

Employee Benefits Bureau Newsletter



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JUNE'S 2019 SONM HEALTH & WELLNESS FAIR ANOTHER GREAT SUCCESS!



**CONGRATULATIONS
LORETTA URIOSTE - DOH,
Grand Prize Winner of
FIVE \$100 Gift Certificates
to Whole Foods Market!!!
As well as to all the many
many other winners!**

The 2019 SoNM Health & Wellness Fair was a HUGE success, and the Employee Benefits Bureau would like to thank all the SoNM and LPB employees for their enthusiasm and participation.

Carriers, practitioners, vendors, SoNM agencies, and other government entities did a great job in educating attendees on health and wellness. Approximately 1300 attendees were able to ask valuable questions, sample products, enjoy short vendor sessions, learn how to better care for their bodies, mind and wellbeing, and win prizes! Attendance was record-breaking and a good time was had by all!

GSD Secretary Ken Ortiz was out greeting employees, Deputy Secretary Duffy Rodriguez was working the front lines, greeting participants and handing out RMD goodies. RMD Director Clinton Nicely and Deputy Director Loretta Lopez were also busy welcoming participants to the RMD event.

EBB would also like to give special thanks to all the agencies, vendors, carriers and practitioners for participating in this year's fair and helping make it a wonderful success for our employees, Thank You!

We managed to take a few pictures of the festivities and have posted on [page 3](#) so you can see more of the fun.

The Employee Benefits Bureau would like to announce their plans to take SoNM Health & Wellness Fairs out to more employees around the state to allow them the opportunity to learn more about health and wellness, and how to improve their life, as well as the lives of their families.

EBB has identified 3 initial NM cities to kick off the project and is working with DOH to help us. Our plan is to rotate cities around the state, assisting agencies to hold an annual Health & Wellness Fair for employees in that area. These fairs are wonderful opportunities for agencies to promote their function, as well as encourage better health and wellbeing for our SoNM/LPB employees and their families.

If your agency is interested, please contact the Employee Benefits Bureau (carmella.jasso@state.nm.us).

Employee Benefit Bureau
NEWSLETTER

THE SoNM'S NEW LIFE INSURANCE CARRIER – THE HARTFORD



Effective July 1st, 2019

The State of New Mexico will be switching life carriers to
The Hartford Life Insurance Company



The State of New Mexico (SoNM), Risk Management Division (RMD) is dedicated to providing employees with the most comprehensive benefits package available in order to help ensure they are financially protected now, as well as in the future. In doing so, RMD is very excited to announce that we have selected a new carrier, The Hartford, to provide life insurance coverage for our employees of the SoNM and participating Local Public Bodies.

For full communications regarding the SoNM's NEW Life Insurance Carrier, please go to: www.mybenefitsnm.com/Benefits.htm.

As this is short notice of a plan transition, the Risk Management Division and Erisa would like to make every effort to assist you to better understand this transition, and what it means to plan participants. The following FAQ is designed to help answer some questions you may have.

Frequently Asked Questions regarding Life Insurance Coverage

Q: Will my \$50,000 Basic Life and AD&D coverage change?

A: The Basic Life and AD&D coverage remains in place and will continue to be an automatic enrollment for benefit-eligible employees. The premium will continue to be paid by the employer (SoNM/LPB Agencies).

Q: Is this change Mandatory?

A: **This change is mandatory as it is a change in provider.**

If an employee who is currently enrolled in supplemental coverage (e.g., Employee Additional Life, Dependent Spouse/Domestic Partner (DP) Life, or Child/ren Life Coverage), the employee can remove or add coverage at any time. However, if coverage is requested outside of the Special Open Enrollment event, or outside of first time eligibility, an ***Evidence of Insurability (EOI)** is required.

Q: How do we handle setting up the auto-deductions for Supplemental coverage?

A: Employees who had coverage in place on June 30, 2019 with Securian/Minnesota will be transferred over to The Hartford. The coverage amounts will be entered into SHARE and will start to auto-deduct through payroll. The first deduction will be reflected on the pay advice of July 19th. No action is required by employee.

Q: Can an employee continue with Securian for coverage?

Continued - For the full list of Life Insurance coverage FAQ's, please go to: www.mybenefitsnm.com/Benefits.htm.

BENEFITS REMINDERS AND UPDATES

Premium Increase Reminder

As of July 1, rates for medical, dental, vision, and disability coverage, along with administration fees, will increase 5% for both employees and employers (new rates can be found at www.mybenefitsnm.com). Please check July 19 pay advice to insure correct premiums are being deducted.

Express Scripts – Home Delivery: What's in it for Patients?

Home delivery offers lower cost, patient safety and the clinical expertise of condition-specific pharmacists. Most Americans rely on the convenience of mail order for a variety of products, including perishables and fragile goods. More and more, people also are entrusting their medications to the delivery process – and with good reason. Having maintenance medications delivered straight to your home offers many advantages, including greater adherence, time savings, lower cost, and access to specialist pharmacists. Also, utilizing the Express Scripts benefit helps us keep the cost of medication low for our members, as well as help us maintain our Health Fund. ([Click here for to read the full article](#))

July 2019

Sun Safety

Water does amazing things to keep your body running smoothly. So keeping your body hydrated during these hot summer months is crucial. Learn more about how wonderful water is by reading this month's newsletter. See attachment for more information

Sports Physicals – If your child gets their school sports physical before October 31, 2019, they will automatically be entered into a drawing to win one of two \$50 Amazon Gift Cards! Call 827.2485 to schedule.



Stay Well Health Center

Hawaiian Huli Huli Chicken

Fun to make and eat! The family will love this healthy summertime entrée. Recipe yields 4 servings (2 skewer: per serving).



- 1 C fresh pineapple, diced (24 pieces)
- 12 oz. boneless, skinless chicken breast cut into 1-inch cubes (2 large breasts)
- 8, 6-inch wooden skewers

For Sauce:

- 2 Tbsp. tomato paste
- 2 Tbsp. honey
- 1 tsp. ginger, minced
- 2 tsp. fresh orange juice
- 1 tsp. garlic, minced (about 1 clove)
- 2 Tbsp. low-sodium soy sauce

Preheat broiler on medium-high. Thread chicken/pineapple alternately on skewers. Combine ingredients for sauce; separate into two bowls and set one aside.

Grill skewers for 3-5 minutes on each side. Brush sauce onto skewers every other minute. Discard this sauce when done with this step.

To prevent chicken from drying out, finish cooking skewers in a 350°F oven immediately after grilling (to a minimum internal temperature of 165°F). Using a clean brush or spoon, coat with sauce from the set-aside bowl before serving.

2019 SoNM Health & Wellness Fair Pics

