



# Employee Benefits Newsletter



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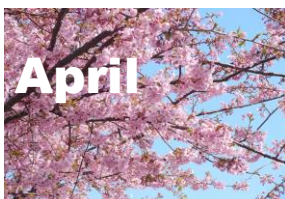
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## April Health Awareness Month:

[Colorectal Cancer  
Awareness](#)

[National Kidney Month](#)

[Brain Injury Awareness](#)

[Hemophilia Awareness](#)

[Nat'l MS Education and  
Awareness](#)

[Nat'l Nutrition](#)



EBB Website

[www.mybenefitsnm.com](http://www.mybenefitsnm.com)

Contact EBB

[GSDRMD.EBB@state.nm.us](mailto:GSDRMD.EBB@state.nm.us)



NEW MEXICO  
GENERAL SERVICES DEPARTMENT

Questions about this newsletter?  
[carmella.jasso@state.nm.us](mailto:carmella.jasso@state.nm.us)

## New Benefits for Covered Employees!



Ever tried to lose weight or control your blood sugar by eating less or dieting? Then you probably remember how hard it was.

Personal health coaches and doctors will guide you on how to make small changes to the foods you enjoy and help you discover new ones.

Virta is available at no cost to those with type 2 diabetes and prediabetes, as well as those interested in losing weight safely. With Virta, you can:

- Lose weight
- Lower your blood sugar
- Get off diabetes medications, even insulin.

Take just 5 minutes to apply and see how much better you can feel! Visit [www.virtahealth.com/join/sonm](http://www.virtahealth.com/join/sonm) to check your eligibility and get started!

Omada is a digital lifestyle change program focused on building healthy, long-lasting habits.



- Designed to help you lose weight, gain energy and reduce the risks of type 2 diabetes and heart disease
- Surrounds you with the tools and support you need to make lasting, meaningful changes to the way you eat, move, sleep and manage stress — one small step at a time
- Teaches healthy habits — guided by interactive online lessons and support groups, professional health coaching and a digitally connected scale
- Receive the program at no additional cost if you or your covered adult dependents are enrolled in the Cigna medical plan offered by the SoNM, are at risk for type 2 diabetes or heart disease, and are accepted into the program

**Don't wait to grab your spot!** It only takes a few minutes to get started with [Omada](#).

under new management



**Care Without Compromise**  
**Receive best-in-class primary care today!**

All the same services available, including virtual visits, so our members from around the state can get top-of-the-line medical care at no cost!

In addition, we now have a Patient Advocate who will walk with you through all your health care processes, helping you find the answers to any questions you may have. Your advocate is here to offer you best-in-class care that values your trust and privacy, grounded in an environment of confidentiality.

Our providers and clinical care team practice medicine the way it was meant to be practiced: personally and proactively. We are here to serve you with compassion and transparency, and we promise to always fight for your greatest good. Come see what Care Without Compromise could mean for you!



Your new healthcare home

**Joseph Montoya Bldg.**  
**1100 St. Francis Drive**  
**Santa Fe, NM 87505**

**Monday – Friday**  
**7:00AM – 5:00PM**

## HR Corner

**EBB-HR Meeting** – in the recent April meeting (4/19) was cancelled and rescheduled for May where we will have carriers present on all the great Wellness programs offered to both employees and covered members.

Employees who are out on a suspension or extended leave of absence and recorded under Job Data will have SHARE records turned off and no pay advice will be generated for that employee. These employees often choose to utilize the Qualifying Event exception and opt-out of primary benefits, yet still wish to continue Supplemental Life and/or Disability. If this is the case, please remember benefit premiums must still be collected utilizing the Self-Premium process. Information on this process can be found in the Administrative Guide posted on our website: [www.mybenefitsnm.com](http://www.mybenefitsnm.com).

When employees are submitting self-pay premiums for Short Term Disability, please remember to collect admin fees.

All one-time deductions or refunds must be processed timely.

