



Rio Puerco, NM



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Thank you to Janet Van Why, 2nd Judicial Dist. Court for the beautiful photo of your piece of New Mexico!



NEW MEXICO
GENERAL SERVICES DEPARTMENT

[Page 1](#)

[Open/Switch Enrollment](#)

[Page 2](#)

[O/S Enrollment Schedule](#)

[Page 3](#)

[Health Info/Recipe](#)

[Page 4](#)

[Health Calendar](#)

[Page 5](#)

[Disease Prevention](#)

Employee Benefits Bureau
Risk Management Division



GETTING READY FOR OPEN/SWITCH ENROLLMENT



OPEN/SWITCH (O/S) ENROLLMENT EVENTS

BEGINS OCT. 2ND!

The upcoming O/S Enrollment events provide employees the opportunity to be informed and prepared to make any needed changes to their existing benefits. Presentations begin Oct. 2nd (please see schedule on page 2).

There will be some health plan changes to the 2019 program, so we strongly suggest that all employees participate in one of the offered events to ensure they are fully informed regarding each benefit and all they offer, in order to elect correct and appropriate coverage. Please see health plan changes here: www.mybenefitsnm.com/documents/Benefit_Comparison_Grid-CY19_Final.pdf

This year's enrollment is **not mandatory**; however, enrollment participation *is necessary* if employee wishes to make changes to their current coverage. Also, if employee wishes to participate in Flexible Spending (FSA), they will need to enroll during Open Enrollment as participation in medical or child/elder care FSA accounts must be renewed annually. Enrollment will be online and all necessary forms and links will be posted on our website (www.mybenefitsnm.com) as we move closer to the event. Please visit our website to get all updated information.



IMPORTANT O/S ENROLLMENT DATES

O/S Enrollment Events – **Oct 2nd – Oct 30th**
 LPB Open Enrollment – **Oct 1st – Oct 31st**
 Coverage Changes Effective – **Jan 1, 2019**

Be sure to check Pay Advice to ensure correct premium deductions.

Open/Switch Enrollment for Local Public Bodies

Just a recap of important things to remember as we head into Open/Switch Enrollment:

- This year's Open/Switch Enrollment is voluntary; if you do not plan to make any changes, you do not need to submit an enrollment form.
- The Open Enrollment window runs from October 1st to the 31st. All enrollment forms, along with all necessary documentation must be turned in during this window.
- Please see the schedule of events for listing of live presentations and webinars open to all eligible employees.
- All information and updates will be made live at www.mybenefitsnm.com through the remainder of the calendar year.

2019 Open/Switch Enrollment Form for LPB
 Enrollment/Change forms must be completed electronically and to its entirety. No hand-written forms will be accepted or processed.

Section A: EMPLOYEE INFORMATION

1. SSN / ITIN _____ 2. Employee (Last, First, M.I.) _____ 3. Date of Birth _____ 4. Sex M F 5. Marital Status Married Single

6. Mailing Address (Street) _____ City _____ County (if present) _____ State _____ Zip _____

7. Home Phone _____ Work Phone _____ Cell Phone _____ Preferred Phone _____

8. LPB Code _____ 9. Hire Date _____ 10. Effective Coverage/Change Date 01/01/2018 11. Reason for Change OPEN ENROLLMENT 12. Annual Salary \$ _____

Section B: MEDICAL

Waiver of Medical/Pharmacy - An "X" in this box waives my enrollment in this benefit plan. Single Employee Sp/Partner Employee Child/Children Family

Presbyterian Health Plan - HMO

Blue Cross Blue Shield of New Mexico - HMO

Blue Cross Blue Shield of New Mexico - PPO

Section C: DENTAL

Waiver of Dental - An "X" in this box waives my enrollment in this benefit plan. Single Employee Sp/Partner Employee Child/Children Family

Enroll me in Delta Dental of New Mexico

Section D: VISION

Waiver of Vision - An "X" in this box waives my enrollment in this benefit plan. Single Employee Sp/Partner Employee Child/Children Family

Enroll me in Davis Vision

Section E: LIFE

Section F: DISABILITY (For Employees Only)

Waiver of Disability - An "X" in this box waives my enrollment in this benefit plan Make no changes to my current disability elections

