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Benefit Update

Fiscal Year 2020 Premium Rates for Benefits

A premium increase of 5% will go into effect July 1, 2019 for Fiscal Year 2020. The Health Benefits Fund is a group risk pool administered by the Risk Management Division (RMD), Employee Benefits Bureau (EBB), which is committed to keeping annual premium increases as low as possible. RMD works hard to give our members information, tools, and programs to help improve their health as well as reduce expenses to the fund.

Employee participation in the benefits program serves to reduce overall costs and improve the health of both our members, as well as the Health Benefits Fund. Members play an important part in keeping the fund solvent. By utilizing the FREE annual preventative medical visit, and the two FREE annual dental preventative visits, risk factors can be identified before a disease or illness can set in, which benefits the member as well as the fund.

SoNM also offers dedicated carrier portals for each benefit, which are full of information and tools (i.e., nutritional, exercise, health trackers, intake trackers, workshops, webinars, recipes, cost tools, disease case managers, and much more), to help members improve health and wellness for themselves and their families. All State agencies, Local Public Bodies and individual employees have a vested interest in embracing the tools and benefits offered by Employee Benefits Bureau in order to help avoid higher costs and future premium increases.

The SoNM Employee Assistance Program (EAP) managed by The Solutions Group (a subsidiary of Presbyterian Health Plan), offers educational online webinars available anytime, as well as 3 FREE counseling sessions per issue, to any employee and household family member. The Stay Well Health Center offers members a total medical care experience, convenient and FREE. The Risk Management Division is exploring on expanding this benefit into other areas of the state.

Information regarding premium rates, as well as all available benefits can be found on our website located at: www.mybenefitsnm.com. The site includes links to programs for members to utilize so that they may improve the health and wellness of both themselves and their dependents.

**Did you know
you can now use
your FSA card at
AMAZON.COM?**

Go to:

https://www.amazon.com/s?k=FSA&ref=nb_sb_noss_2

and take a look!

**Life is like a
mirror: It'll
smile at you if
you smile at it.**

The Employee Benefits Bureau Would Like to Invite You to the 2019 SoNM HEALTH & WELLNESS FAIR

Tuesday, June 11th from 11 AM to 2 PM, Montoya Bldg.

- **GIVEAWAYS AND PRIZE DRAWINGS THROUGHOUT THE FAIR!**
- **TWO GRAND PRIZE DRAWINGS**



- Health Benefit Carriers
- Exercise & Wellness Professionals
- Practitioners, Nutritionists and Therapists
- Stay Well Health Center
- Free Mammograms (with appointment [888.233.6121](tel:888.233.6121))
- Free Blood Pressure Checks and Cholesterol Screenings
- Free Treatments
- Samples and Giveaways

“The concept of total wellness recognizes that our every thought, word, and behavior affects our greater health and well-being. And we, in turn, are affected not only emotionally, but also physically and spiritually.”

– Greg Anderson

Understanding your SoNM Health Insurance Coverage

Health Benefits: 101

The Employee Benefits Bureau would like to make sure we do everything we can to help our members fully understand and utilize the benefits they elect.

Members may know what is covered or how much certain services may cost, but are they familiar with the many carrier tools and added benefits at their fingertips? Many are not. Therefore, EBB would like to

encourage you to sign into your carrier account and explore. Take the time to discover all the benefits that are waiting to help you make your life, and health, a little easier... it's worth it!

Here's a quick look at the Presbyterian Health Plan and Delta Dental member portals...

Carrier- Provided Helpful Tools and Added Benefits

Taking the time to explore carrier websites can be very rewarding. They provide a wide variety of offerings to help members find and maintain good health, wellness and more (offerings vary between carriers). Be sure to sign in and take a look for yourself!



<https://www.deltadentalnm.com>

Delta Dental of NM member portal offers:

