# Visualize

Who do you want to be?

What identity do you hold or do you desire?





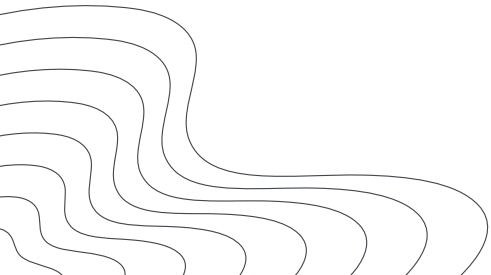
# Let's pack your Camino bag with wellness resources

- **Physical health**
- **Mental/emotional health**
- **Financial health**
- **Social Health**



# NMPSIA Wellness Newsletter

Monthly  
newsletter



# Wellness at Work – Online Portal and App



Home



Health



Social



Benefits



Media



More



Support



## Rewards >

3360 Points to next reward!



3,640 / 50,000 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!

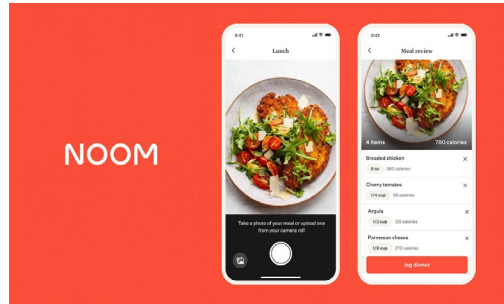
GOT IT!

# Nourishing routes

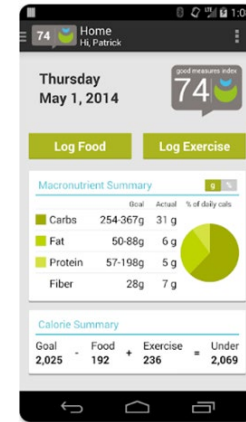
Cooking Show



Noom



Good Measures





# Consider a mindful course

Did you know that individuals who consistently practice mindfulness have lower perceived stress, greater emotional resilience, and lower risk of burnout?



# Or take the webinar way

2025 **Wellness Webinar** Series



**Wednesday**  
**April 16**  
**Noon – 1:00 p.m.**

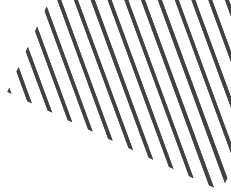
## **Mind Over Money: The Psychology Behind Financial Wellness**

Have you ever been curious about the psychology of money and how your mindset and habits shape financial health? This session will delve into how emotional and behavioral factors impact financial decisions, empowering you to make choices that align with long-term wellness.

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# Take the journey with a health coach



# All roads lead to your well-being

## **Kitchen Confidence**

4-week culinary skills class sent to your inbox

## **Longevity Lifestyle**

On demand virtual class focused on improving lifespan and healthspan.

## **Right on the Money**

Financial literacy and well-being packaged as a fun challenge!

## **Free at-home biometric screening**

Check your cholesterol, glucose, A1C!





# 4,004

# of weeks in the average lifespan





**In a world that  
demands so  
much from us,  
don't leave  
yourself behind.**



# Are you ready?



An aerial photograph of a vast, rolling landscape of green hills. A winding road snakes through the terrain, leading towards a small cluster of buildings or a village nestled in a valley. The hills are covered in dense vegetation, and the overall scene is bathed in a soft, hazy light, suggesting a misty or overcast day. The text "Your camino is up to you." is centered over the middle of the image in a dark, serif font.

