



## Employee Benefits Bureau Newsletter

Abiquiu, NM



Ken Hughes, EMNRD



NEW MEXICO  
GENERAL SERVICES DEPARTMENT

[Page 1](#)

[2018 SoNM Employee  
Health & Wellness Fair](#)

[Page 2](#)

[Health Benefits: 101](#)

[Page 3](#)

[Pharmacy Prescription costs](#)

[Page 4](#)

[Health Info/Recipe  
Brain Game/Desk Yoga](#)

[Page 5](#)

[Health Calendar](#)

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Thank you to Victoria Vargas and Ken Hughes for the beautiful photos of their piece of New Mexico!

## CONGRATULATIONS SoNM/LPB EMPLOYEES FOR SUCH A SUCCESSFUL

## 2018 SoNM EMPLOYEE HEALTH AND WELLNESS FAIR!!!

## GRAND PRIZE WINNERS!



**Winner!**

**ALVIN ARAGON (NMDOT)**

**\$500 Gift Certificate to  
Rob and Charlie's Bike Shop**



**Winner!**

**GABRIEL ARAGON (NMENV)**

**3 \$100 Gift Cards to  
Vitamin Cottage, La Montanita  
Co-op and Whole Foods Market**



And Congratulations to ALL the many winners at this year's Fair who won Fitbits, Electric Toothbrushes, Gym Memberships, Cook Books, Spin Classes, Yoga Classes, Massages, Naprapathic Sessions, Exercise Wear/Gear, Whole Foods Gift Cards, Healthy Food Baskets, Exercise Classes, Designer Sunglasses, Accupuncture, Facials, Yeti Tumblers and so much more!



# Understanding your SoNM Health Insurance Coverage

## Health Benefits: 101

### Lesson 5- General Medication Information

Continuing our goal is assisting our members to better understand and better utilize the SoNM offered benefits

coverages, we resume our tutorial on SoNM Health Benefits with information on Medication.

#### **Lesson 5**

#### **General Medication Information**

##### **Brand vs. Generic Drugs**

With prescription drug costs rising, generic alternatives to brand-name medications can increase savings. Generic drugs are safe, effective, FDA-approved, and less expensive. According to the FDA, a generic drug is identical, or bioequivalent, to a brand-name drug in dosage, form, safety, strength, route of administration, quality, performance characteristics, and intended use.

The U.S. Food and Drug Administration (FDA) must approve every ingredient (including inert, or non-active, ones) that goes into any medicine. Sometimes a generic manufacturer must change one or more of these non-active ingredients because the brand-name company has patented the preparation of the specific drug. Changing the inert ingredients doesn't affect the effectiveness of the drug, since the generic manufacturer must show the FDA that the active ingredient - the one that treats the health condition - still gets into the body at the same strength and rate as the brand-name drug.

**Express Scripts** administers the prescription drug benefit for the SoNM and coverage is automatic with medical plan enrollment. This benefit includes the **Retail Pharmacy Program**, the **Home Delivery Program**, and the **Specialty Drug Program** through Accredo.

14

##### Home Delivery for your Maintenance Medications

The Express Scripts Mail Order Program makes filling prescriptions easy and convenient, and saves money too.

The Home Delivery benefit provides an affordable way to obtain maintenance medicines, by allowing members to order up to a 90-day supply by mail. It's the most cost effective way to fill prescriptions – and helps both the member and the SoNM to save money.

The benefit is provided to help avoid running out of needed medication. Once members are enrolled, Express Scripts will automatically calculate their medicine usage as well as remaining days supply of maintenance prescriptions. When it's time to refill, Express Scripts will fill and deliver medication directly to member's door automatically. They will notify member 7 days before beginning the refill process to allow member the option to change the refill date(s) or cancel prescription from the auto refills program.

It's easy to enroll, medication is delivered right to the member's door and standard delivery is FREE.

For further information on the Pharmacy benefit, go to: <https://www.mybenefitsnm.com/Prescription.htm>

For Plan Prescription Cost Table, go to: <https://www.mybenefitsnm.com/documents/ESI-OE2018.pdf>

##### Express-Scripts.com and Mobile App

Through the mobile application with an online account, member can check order status, view details and Rx History, as well as track shipments. Prescription renewal and refill can be easy and quick as well.

15

SoNM Employee Benefits Bureau

For more information regarding all SoNM health benefits, go to: [www.mybenefitsnm.com](http://www.mybenefitsnm.com)  
or call the SoNM TPA (Erisa) 244.6000 or (toll-free) 855.618.1800

Send us pictures of the part of New Mexico you are from... and we will share them in our Newsletter.

Our state is beautiful and we want all to see your very special piece!

Email your pictures to: [carmella.jasso@state.nm.us](mailto:carmella.jasso@state.nm.us).

We're looking forward to showing off your piece of NM!



## Six simple, money-saving words... IS THERE A GENERIC FOR THAT ?

When it comes to shopping, most consumers want to know the price of a product and will often look for the best deal before making a purchase. That's not always the case when buying prescription drugs, which means many people are paying more than they should for their medications.