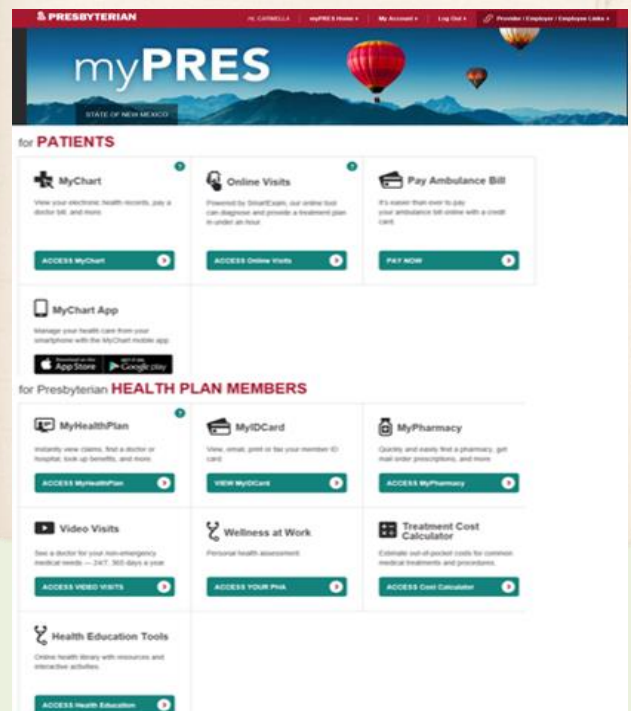
- **Consumer Tool Kit** – Benefits/Eligibility, ID Card, Claim Forms, Claims History, Dentist Directory, Explanation of Benefits (EOBs) to help with FSA's, and more!
- **Health & Wellness** – Information, tips/articles
- **Dental Care Cost Estimator** – provides estimated cost ranges on common dental care.



www.phs.org/health-plans/employer-plans/Pages/state-of-new-mexico.aspx

Presbyterian Health Plan (PHP) member portal offers:

- **MyChart** – view health records, pay doctor bills, appointment reminders, review statements, send Dr. a msg., Explanation of Benefits (EOBs) to help with FSA's supporting documentation, schedule appointments, download app, access to medical library, billing/insurance summary, and much more.
- **Wellness at Work** – create your personal dashboard with Personal meal plans, Health Assessment, Exercise plan, Trackers and Tools for nutrition, water, exercise, and health, Wellness workshops, recipes, Health Library, sync fitness device, all FREE.
- **Treatment Cost Calculator** – estimate out-of-pocket costs for medical treatments/procedures



For more information regarding premiums as well as all SoNM health benefits, go to: www.mybenefitsnm.com



Upcoming LIVE EAP Webinars

Can be viewed anytime, projected in a meeting, in your office, or from home. Convenient and FREE!

- Emotional Intelligence:** Wednesday, 6/19/2019 11AM-12PM
Register: <https://attendee.gotowebinar.com/register/2558359445668969484>
- The Power of a Growth Mindset:** Thursday, 9/12/2019 3:30-4:30PM
Register: <https://attendee.gotowebinar.com/register/4973066200660616204>
- The Wellness of Laughter:** Monday, 12/9/2019 9AM-10AM
Register: <https://attendee.gotowebinar.com/register/82735417220117371100>

Emotional Intelligence, being able to cope with our own emotions and those of others is essential for workplace success. Understanding and identifying the elements of Emotional Intelligence will be the primary focus of this workshop while participants will also build skills to enhance social/workplace interactions.

The Power of a Growth Mindset - Carol Dweck's research on mindsets has provided to be valuable insight into how beliefs about intelligence influence achievement and motivation. Her work reveals that mindsets can have a powerful influence on performance and how people deal with challenges. Participants will learn how they can change their mindset for greater success in their work and careers and how companies can profit from a growth mindset.

The Wellness of Laughter - This session explores the psychology of humor, and the healing power and physiology of laughter. Plan to giggle, chortle, chuckle, laugh and walk away feeling better as you will gain a first-hand understanding of the value of laughter as good medicine.

New addition to the SoNM EAP Library... Building Resilience

Resilience is the ability to recover quickly from difficulties, become more adept at managing change, and come out stronger than ever, rather than becoming overwhelmed and drained. In this workshop we will explore the personal characteristics associated with being able to positively cope with unexpected challenges. The concept of stress hardiness is defined and discussed. We will define resiliency, explore the relationships among resiliency, stress and overall health, and discover how we can become more resilient.

Be sure to sign onto the EAP website and take a look at all the useful webinars for you, your employees, and your family!

Experiencing difficulties with EAP webinars or website:

- 1) Contact your IT department to insure it isn't a department firewall
- 2) Contact The Solutions Group at 855.231.7737

To attend a live webinar, go to link provided and register. To view an archived webinar from the SoNM EAP Library, go to:

<https://www.solutionsbiz.com/SONM/Pages/default.asp>

STAY WELL HEALTH CENTER ZERO COPAYS, NO DEDUCTIBLE 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
505.827.2485

- Members can be seen by appointment only. Friday Walk-In Flu Shot Clinic – no appointment needed.
- The Stay Well Health Center is open Monday-Friday from 7AM to 6PM, CLOSED ON WEEKENDS.
- Please help us keep this benefit FREE. Call us when you will not be able to make your appointment and allow us to offer it to a fellow member who is waiting to be seen.
- Please note: SWHC CANNOT treat Workers Comp injuries



DONATE LIFE!

