

Employee Benefits Bureau NEWSLETTER

Happiness Happens
Month



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Employee Benefits Bureau (EBB) Website

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NEW MEXICO
GENERAL SERVICES DEPARTMENT

SoNM 2021 Active Open Enrollment – HERE WE COME!

This year's annual Open Enrollment will be an "Active Enrollment." During this virtual event, benefit-eligible State and Local Public Body employees will be asked to submit either an Enrollment/Change Form or No Change Form, whether changes will be made to their benefit elections for calendar year 2022, or not. The only exception is "New Hires" (hired in 2021). If you are a New Hire, then you do not have to fill out an Enrollment/Change Form or No Change Form.

Why must ALL employees partake in Active Enrollment 2021?

- Plan design changes are being made to both the BlueCross BlueShield and Presbyterian plans (Cigna plan remains unchanged). We see many of our members are over paying for their coverage. These changes are designed to help our members save money while obtaining the services they need. This is one reason why it's important to attend the live-interactive webinars during the month of September. During these webinars the account representatives will explain these changes and answer any questions.
- Members are being asked to submit (or resubmit) proof of dependency for each dependent. This means proof of dependency documentation must be submitted with the Enrollment/Change Form for any dependent continuing coverage, or starting coverage for the first time. In addition, a new life insurance Beneficiary Designation Form must also be submitted in order to help avoid possible delays.
- Like all previous annual Open Enrollment seasons, employees will be given the opportunity to switch medical carriers, add/drop coverages, or remove/add eligible dependents.

The virtual 2021 Active Open Enrollment kicks off in September, with Carrier webinars beginning Tuesday, September 7th (webinar schedule below). The virtual enrollment window will be open for the entire month of October, giving you plenty of time to make coverage selections for you and your family for the upcoming calendar year. These elections will be effective January 1, 2022, through December 31, 2022.

Click the link to find and print out our Employee Benefits Trifold. It contains important information about each benefit offered: www.mybenefitsnm.com/documents/Empl_Trifold_4.21b-NewProviders.pdf. Important forms, guidelines, and policies can be found at: <https://www.mybenefitsnm.com/FGP.html>.

Look for the **Active Enrollment 2021** banner at the top of the Employee Benefits main webpage during the Open/Switch Enrollment Event in October. Click on this banner for all enrollment event information, forms, directions, etc.

Please watch this newsletter, our website, and Eblasts for all enrollment event updates.

SoNM 2021 Active Open Enrollment - Carrier Webinar Schedule

September

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
29	30	31	1	2	3	4
5	6	7 WEBINAR 10:00 PM - 2:00 PM	8	9 WEBINAR 10:00 PM - 2:00 PM	10	11
12	13 WEBINAR 10:00 PM - 2:00 PM	14	15 WEBINAR 10:00 PM - 2:00 PM	16	17	18
19	20	21 WEBINAR 10:00 PM - 2:00 PM	22	23 WEBINAR 10:00 PM - 2:00 PM	24	25
26	27 WEBINAR 10:00 PM - 2:00 PM	28	29 WEBINAR 10:00 PM - 2:00 PM	30		

October

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1	2
3	4	5	6	7	8	9
10	11	Open Enrollment October 1 – October 31				15
17	18	19	20	21	22	23
24	25	26	27	28	29	30
31						

HR Corner

EBB-HR Meeting – Our 8/17 HR Meeting reviewed important updates to the SoNM Administrative Guide, introduced the redesigned Employee Benefits Website, and provided HR Reminders. For an archive of this and past HR presentations, visit the archive of recorded presentations on our website at: www.mybenefitsnm.com.

“Folks are usually about as happy as they make their minds up to be.” - Abraham Lincoln

The great thing about happiness is that it is a mindful choice. You can learn to be happy, as it is not a destination, but rather a life-long pursuit that can be found anywhere at any time. The feeling of being happy does not mean you are problem-free, but gives you an opportunity to recognize the good things that are present in your life. Books to help your pursuit of happiness: • The Power of Positive Thinking - Norman Peale • Meditations - Marcus Aurelius • Man's Search for Meaning - Viktor Frankl (Source: nationaldaycalendar.com)

Breastfeeding lowers your baby's risk of asthma or allergies. Babies who are exclusively breastfed for the first 6 months, with no formula, have fewer ear infections, respiratory illnesses, and bouts of diarrhea. They also have fewer hospitalizations and trips to the doctor.

Breast-feeding provides protection from:



- respiratory illnesses
- stomach viruses
- gastrointestinal problems
- ear infections
- lower risk of sudden infant death syndrome (SIDS)
- some childhood cancers.

Get Fit with Your Money

Financial wellness can be described as the ability to have a healthy financial life.