One way to save money on prescriptions is to ask for a generic, which typically costs less because the manufacturer did not have to conduct the initial research or repeat the studies that the first-to-market branded drug did. Generics fall into two categories:

- Direct chemical equivalent: a drug that has the same active ingredient as its brand-name counterpart
- Therapeutic alternative: a drug that may not be chemically equivalent to the brand, but has the same therapeutic or treatment effect

Think of it this way: direct chemical equivalents are practically identical to the branded product, while therapeutic alternatives are part of the same family.

### SAFETY FIRST

The Food & Drug Administration (FDA) requires generic-drug manufacturers to adhere to strict guidelines, ensuring the safety and effectiveness of all approved generics. In 2017, the FDA approved more generic drugs than ever before, including the first generic versions of commonly used brands like Strattera, Truvada, Coreg CR and Vytorin.\*

## Is home delivery right for you?\*



Meet Kyle and Nick – two Express Scripts members who take medications on a daily basis. But there's one big difference...



### Kyle

uses home delivery from the Express Scripts Pharmacy<sup>SM</sup> to get 90-day supplies of his long-term medication.

That's why Kyle gets to...



### Nick

gets his prescriptions filled at a retail pharmacy ... every ... single ... month.

That's why Nick gets to...



... receive deliveries right to his door – with free standard shipping!



... easily track orders, price drugs and receive important safety alerts!



... talk to a pharmacist from the privacy of home ... or anywhere!



... relax – thanks to automatic refills!



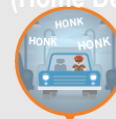
... spread out payments over three months! Cha-ching!



... explore some new hobbies with so much free time!



... miss a dose because he forgot to order a refill!



... make time in his schedule to drive to the pharmacy month after month!



... wait in line over and over again!



... have an awkward conversation in front of people!

### (Home Delivery)

#### The bottom line:

Be like Kyle, and get started with the convenience of home delivery for your long-term medication today!

It's easy to get started! Choose the way that works best for you:



**At your computer**  
Go to [express-scripts.com](http://express-scripts.com).



**At your doctor**  
Just ask your doctor to e-Prescribe.



**Anywhere**  
Download the Express Scripts app.



**Questions?**  
Call member services at the number on your prescription ID card.

\*Only if you enjoy convenience!

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Furthermore, our pharmacy benefit manager, Express Scripts, protects their supply of drugs from substandard manufacturing practices and counterfeit products. Their pharmacies only dispense medications that are manufactured according to the FDA's strict standards, which provide guidance for manufacturing, testing and quality assurance to ensure product safety.

"A generic medicine works in the same way and provides the same clinical benefit as its brand-name version. This standard applies to all FDA-approved generic medicines. A generic medicine is the same as a brand-name medicine in dosage, safety, effectiveness, strength, stability, and quality, as well as in the way it is taken and should be used."

— U.S. Food & Drug Administration

Here are some other six-word phrases to help keep money-saving generics top-of-mind:

Before leaving a doctor's office with prescription in hand, be sure to ask the doctor or nurse, **"Is there a generic for that?"**

Ask about generics before you fill: When you hand your pharmacist a new prescription, or during refill or renewal time, ask, "Is there a generic for that?" The pharmacist can tell you and then call your doctor to discuss changing the prescription accordingly.

Get the most from your dollars: You can learn more about your specific generics savings opportunities by going to [Express-Scripts.com](http://Express-Scripts.com) and reviewing your prescriptions.

Get the facts from the FDA: Learn more about the benefits of generic drugs and the policies guiding their development from [fda.gov](http://fda.gov).

You can't pour from an empty cup take care of yourself first



### **Health Fact**

Resiliency can be learned. Learning to be resilient comes from modifying both thoughts and actions. It begins with recognizing your patterns and behaviors and trading habitual responses with new ones. With practice, the brain creates new neural pathways.



## Summer Savvy



Stay healthy and safe this summer with these simple tips:

- **Stay hydrated.** Hydration doesn't have to come from water alone. Eat fluid-rich foods like cantaloupe, cucumbers, strawberries, and watermelon.
- **Enjoy the outdoors.** Wear sunscreen, sunglasses, hats, and protective clothing.
- **Avoid a cookout catastrophe.** Cook foods thoroughly. Separate meat from other foods. Keep cold foods cold and hot foods hot.

## Summertime!

It's the perfect time to be outside. But the Summer months can get hot, and that's why drinking enough fluids is especially important. In this 90 second video Michael Dettner explains more, and gives you some tasty ideas for keeping your body hydrated.

