

A letter from General Services Secretary Ken Ortiz

Fellow public employees:

My duties as secretary of the New Mexico General Services Department include overseeing the administration of health care and other benefits for state and Local Public Body employees.

I am writing to let you know that rates for medical, dental, vision, disability and basic life coverage will increase 3 percent for both employees and agency employers on July 1. Health care costs continue to climb in New Mexico and nationwide.

At the General Services Department, we are making every effort to minimize increases in employee costs for health care and other benefits. I am asking you to do the same by staying healthy, which helps to reduce costs for medical care benefits.

Use your free annual preventative medical visit with your primary care doctor and take advantage of the Stay Well Health Center at the Montoya building. The center offers a range of free health care services, including immunizations and lab work, to covered employees and their families.

Other tools offered to covered employees to help improve their health and well-being include:

- Two free annual preventative dental visits.
- Dedicated insurance carrier portals containing information on health and wellness. Go to www.mybenefitsnm.com to access the portals.
- Free annual preventative vision visits.
- The Employee Assistance Program, which offers support with free counseling sessions per issue.

I also encourage you to visit www.mybenefitsnm.com to learn more about the range of preventative benefits offered by our health care providers. The health care premium rates that take effect July 1 will soon be posted there.