That doesn't mean never having to worry about bills. It also doesn't mean that you are completely debt-free. Rather, financial wellness means being confident about your financial situation and feeling well equipped to handle unexpected expenses in the future.

According to a report from the Financial Health Network, only 29 percent of Americans feel “financially strong.” In other words, most Americans do not feel that they are spending, saving, borrowing and planning in a way that will ensure long-term financial health. But financial health can be just like a muscle—the more you work and practice, the stronger it will be!

Here are some ways you can work your financial muscles!

- Save for a rainy day. Experts recommend having at least three to six months' worth of income put away in a savings account, but even \$1,000 saved up can go a long way in paying for an unexpected expense.
- Pay off all high-interest debt first. Some credit cards can have an interest rates above 20 percent! That can cost you a lot of money in the long run.
- Give yourself an allowance. As long as you're able to cover your bills and other expenses, you can have a little fun! Give yourself a weekly allowance to spend on whatever you enjoy doing.
- Make sure you're taking advantage of all the benefits of the SoNM's retirement plan.
- Start a budget and stick to it! There are many great websites and apps to help with this.



When it comes to building your financial wellness, a little can go a long way, and you can start today!

PRESBYTERIAN

**Financial Health**

About half of Americans live paycheck to paycheck. It's important to be financially prepared for emergencies, but your financial wellness can also have an impact on your overall health.





Employee Benefits Health & Wellness!



BlueCross BlueShield of New Mexico

Get Back On Track - The Fitness Network has waived the one time enrollment fee for September



New Member Special:

Join the Fitness Program and Pay No Fee in September

Beginning Sept. 1, new members can join the Fitness Program and pay no enrollment fee. Sign up by Sept. 30 to take advantage of this great deal!

For more information [Click Here](#)

"THIS PROGRAM IS **AMAZING!**
I HEARD ABOUT IT FROM A COWORKER AND **SIGNED UP IMMEDIATELY.**
IT ALLOWS ME TO VISIT THE GYM CLOSE TO MY HOME AS WELL AS ONE WITH **A VARIETY OF EXERCISE CLASSES** WITH MY FRIENDS. I BELIEVE THIS IS THE **BEST PROGRAM** OFFERED BY MY HEALTH PLAN!"

- MEMBER

Catch Colon Cancer Early with Screenings



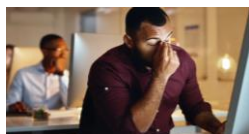
Colon cancer is one of the most preventable cancers.

Colon cancer screening is not a topic most of us like to think about. You may be avoiding having a colon cancer screening because you think it will be uncomfortable, or you may think it isn't needed. However, colorectal cancer is the second leading cause of cancer death in men and women combined in the United States, according to the American Cancer Society.

BCBSNM is working with Home Access Health Corporation, an independent company, to offer an easy and convenient in-home test kit. [Click here to learn more!](#)



BlueCross BlueShield of New Mexico



Sitting is the New Smoking

As technology advances, many of us find ourselves sitting for longer periods of time each day, which can cause damage to our bodies and even shorten our lifespan. An article dated 1/20/2015 from the Annals of Internal Medicine states, "Society is engineered, physically, and socially, to be sitting-centric. In our workplaces, homes,

common methods of transportation, and recreational venues, we are required or encouraged to sit." "In our workplaces, homes, common methods of transportation, and recreational venues, we are required or encouraged to sit."

According to the article, mounting evidence shows that sitting for a prolonged time was associated with damaging health outcomes regardless of physical activity.

As most of us find ourselves sitting and moving less, it is more important than ever that we find a way to move our bodies and get some needed exercise into our routine. The SoNM medical carriers provide tools, information, and programs available to you to help you get back on the road to better health. Visit your medical carrier's website and find out what is available to you to get started today!

Blue Cross BlueShield of NM:

www.bcbsnm.com/sonm

Cigna

<https://connections.cigna.com/newmexico/>

Presbyterian Health Plan: www.phs.org/health-plans/employer-plans/Pages/state-of-new-mexico.aspx

Employee Benefits Website:

www.mybenefitsnm.com

Well-Being Solutions Webinars



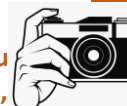
[Moving Through Grief and Loss](#)



[Healthy Media Consumption and Social Media Usage](#)

[Click here](#) for more webinars

We'd LOVE to see you enjoying yourself at your local Farmer's Market, buying healthy and delicious food while helping the environment!



Share your Farmer's Market photos with us. We want to see you enjoying healthier foods, connecting to community, supporting local economy, and living a healthier, happier life!

Send your photos to: GSDRMD.EBB@state.nm.us

Wishing You Good Health - EBB