**Your camino is up to you.**



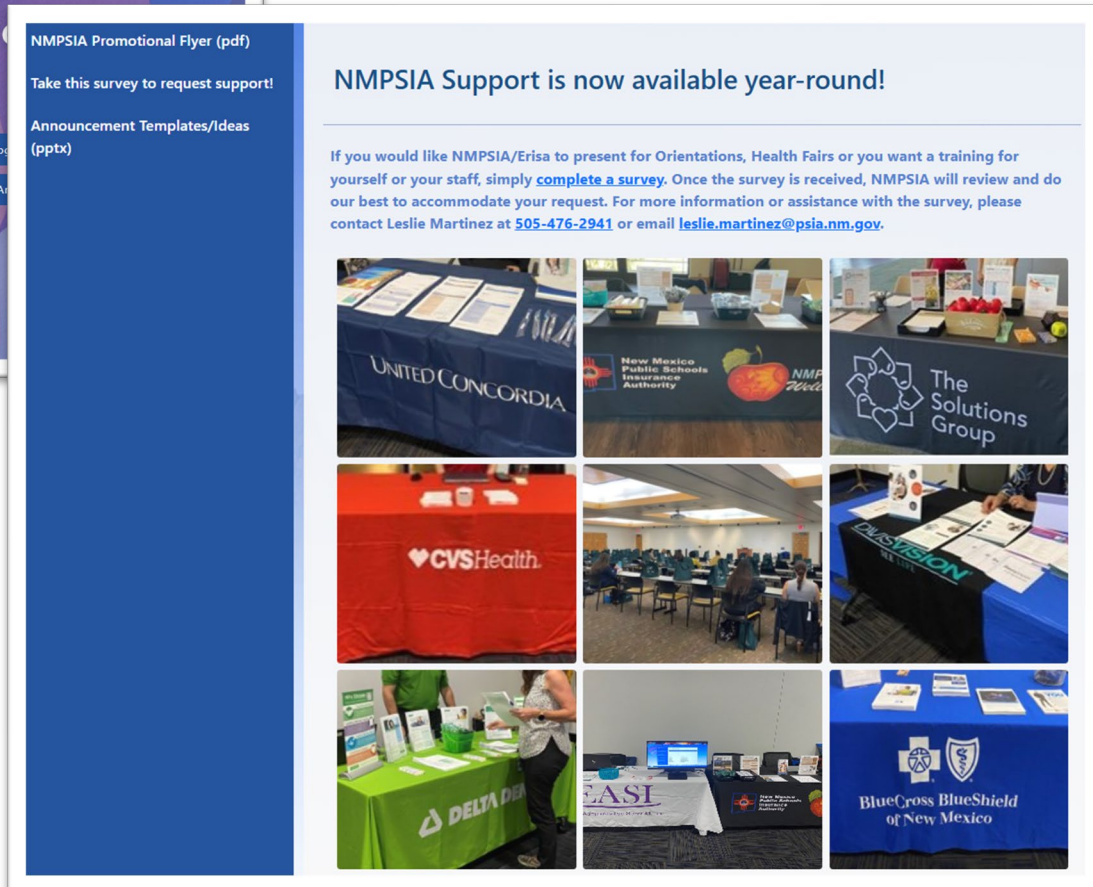
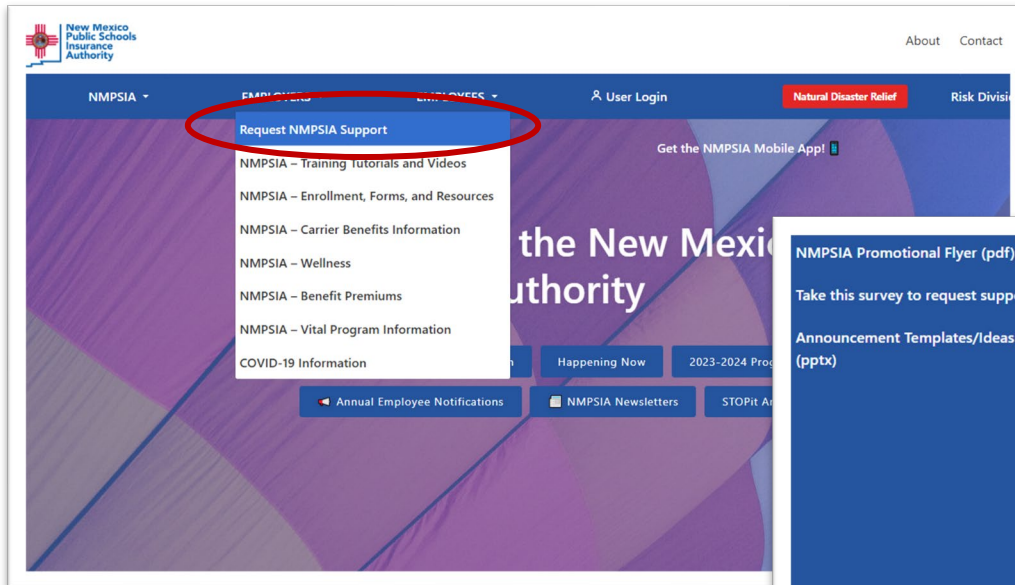


# Thank you!

Questions?



# Request Support




**NMPSIA Support is now available year-round!**

Take this survey to request support!

Announcement Templates/Ideas (pptx)

If you would like NMPSIA/Erisa to present for Orientations, Health Fairs or you want a training for yourself or your staff, simply [complete a survey](#). Once the survey is received, NMPSIA will review and do our best to accommodate your request. For more information or assistance with the survey, please contact Leslie Martinez at [505-476-2941](tel:505-476-2941) or email [leslie.martinez@psia.nm.gov](mailto:leslie.martinez@psia.nm.gov).