Enroll me in Disability - Check with your HR Rep for Disability Guidelines

Section G: IF YOU MADE A SELECTION ABOVE, LIST ALL DEPENDENCIES TO BE COVERED, INCLUDING YOUR SPOUSE OR DOMESTIC PARTNER

NOTE: Proof of dependency documentation, for dependents not previously covered under any benefit coverage, must be faxed to Erisa at (505) 244-6009 with the enrollment form

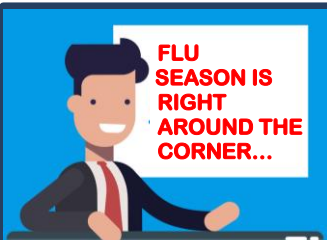
Indicate with an A (add), D (drop), C (continue coverage), NA (not applicable) for all names listed below. Relationship Codes: 1=Employee, 2=Spouse, 3=Son, 4=Daughter, 5=Domestic Partner, 6=Domestic Partner Child

Med	Dental	Vision	Dis	SSN / ITIN	Name (Last Name, First Name, MI)	Sex (M or F)	Rel. Code (1-6)	Date of Birth
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Employee				

**2018 Open/Switch Enrollment
Event Schedule**

DATE	TIME	CITY	LOCATION
10/2/2018	9:00-11:00 AM	Santa Fe	Harold Runnels Bldg. 1190 St. Francis Dr., 87505
10/2/2018	1:30-3:30 PM	Santa Fe	Old PERA, Apodaca Hall 1120 Paseo de Peralta, 87501
10/11/2018	9:30-11:30 AM 1:30-3:30 PM	**Online Webinar Host site: Erisa (interactive Q&A ability)	Go to: www.mybenefitsnm.com for details
10/23/2018	9:30-11:30 AM 1:30-3:30 PM	**Online Webinar Host site: Erisa (interactive Q&A ability)	Go to: www.mybenefitsnm.com for details
10/25/2018	9:00-11:00 AM 1:30-3:30 PM	Albuquerque	African American Cultural Ctr. 310 San Pedro NE, 87108
10/30/2018	9:00-11:00 AM 1:30-3:30 PM	Santa Fe	SPO Willie Ortiz Bldg. 2600 Cerrillos Rd., 87505

****Access to recorded webinars at www.mybenefitsnm.com /2019 Open Enrollment.**
Sign language interpreter available for live events. Contact Reina Espinoza at 505.827.0447
no less than two weeks prior to event to ensure placement.



FRIDAYS are
 Stay Well Health Clinic's
FLU SHOT CLINIC DAY



Flu Season is upon us once again and the Stay Well Health Center (SWHC) is prepared to get you and your family flu-season ready. Employees and their dependents (2yrs and up) covered under a SoNM medical plan can walk-in and receive their flu shot anytime on Fridays between 8 AM and 6 PM.

SWHC Hours
Monday – Friday
8 AM to 6 PM
827.2485

Flu shots always available Monday through Friday with an appointment.



Opioid Alternatives for Oral Pain



Research tells us that over-the-counter ibuprofen and acetaminophen provide better relief for dental pain than prescription opioids, and are less likely to cause side effects. Make sure to discuss your options with your dentist.

In a review of more than 460 published studies, it was found that for adults, a combination of 400 milligrams of ibuprofen (such as Advil or Motrin) and 1000 milligrams of

acetaminophen (Tylenol) was more effective than Opioids medications (such as Vicodin or OxyContin, for example).

Investigators also found that opioids or drug combinations that included opioids caused the greatest number of side effects (i.e., drowsiness, respiratory problems, constipation, nausea/vomiting, etc.), in both children as well as adults.

The best available data suggest that the use of

nonsteroidal medications [NSAIDs], with or without acetaminophen, offers the most favorable balance between benefits and harms, optimizing efficacy [effectiveness], while minimizing acute adverse events. No patient should go home in pain. That means that opioids are sometimes the best option, but certainly should not be the first.



