

# Employee Benefits Bureau NEWSLETTER

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## Happy Holidays

### A Vaccine Today May Help Protect You tomorrow

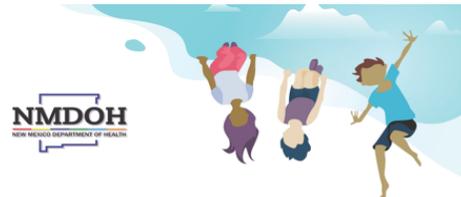
To learn more, click the links below



**Boosting your immunity keeps you and your family protected.**

Don't wait, schedule your booster today at

**VaccineNM.org**



Finally, I can protect my kids the way I've protected myself.

Everyone ages 5 and older is eligible to get a COVID-19 vaccine.

Getting your child immunized will protect them from COVID-19 and keep friends and family safe. The risk of infection, hospitalization, and death are all much lower for people who are vaccinated, compared to unvaccinated people.

Vaccines are safe, effective, and free.

For peace of mind, schedule your child's vaccine at:

**VaccineNM.org**

## December

Health is a state of complete mental, social and physical well-being, not merely the absence of disease or infirmity."

— WHO, 1948



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)

## IMPORTANT END OF YEAR REMINDERS

**CORRECTION** Pursuant to the American Rescue Plan Act of 2021, the Flexible Spending Account Plan has been amended, extending the "use by" deadlines for **2020 and 2021 Health and Dependent care funds** to be as follows:

### 2021 FSA DEADLINES

#### 2021 Health Care FSA Funds—

- to incur eligible expenses— **12/31/22**
- to Submit claim— **1/15/23**
- to Spend FSA funds on [eligible expenses](#)— **12/31/22**

#### 2021 Dependent Care FSA Funds—

Funds must be used by **12/31/22**

### 2020 FSA DEADLINES

#### 2020 Health Care FSA Funds—

- to incur eligible expense— **12/31/21**
- to Submit claim— **1/15/22**
- to Spend FSA funds on [eligible expenses](#)— **12/31/21**

#### 2020 Dependent Care FSA Funds—

Funds must be used by **12/31/21**

#### Transportation and Parking FSA —

**No deadline.** Funds can be utilized until depleted.

### 2022 Benefits Deduction Schedule:

1<sup>st</sup> premium deduction(s) — **1/14/22** pay advice

1<sup>st</sup> FSA deduction(s) — **1/14/22** pay advice

### UPDATE PERSONAL INFORMATION IN SHARE

Please update your home address in SHARE **before January 1<sup>st</sup>**. [Click here for instructions](#) (page 33). Remember, **NO special characters** (–, #, ~, /, extra spaces, etc.)

### Enrollment changes to you benefits?

Check pay advice regularly to ensure premiums are properly deducted. Contact Erisa if any errors occur.

Questions? Contact Erisa:

855.618.1800

[SONM@easitpa.com](mailto:SONM@easitpa.com)

**EASI**  
Erisa Administrative Services, Inc.

HR Corner

**EBB-HR Meeting** – in our upcoming meeting (12/21), we will continue our training on the **Administrative Guide**; go over **starting payroll deductions, dropping benefit coverages, Transfers, Termination of Employment, Military Leave, Self-Pay Premium, Leave Without Pay, Family Medical Leave Act (FMLA) (Unpaid), Deductions Not Taken Process**, and as always **HR Reminders**.

If you've missed this, or any other past meetings, go to our [recording archive](#) to view.

**Clarification to Delta Dental Plan Information**

Delta Dental of New Mexico would like to provide you with a benefit update (link below) that contains information regarding the SoNM dental plan. Delta Dental hopes to clarify the dental benefit, as well as clear up any misinformation or confusion that any member may have. If you have further questions, please feel free to reach out at [877.395.9420](tel:877.395.9420), or visit our [website](#).

[DDNM Member Benefits Information](#)



**Treatment Cost Estimator**  
Helping Manage Healthcare Expenses



Presbyterian Health Plan's **Treatment Cost Estimator** is a new tool that members can use to manage and understand their healthcare costs. Members can estimate the cost of thousands of services from the initial visit through follow-up care, all before selecting a provider.

Members can search for a specific service, compare cost estimates from every available provider, and see a breakdown of what insurance will cover. Members will also have access to important information about their healthcare benefits, like deductibles, so they can be informed of out-of-pocket costs from the beginning. [Click here for more information.](#)



**Well-Being Solutions Webinars**

**Catch Colon Cancer Early with Screenings**



**If you requested a colon cancer screening kit, please remember to return your kit timely so that your screening can be completed and you can have peace of mind.**



**Almond Butter Protein Bars – Try this delicious protein bar, a perfect on-the-go snack for those busy days!**

- 1 C almond butter
- ¼ C honey
- ½ C coconut flour
- ½ C coconut sugar
- 1 C chocolate chips
- Garnish as desired

Line an 8" pan with parchment paper. Combine almond butter, honey, flour and sugar, mixing well. Spread evenly into pan. In double-boiler, melt chocolate. Pour and spread over almond butter mixture. Garnish (flaky salt, white chocolate drizzle, etc.). Freeze until solid (about 1 hr.). Cut and refrigerate until serving.

For a healthier version, substitute maple syrup for honey. While honey is a much healthier option than refined sugar, maple syrup is lower in both fructose (which affects heart health), and calories and then honey. Maple syrup is also on top when considering their glycemic index, having 54, and honey having 58.

**Carrier Corner**

Click on any carrier to learn more



**Work-Life Integration**

Stress from work=Burnout. Exhaustion, work negativity, and feeling a lack of accomplishment are 3 common traits of burnout. It can lead to clinical depression, anxiety, and other mental health concerns.

**STAY WELL HEALTH CENTER**  
Serving SoNM LPS Employees Covered Under a SoNM Employee Medical Plan

HealthyLife® **PRESBYTERIAN**

**FOUR WAYS TO DEVELOP empathy**

**DELTA DENTAL**

**Getting through the Holidays with a Smile**

**Well-Being Solutions**

**EAP Webinar Archive**

## *Holiday Information from Well-Being Solutions*

For many, the holiday season is a joyful time, but for some it can bring stress, loneliness and depression. Whether handling holiday anxiety, loss of a loved one, managing Seasonal Affective Disorder, or trying to bring holiday cheer after another challenging year, your Well-Being Solutions benefit can help.

### **The Tools You Need Today**

There can be added stress and anxiety around the holidays. Here are helpful tools and resources to utilize now, and all season long:



**Well-Being Solutions**  
The SoNM's EAP Benefit

**Contact:**  
833.515.0771

**Visit Well-Being Solutions Website**

**Well-Being Solutions Webinar Archive**

The SoNM provides the EAP benefit to every employee, their dependents, and household members who each have **5 FREE VISITS PER ISSUE PER YEAR.**

*Wishing you and your family a warm, healthy and happy holiday season!*

*- Your Employee Benefits Bureau*