## Risk Management Welcomes...



**Tammy Martinez – Supervisor  
Employee Benefits Bureau**

Tammy Martinez has joined the Employee Benefits Bureau and brings with her a wealth of knowledge in Human Resources and employee benefits having worked for the State of New Mexico in various capacities as a paralegal and in Human Resources for over 21 years.

Prior to working for the State of New Mexico Tammy worked as a paralegal and as an office manager in private practice.

Outside of the office, Tammy is passionate about health and wellness and maintains a steady stream of family and friends who lean on her for holistic energy work as she is a Reiki Master/Teacher who specializes working with individuals and activating the body's subtle energy systems to remove blocks. Once that has been accomplished and the blocks have been removed it gives the body the ability to heal itself.

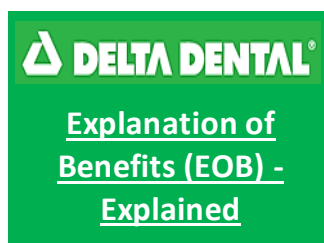
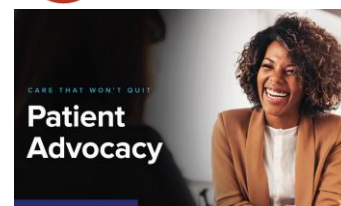
Tammy shares her life with her husband Jesús Arellano who is a licensed massage therapist and an energy healer and their 15 year old son Elias who attends school in Los Alamos, New Mexico. Tammy also has four adult daughters Jennifer, age 33, Kayla, age 30, Mariah, age 27, and Brandee age 21. She is a proud grandmother of three granddaughters and one grandson.

**Lakisha Holley – Deputy Director  
Risk Management Division**



Lakisha has direct and cross functional expertise in business administration, finance, human resource and payroll and is passionate about efficiency, processes and procedures, and about supporting her staff so that they can achieve their potential.

Before joining the Risk Management Division as the Deputy Director, she served as the Director for Revenue Processing Division where she managed the daily operations, provided streamlining and resolutions to system upgrades and tax programs compliance accountability. She also served as the Bureau Chief of the Department of Finance and Administration's Central Payroll Bureau. There, she oversaw significant improvements in processing, automation and compliance while administering the payroll system for about 22,000 state employees. Lakisha has experience in training, payroll and financial work for other state agencies and Los Alamos National Laboratory. She holds an MBA and BA in Business from New Mexico Highlands University.

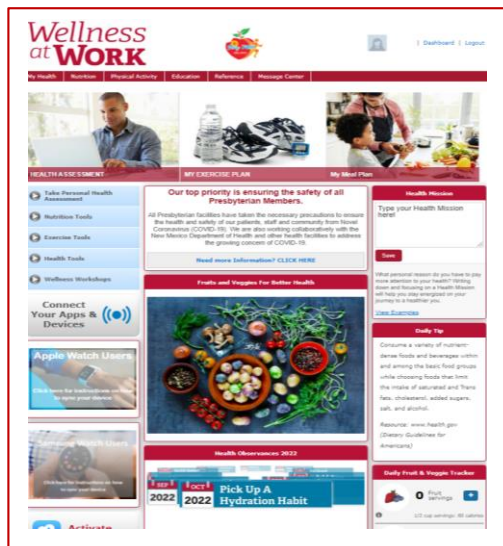




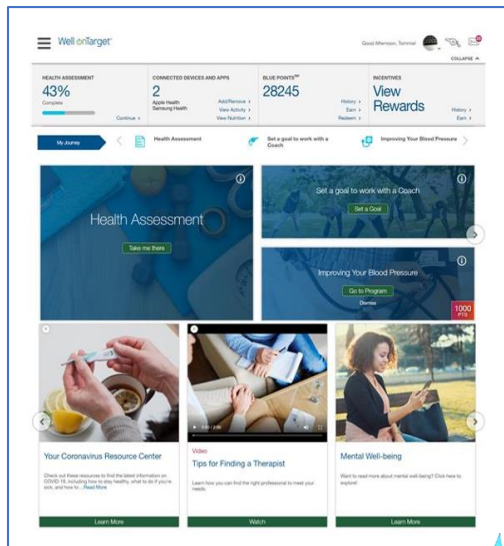
## Employee Wellness Portals - Have you visited your carrier's Employee Portal lately?

