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Questions/Comments?  
[carmella.jasso@state.nm.us](mailto:carmella.jasso@state.nm.us)



*Happy Holidays!*

**FSA  
Member  
Reminders:**

- March 15<sup>th</sup> – last day to accrue eligible charges against 2017 funds
- March 30<sup>th</sup> – last day to file claim against 2017 funds
- Any 2017 funds unused by March 31, 2018 will be forfeit.

**Important Benefit Information**

- Where can I find my FSA balance? <https://www.nmflex.com/Login.aspx>
- Where can I find a Claim form? <https://www.nmflex.com/Login.aspx>
- At the end of the year, what can I do to utilize any remaining balance so I don't lose it? **Members can go to the "FSA Virtual Store" to find eligible items that can be purchased with their remaining FSA funds:** <https://fsastore.com/>

**Now that I've elected my benefits, what do I need to do now?**

- **Remember** - Employees **MUST** check electronic pay advice to ensure proper deductions;
- **Remember** - If employee switched carriers, they must communicate with new carrier to ensure continuity in coverage;
- For disabled dependents turning 26, paperwork is required to continue coverage;
- For Blue Cross Blue Shield Away From Home Care form, go to: [https://www.bcbsnm.com/pdf/formfinder/afhc\\_guest\\_app\\_nm.pdf](https://www.bcbsnm.com/pdf/formfinder/afhc_guest_app_nm.pdf)



# HOLIDAY GREETINGS from the



## STAY WELL HEALTH CENTER

*Focusing on prevention and wellness, the SWHC is here for all your primary care needs*

- **FREE FLU SHOTS** - For Medical Plan Members and their Covered Dependents (2yrs and up)
- **WALK-IN FLU SHOTS** – Every Tuesday, 8:00AM – 5:00PM or make a appointment for your convenience

## We'd like to introduce you to our newest staff member...



**Barbara King**

*Barbara King is an ANCC-certified Family Nurse Practitioner. She received her Masters of Science in Nursing from the University of Missouri-Columbia in 2004, Bachelor of Science in Nursing, as well as in Education from Southern Illinois University.*

*For the past 13 years, she has practiced as a family nurse practitioner, is an American Heart Association Basic Life Support instructor, and in addition, has for almost two decades, worked as a registered nurse. She is a certified yoga instructor, licensed massage therapist, as well as a Healing Touch practitioner.*

*Barbara believes that listening, as well as taking time to understand a patient's circumstances, who seek assistance in times of health and illness, is one of the most powerful skills a provider can offer. She understands how to help facilitate and empower patients to make informed decisions and also believes that education regarding acute or chronic illness, as well as specific ways to improving their condition, is a part of that empowerment.*

## Personal Health and Wellness Coaching

Would you like to start off the New Year right? NOW is the perfect time to get a head start on a *healthier you...* make your appointment with Marissa and let her help you get on track and stay there! Whether you'd like help improving a current condition, meeting and maintaining your ideal weight or adapting to a healthy lifestyle through the holidays and beyond, Marissa can help get you where you need to be.

This service is **FREE** and available to all members covered under a State medical plan (available telephonically or via skype to members outside the Santa Fe area).

Let Marissa help you set your health goals, create a plan and help you achieve them!



**Marissa Berry**

*Call for your appointment today at **827.2485***



**Stay Well  
Health Center**

Serving the State of New Mexico and Participating Local Public Body  
Employees Covered under the State Employee's Risk Management Medical Plan

in partnership with





## SoNM's FREE Employee Assistance Program Benefit

### FREE EAP CONFIDENTIAL COUNSELING

Have you taken advantage of the FREE EAP confidential counseling offered through RMD's EAP benefit? The Employee Assistance Program (EAP) is a benefit that is available to all employees, their family members living in same household and eligible dependents. This benefit allows for 3 FREE sessions, per-incident, with qualified counselors located throughout the state.

Do you have questions or wish to schedule a counseling sessions? Simply contact The Solutions Group at 1-855-231-7737.

### FREE EAP WEBINARS

The SoNM EAP provides FREE Webinars to SoNM/LPB employees and their family member. These are pre-recorded and archived in our library for your viewing convenience. You will find a variety of subjects that fits a multitude of issues for the employee and employer alike.

