

# NMMIP NEWS



## TelaDoc...

NMMIP provides Teledoc medicine to all of our members. There are several benefits to telehealth, including increased convenience and accessibility, and improved health outcomes. It allows members to connect with healthcare providers remotely, reducing the need for travel and time off work, and expanding access to specialists, particularly for those in rural areas or with mobility limitations. You can access the NMMIP Teledoc services 24 hours a day, 7 days a week that provides a translation line for both general medicine and mental health services by calling 1-800-835-2362 or visit [teladoc.com](https://teladoc.com). If you would like assistance connecting with Teledoc, please contact Ensemble, the NMMIP Case Management team at 1-505-552-4401 or 1-800-385-8356.



## Change in Income? Apply or Recertify for the Low Income Premium Program (LIPP)

Have you recently experienced a change in income and need help affording your health insurance premium? Existing members can apply or recertify for LIPP year-round.

Are you already a LIPP member? Please note that you are required to recertify annually. Look for your **Annual Policyholder Packet** in mail this **November 2025**. Be sure we have your current address to ensure you receive this important document. Contact customer service to update your information.

## National Ice Cream Day

Did you know National Ice Cream Day is celebrated on the third Sunday of July? The day is actually a federally-recognized day, thanks to President Ronald Reagan. Americans consume 23 gallons a year, leading the world when it comes to eating ice cream. Don't forget to cool off and enjoy a frozen treat on July 20th!

## Managing Summer Stress

Summer stress is more common than believed. Change in schedules, vacations, and more activities than normal can bring on anxiety and stress. Here are some tips to deal with summer stress. Take a break and be sure to find time to relax. This can be a day at the pool or even some quiet time at home. Stay healthy by eating well and paying attention to self care. Take time regularly to sit and manage your family's schedule by using a planner or notebook. Follow these tips for a more relaxed summer.

## Stay Cool and Hydrated this Summer

Drink water and plenty of it to beat the heat and stay hydrated. Proper hydration isn't only about drinking water, it also helps regulate your body temperature. Summer is when risk for heat stroke is at its highest. Stay cool by wearing light, loose-fitting clothing and limit physical activities to cooler times of the day. Eat more "water-rich" foods, such as cucumbers, watermelon, tomatoes, celery, and grapefruit. Stay safe and hydrated this summer!