They have so many great tools, information and programs to help you kick start, or improve your health journey! From **Health Assessments**, to give you a starting place, **Self-Management programs** to get you started or keep you going, **tools and trackers for fitness and nutrition**, **recommended activities**, **reward programs**, **personal Wellness challenges**, **mobile apps**, tons of **health and wellness information and videos**, **device integration**, **Health Coaching** (not included in all plans). So why not take a moment, open your Employee portal on your carrier's website to start, or improve your health journey today! (Please check your carrier's portal to see what tools and programs are offered under your plan.)

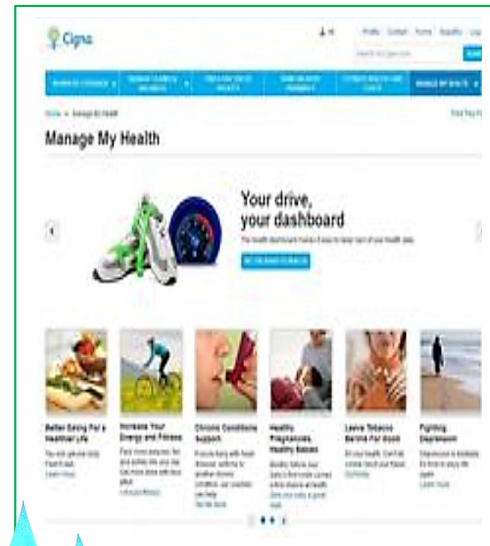
### Presbyterian



### BlueCross BlueShield



### Cigna



Spring has sprung and with it comes the hope of growth and renewal. To help you on your way, below please find tools and resources provided by your Well-Being Solutions benefit that can help make your life a little easier:

- Employees who work well together and treat each other with equality and respect are the foundation for any successful enterprise. We are pleased to provide some resources below to help promote these qualities: **Diversity in the Workplace** and **Identifying Hidden Bias**
- Burnout is affecting people everywhere. Here are some brief training sessions that may help: **On-Demand Training: Balancing Work**, **Life On-Demand Training: Living with Change**, and **On-Demand Training: Managing Emotions in the Workplace**.
- Financial resources: **Financial Wellness Digital Toolkit**

Please don't hesitate to reach out to us when you need to, we're here to help!

**5 Free visits per issue, per year for employee, dependents, and family members living in the home.**

**Here when you need us: 833.515.0771**  
Online: [guidanceresources.com](http://guidanceresources.com) - web ID: SONMEAP  
TDD: 800.697.0353 App: [GuidanceResourcesNow](https://www.guidanceresources.com)



We know insurance can be confusing and we want to ensure you understand and utilize your benefits to enhance your oral and overall health. Watch a quick [video](#) to learn more!

**Cigna's Chronic Condition Support**  
Comprehensive and personalized coaching support for individuals with chronic conditions



Self guided



Coach supported



### Well-Being Solutions Webinars

[Overcoming Your Distorted Negative Thinking](#)

[Practicing Assertiveness](#)

[Helping Your Child Set Goals for the Future](#)

[Civility in the Workplace](#)

[Webinar Archive](#)

There is no exercise better for the heart than reaching down and pulling people up.

- John Holmes

Don't forget our Weekly Drop-In Meditations with your Free Life on Mindfulness Membership for ALL employees.

Take a moment from your day to breathe, relax, and reset.

To access meditations (5 days/week):  
[Life on Mindfulness Membership](#)

