



[Page 1](#)

[New RMD Management
Benefit Reminders](#)

[Page 2](#)

[2019 Health & Wellness Fair
SWHC](#)

[Page 3](#)

[SWHC NEWS](#)



**EAT
HEALTHY!
FEEL
HEALTHY!
BE
HEALTHY!**

Meet the Newest Members of RMD's Management Team



Clinton Nicley, Director

Mr. Nicley comes to the Risk Management Division from DFA where he spent almost three years in its Office of General Counsel before being appointed as Risk Director in January of this year. Mr. Nicley started his career in executive state government at Risk as a Senior Litigation Attorney in 2016.



Loretta Lopez, Deputy Director

Graduating from Santa Fe High School, Ms. Lopez has been a practicing attorney in New Mexico for 29 years and is also a Registered Nurse. She has worked with state entities ranging from the District Attorney's office to the Judiciary, and for the last 9 years has been in the private sector practicing family law.



Amber Espinosa-Trujillo, Employee Benefits Bureau

Mrs. Espinosa-Trujillo has worked most of her career with the SoNM. She has over 15 years focusing specifically on healthcare with state government and Presbyterian Medical Services. She is a federally certified healthcare surveyor, has extensive internal and external audit experience and is a proud 22-year state employee who loves serving her community. She joined us from the Department of Cultural Affairs where she served as a Federal Grants and Rural Services Manager.

Benefit Updates

HR Corner

Premium Increase- The upcoming FY20 premium increase will take effect on July 1 and will be reflected in the July 19 pay advice. PLEASE check pay advice!

New Carrier Programs -

Express Scripts - Members can now say, "Alexa, open Express Scripts" to check the status of a home delivery prescription, or request Alexa notifications when prescription orders are shipped. [Click here for more information.](#)

Product Recall - Losartan/ Hydrochlorothiazide 100mg/ 25mg. **Please see attached for more info.**

SWHC - HealthLife App, a new way to take charge of your health. [Click here for details.](#)

HR Data Entry - We would like to remind our Human Resources representatives to please take special care when entering employee information into SHARE.

Carriers/Agencies who run needed reports are often met with unnecessary issues because special characters were used or cities/counties are misspelled. These issues often delay much-needed progress, prevent members from receiving documents timely, and cause complications for benefit carriers. To easily avoid these problems, please double-check data entries, do not use any special characters, and make sure the proper information is entered in the appropriate columns. Also, space allows for only 30 characters in the address line, 31+ characters will cause additional errors, and please also note, SHARE is asking for the county, not country. Thank you for your cooperation.

"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



2019 SoNM HEALTHY BODY ☯ HEALTHY MIND HEALTH & WELLNESS FAIR



INFORMATION AND EDUCATION
regarding Health and Wellness for
you and your family

GIVEAWAYS and PRIZE DRAWINGS
THROUGHOUT THE FAIR!

TWO GRAND PRIZE DRAWINGS!

Vendors include:

- Exercise & Wellness Professionals
- SoNM Health Benefit Carriers
- Stay Well Health Center
- Organic Food Representatives



- Practitioners, Nutritionists and Therapists (FREE mini-sessions)
- State Agencies Promoting Community Programs
- Free Mammogram Van
- Free Blood Pressure Checks & Cholesterol Screening Van
- Vitalant Blood Donation Van (formerly United Blood Services)
Contact Linda Vigil @ 827.2000 to schedule your donation
- Fresh Organic Produce Programs

**Come join us...
it's going to be fun!**

**Tuesday, June 11th
11:00AM to 2:00PM**

**Joseph Montoya Bldg.
Indoors/Outdoors**

FREE HEALTH SERVICES

Once again the Employee Benefits Bureau has arranged to have FREE health services available at the health fair for our covered members. 3 vans (Blood Pressure, Mammogram, and Blood Donation) will be located in the cul-de-sac behind the Montoya Bldg. Van services will be available as follows:

Mammograms 8 AM – 2 PM (by appointment only). Call **888.233.6121** to schedule, or visit www.assuredimaging.com/SONM. Space is limited. Must have insurance card for service.