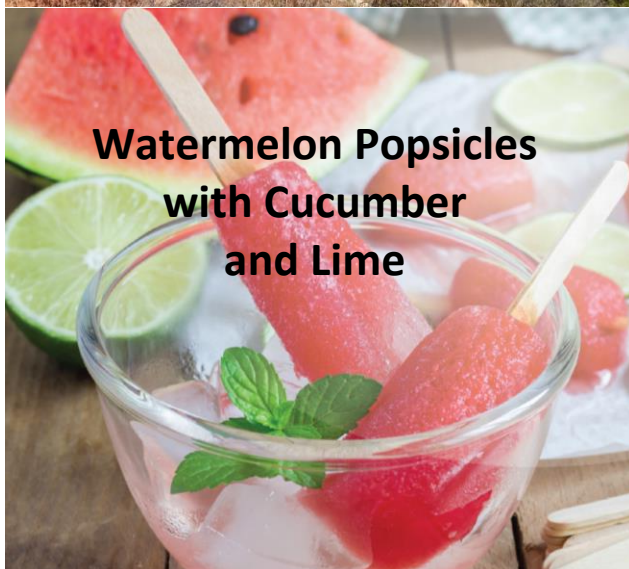
<https://www.youtube.com/watch?v=EXTmD-BJ1jk&feature=youtu.be>



BlueCross BlueShield  
of New Mexico

A Division of Health Care Service Corporation, a Mutual Legal Reserve Company,  
an Independent Licensee of the Blue Cross and Blue Shield Association

## Watermelon Popsicles with Cucumber and Lime



### Ingredients:

3 cups cubed watermelon  
½ cup sliced cucumber (peeled)  
Juice of 1 whole lime  
Pure maple syrup or raw honey  
to taste

### Directions:

Puree all ingredients until smooth.  
Pour into popsicle molds and insert sticks.  
Freeze at least 3-4 hours.  
To un-mold, run molds under hot water for 20–30 seconds until they release.

**Watermelon**- nutrient-rich, high in vitamins, minerals, and antioxidants. Studies show it decreases the risk of obesity, diabetes and heart disease.

**Cucumber**- nutrient rich, high in phytonutrients, antioxidants, are anti-inflammatory and anti-cancer. The peel and the seeds being the most nutrient dense part of the cucumber.

**Limes**- loaded with minerals and vitamins like C, A, E, K and folate, and with virtually no calories, carbs or fats. And the peel and pulp are loaded with dietary fiber, antioxidants, flavonol glycosides and

Yields: 10 popsicles    24 Calories, 0g of Fat, 6g Carbohydrates, 0g Protein per popsicle

Sources: Medical News Today; LiveScience; Webmd; Orgaic Facts

CHAIR  
RAISED  
HAND POSE



MOST EFFECTIVE  
YOGA POSES  
that You Can Do at  
your  
DESK OR OFFICE

CHAIR  
PIGEON  
POSE



SEATED  
TWIST



SIT AND  
STAND CHAIR  
POSE



WRIST AND  
FINGER STRETCH



SEATED  
CRESCENT  
MOON POSE



COW  
FACE ARMS



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Home Remedies

To explore more, visit  
[www.Top10HomeRemedies.com](http://www.Top10HomeRemedies.com)

## BRAIN GAME

Unscramble phrases that make us think of summertime.












1. NURSGI SAU \_\_\_\_\_
2. ELLOH UNNSSHIE \_\_\_\_\_
3. TSINIT NO ETH CDKO FO HET ABY \_\_\_\_\_
4. NIKS RO WMSI \_\_\_\_\_
5. COHLSO TUO OFR EHT EUMSRM \_\_\_\_\_
6. HET SBYO FO MESRMU \_\_\_\_\_
7. HAVE FNU NI THE UNS \_\_\_\_\_
8. RNIGLLIG DAN ICILNLGH \_\_\_\_\_
9. GOT MY ETOS NI ETH ADNS \_\_\_\_\_
10. WETSE TMEIUMMESR \_\_\_\_\_

Answers can be found on page 5

# Employee Benefits Bureau



**STAY WELL HEALTH CENTER** ZERO COPAYS, NO DEDUCTABLES AND MEDICATIONS DISPENSED THROUGH THE HEALTH CENTER ARE FREE  
Serving the State of New Mexico and Participating Local Public Body Employees Covered under the State Employee's Risk Management Medical Plan

SUN	MON	TUE	WED	THU	FRI	SAT
1 	2 Start this month focusing on your health goals. Write your three new health goals below.	3	4 	5	6 Break up your exercise into 10 minute increments to ensure you fit it in your schedule.	7 
8 Try healthy alternatives to give your favorite dishes a new twist.	9 	10	11 Wear sunglasses with UV protection to guard your eyes from harmful sun rays.	12 	13	14 
15 	16	17 Drink water to stay hydrated during the hot summer months.	18	19	20 	21 Write down something you are grateful for every day this month.
22	23 Wear a wide brimmed hat to protect more of your skin from the sun.	24 	25	26 Wearing the right pair of shoes is crucial to starting a walking regimen.	27	28 
29 Did you meet your health goals this month? Check them to the right.	30 	31	<b>Three ways I can focus on my health this month:</b> 1. 2. 3.			

## BRAIN GAME

### Answers

1. SURFING USA
2. HELLO SUNSHINE
3. SITTING ON THE DOCK OF THE BAY
4. SINK OR SWIM
5. SCHOOLS OUT FOR THE SUMMER
6. THE BOYS OF SUMMER
7. HAVE FUN IN THE SUN
8. GRILLING AND CHILLING
9. GOT MY TOES IN THE SAND
10. SWEET SUMMERTIME