For full descriptions of each webinar and the appropriate links, please go to [www.mybenefitsnm.com](http://www.mybenefitsnm.com) and click on *The Solutions Group/ New Mexico Training webinars* (dark green band). Here you will find our library of FREE webinars, full descriptions of each webinar, as well as the appropriate links to view them.

## Word Search

When it comes to your health, the best offense is a good defense!

Here's your opportunity to boost your preventive health knowledge with our word search.

If you get stumped you can find the answers below 😊

```

e s i c t o d m u i w n w k r
d e g s n y e f d m e t k m i
w n e n i t l e l i l e d e r
d i v o i w l i n s l v o i h
s l c i k n i p f o n h i u h
i e s t t e e r e e e i u d l
l d e a w a r e n e s s l s p
e i h z u i n v r v s t y s u
t u o i s i m e a c e o y w k
a g o n t n y n o c s r w l c
s d s u c y o t t s c y n e
s o o m n u u i r z e i n e h
n r n m s i s o r o n l n u c
s n o i t a d n e m m o c e r
o e n i i i h z e e a s h u s
  
```

### Words to find:

prevention	guidelines
checkup	wellness
screenings	awareness
immunizations	routine
vaccines	lifestyle
recommendations	history

```

e s i c t o d m u i w n w k r
d e g s n y e f d m e t k m i
w n e n i t l e l i l e d e r
d i v o i w l i n s l v o i h
s l c i k n i p f o n h i u h
i e s t t e e r e e e i u d l
l d e a w a r e n e s s l s p
e i h z u i n v r v s t y s u
t u o i s i m e a c e o y w k
a g o n t n y n o c s r w l c
s d s u c y o t t s c y n e
s o o m n u u i r z e i n e h
n r n m s i s o r o n l n u c
s n o i t a d n e m m o c e r
o e n i i i h z e e a s h u s
  
```



What you eat today can impact your health for a lifetime. The good news is that by eating a healthy diet, you can help prevent chronic disease.

Try this Warm Cinnamon Raisin Apples recipe, it's a healthy dessert

Yields: 4, ½ cup servings

### Ingredients:

- 1 T light brown sugar
- 3 t cornstarch
- 2 t cinnamon
- 1 t freshly ground nutmeg
- ⅓ C apple juice
- ⅔ C apple juice (for separate use)
- 2 t grapeseed oil
- 2 medium thinly sliced apples, peeled
- if desired and patted dry
- 2 T golden raisins
- ¼ C chopped walnuts

### Directions:

1. In a small bowl, stir together brown sugar, cornstarch, cinnamon, and nutmeg. Stir in ⅓ cup apple juice. Set aside.
2. Heat a wok or large pan over high heat. Add oil, swirling to coat. Cook apples for 2 to 3 minutes, or until tender and lightly browned, stirring constantly.
3. Stir in raisins and remaining ⅔ cup apple juice. Stir in brown sugar mixture. Cook for 4 to 6 minutes, or until sauce is thickened, stirring constantly. Add walnut, stir and serve

### Nutritional Information (per serving):

Calories: 172  
Fat: 7.5g  
Carbs: 28g  
Protein: 2g



## Have you visited our **Delta Dental** website lately?

### Here you can...

- print an ID card
- find a claim form
- find claim information/history
- access a dentist directory
- find an Explanation of Benefits
- review your profile
- contact information
- read about important Health and Wellness information/topics
- cost estimator

**Here's another important reminder... Preventive Health is our first line of defense and can give us the BEST chance at a healthy tomorrow. Routine Checkups and Screenings can catch diseases before they start, or prevent them from occurring in the first place.**

**If it's been more than a year since your last checkup, we're encouraging you to make an appointment to get your annual checkup right away.**

**Make this year your BEST year ever... be sure to take advantage of your FREE annual checkup as well as your two FREE teeth cleanings! Remember, *disease prevention is much better than disease treatment or disease management.***



*Happy and Healthy  
Holiday Season  
from the Employee Benefits Bureau!*