NUTRITION

Many of us are always trying to improve our health, but it can get confusing. Thanks to our SWHC Health and Wellness Coach, Crystal Crook, we have a good place to start. Are you interested in learning more about nutrition? In an informative presentation, Crystal walks us through the following lessons around nutrition:

- Nutrition
- Essential Nutrients
- Macronutrients (Calories, Calculating BMR, Carbs, Proteins, Fats)
- Micronutrients (Vitamins, Minerals)
- Daily Recommended Servings
- Understanding Nutrition Labels and Tracking Nutrition
- Recommendations for Overall Balanced Health

To access, go to: www.mybenefitsnm.com. At the top of the page, choose "Stay Well Health Center" tab. On the left margin menu, choose "Learning About Nutrition" to view Crystal's presentation.

Top of the Hour Movement

Squats	10
Jumping Jacks	10
Crunches	10
Leaning Push-Ups	10

Looking for a fun way to get more cardio into your day? Here's a suggestion from Health And Fitness Magazine.

At the beginning of every hour, stand up next to your desk and perform 5 squats to start. That's it. Then, at the top of the next hour, try the next exercise on the list.

Breaks/lunch would allow more time to get more exercise in. Or, take a brisk walk outdoors to get a dose of Vitamin E as well.

Spicy Baked Salmon

Salmon is a nutrient dense fish and an excellent source of high-quality protein, vitamins, minerals, and of course, omega 3 fatty acids.

Here is a quick, easy, and delicious baked salmon recipe you and your family is sure to love!

Ingredients:

- 1 lb. salmon fillet
- 1 Tbsp. olive oil or butter
- Freshly squeezed lemon
- Flavor your fish with:
 - 1 tsp. salt-free spicy seasonings for spicy salmon
 Or for a different delicious salmon, instead of the spice, use:
 - Fresh herbs like tarragon, dill, thyme or rosemary
 - Salt and pepper to taste



Preheat oven to 350° F. Spray a casserole dish with cooking spray. Rinse fish and pat dry. Place in the casserole dish. Mix oil and seasoning - drizzle over fish. Bake uncovered for 15 minutes or until the fish flakes easily with a fork. Cut into 4 pieces. Serve. Recipe yields 4, 3oz servings.

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.

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



2018 September

Disease Prevention, Awareness,
and Management

SUN	MON	TUE	WED	THU	FRI	SAT
2 Walking can help to lower your risk for many health problems.	3 	4	5 One way you can prevent heart disease is by maintaining a healthy weight.	6 	7	8 Start this month focusing on your health goals. Write your three new health goals at the bottom of this page.
9	10 Use food as fuel before, during, and after you workout.	11 	12	13	14 	15
16 	17	18 Wear bug spray when outdoors to prevent diseases that are transmitted by bugs.	19 SWHC Presents: ANTIBIOTIC RESISTANCE Wednesday 12 – 1PM Simms Bld Bid Room 	20	21 Balance exercises are important for ensuring health in your older years.	22 
23 Prepare a new healthy dish this week.	24 	25	26 Schedule an appointment to get your annual influenza shot next month.	27	28 	29 Did you meet your health goals this month? Check them below.

30


Three ways I can focus on my health this month:

- 1.
- 2.
- 3.

Disease Prevention, Awareness and Management

How to Avoid Cold & Flu Germs

1. Check Your Calendar

You're most likely to come down with a cold or flu-like symptoms between September and May. The "flu" can be any number of viral illnesses caused by a variety of sources, however, you should time your influenza vaccination to make it more effective. It will take two weeks for the protection to start.

2. Have a Sneezy Pal? Keep Your Distance

Cold and flu germs pass through the air from person to person. When a sick person coughs, sneezes, or talks, tiny drops of mucus hit the air. Those droplets can spread out to about 6 feet.

3. Keep Towels Separate

You wouldn't share a tissue with someone, but most of us forget that bathroom towels harbor germs too.

4. Moisten the Air

If the air in your home or workplace is very dry, germs will stick around longer. Run a humidifier to make it harder for illness to spread.

5. Sanitize Surfaces

Germs can live on hard surfaces like doorknobs and keyboards for up to 8 hours.

6. Lather Up

Wash those bugs right off of your hands. Use warm water and soap, and scrub your hands for at least 20 seconds.

7. Take Care of Yourself

To help your body fight off cold and flu germs, you'll want to get enough rest, exercise, and stay at a healthy weight.



**STAY WELL
HEALTH CENTER**

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