Blood Donation 11 AM – 2 PM Visit, or call www.vitalant.org/health **877.258.4825**

Blood Pressure 11 AM – 2 PM (walk-in basis)
Sponsored by Blue Cross Blue Shield



Measles in the News

With the measles sweeping mainstream media lately, it seems the debate of whether to vaccinate or not has been reignited. Nevertheless, just as with any other illness, parents are concerned and want to know how to keep their children from getting sick.

According to the CDC, measles are a childhood infection caused by an airborne virus, but can also be spread through saliva that can live in the air or on surfaces for up to 2 hours. Washing hands often and keeping one's distance from an infected person is the safest bet to avoid contracting the virus.

Contact your physician if your child starts to exhibit rash and flu-like symptoms, or any of the following:

- High or persistent fever (above 101°)
- Dry cough
- Labored or noisy chest breathing
- Persistent pain (sore throat, earache, severe head or stomach ache).
- Runny nose
- Watery or thick discharge from the eyes.

Measles cause a red, blotchy rash that usually appears first on the face and behind the ears, then spreads to the chest and back and finally to the feet.



The Stay Well Health Center

The **Stay Well Health Center** is a wonderful **FREE** resource offered to covered members by the SoNM, and keeping this resource both **FREE** and available is a Risk Management Division priority. In order to achieve this, we need our members' help.

We ask that members **PLEASE** notify the health center when unable to keep any scheduled appointments. Calling the SWHC

as soon as possible allows a fellow member in need to be seen. The growing number of "NO SHOWS" is quickly driving costs up, and with the rising cost of health care, it becomes more difficult to continue to offer this needed benefit free of charge to our members and their families.

Therefore, we ask you to please do your part in helping us keep this benefit available to you.



Mon – Fri
7 AM – 6 PM
827.2485



Edwin Garcia, son of Adriana Garcia, RMD

TIME FOR YOUR CHILD'S SPORTS PHYSICAL?

As we start heading into the summer sports season, the Stay Well Health Center is gearing up for their annual **Sports Physical giveaway!**

Schedule your child's annual Sports Physical at the SWHC between June 1 and October 31, and they will automatically be entered into a random drawing for their chance to win one of two \$50 Amazon Gift Cards!

Winners will be chosen after October 31 and Winners will be announced in the next Newsletter edition.



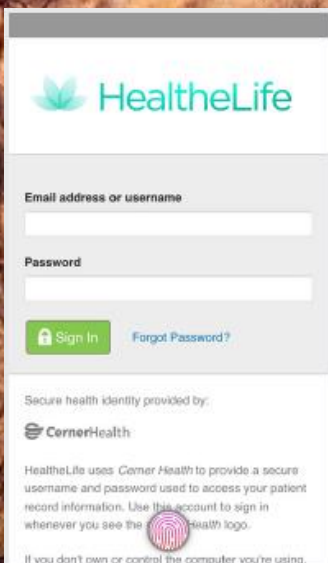
Call to make your appointment today!



STAY WELL HEALTH CENTER
Serving SoNM/LPB Members
Covered under a SoNM Employee Medical Plan

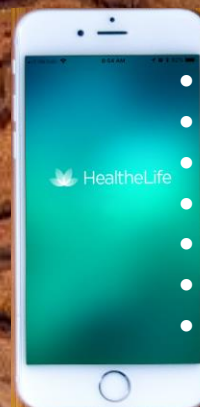
YOUR HEALTH AT YOUR FINGERTIPS

Access your health records on the go



Connecting is easy...

1. Download the HealthLife app on your iOS or Android device.
2. Log in with the same email address and password you used on your patient portal account.
3. Start accessing your health information on the go!



- Access electronic health record
- Access resources library
- Message your care team
- Schedule/manage appointments
- View lab results
- View/manage medications
- Much more!

Questions? Please call the Health Center for more information or to schedule an appointment at 505.827.2485.

Don't have a patient portal account? Simply visit the Health Center to request an account. You will receive an email invitation to get started.