The flyer includes a collage of nine photos showing NMPSIA promotional materials and staff at various events. The photos include: a table with 'UNITED CONCORDIA' branding; a table with 'New Mexico Public Schools Insurance Authority' branding; a table with 'The Solutions Group' branding; a table with 'CVS Health' branding; a large room with many people seated at tables; a table with 'DELTA DISTRICT' branding; a table with 'EASI' branding; and a table with 'BlueCross BlueShield of New Mexico' branding.

# Request Support

NMPSIA Promotional Flyer (pdf)

Take this survey to request support!

Announcement Templates/Ideas (pptx)

## NMPSIA Support is now available year-round!

If you would like NMPSIA/Erisa to present for Orientations, Health Fairs or you want a training yourself or your staff, simply [complete a survey](#). Once the survey is received, NMPSIA will review our best to accommodate your request. For more information or assistance with the survey, please contact Leslie Martinez at 505-476-2941 or email [leslie.martinez@psia.nm.gov](mailto:leslie.martinez@psia.nm.gov).



## 2025 HEALTH FAIR

Join us for our 2025 Health Fair!  
Learn about your Insurance Benefits, meet your Insurance Carriers, ask questions regarding your coverage.

INSERT TIME OF  
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Insert additional information  
screening via this link" o

### Organiz Att

- NMPSIA
- NMPSIA Wellness
- Erisa Admin. Services
- Presbyterian
- BCBS Medical
- Delta Dental
- United Concordia Dental

Questions? Contact your example@

## 2025 BENEFITS ORIENTATION

Join us for our 2025 Orientation!  
Learn about your Insurance Benefits, ask questions regarding your coverage, and so much more!

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Insert additional information  
"refreshment

TIME	
example: 10- 11am	NOTE: NMPSIA a

Questions? Contact your example@

## NMPSIA TRAINING AVAILABLE NOW HEALTH FAIR BENEFITS FAIR ON-SITE TRAINING

- Do your employees have trouble understanding their coverage and how to utilize their benefits?
- Would your employees benefit from learning more about the NMPSIA Wellness Programs?
- Are you looking for fresh ways to encourage your employees to take their health and wellness seriously?

### Perks for you & your Employees

- Special gift for Host
- Giveaways
- Door Prizes
- One-on-One time with NMPSIA & Erisa staff for questions
- Customized Presentations to keep for future use

### Topics that can be discussed

- NMPSIA Benefit Overview
- NMPSIA Wellness Overview
- Guided Meditations
- Holistic/Resilience Coaching
- Prescription Benefits
- Focused Topics your population would benefit from
- Website and Online Access Overview

### Carriers that can attend

- NMPSIA
- NMPSIA Wellness
- Erisa Admin. Services
- Presbyterian
- BCBS Medical
- Delta Dental
- United Concordia Dental
- BlueCare Dental
- Lantern (SurgeryPlus)
- Davis Vision
- CVS Caremark
- The Standard

CLICK OR SCAN THIS QR CODE TO MAKE A TRAINING OR FAIR REQUEST

Questions? Contact Leslie Martinez at [leslie.martinez@psia.nm.gov](mailto:leslie.martinez@psia.nm.gov)

### FAIR IDEAS:

- Walk & Talk Event: Goal focused topic with option to walk and talk to NMPSIA & Erisa booths
- Wellness Passport: Wellness and participation focused with interactive stops along the way and prizes for participation.
- Whole Health Hub: On-site screenings with benefit utilization & wellness focused topics + Interactive stops along the way & giveaways

# Request Support

## NMPSIA Support (Training, Orientations, Health Fairs)

NMPSIA support is now available year-round! If you would like NMPSIA to present for Orientations, and Health Fairs or you want training for yourself or your staff, simply complete this survey.

The year is quickly filling up! Please submit your request 6 weeks in advance to ensure a successful planning phase. Once the request is received, NMPSIA will review and do our best to accommodate your request.

**If you are requesting multiple events,  
please complete the survey for each event separately.**

\* 1. School District or Entity

\* 2. Full Name of Contact Person (First Name, Last Name)

\* 3. Contact Email Address

\* 4. Contact Phone Number



Scan me or  
visit the link  
below

<https://www.surveymonkey.com/r/6RGH6B5>

# Q&A

## NMPSIA Benefits Division

<https://nmpsia.com/contactUs.html>

Phone: 505.988.2736

