



Employee Benefits Bureau

NEWSLETTER



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February Health Awareness

[Age-Related Macular Degeneration \(AMD\) / Low Vision Awareness Month](#)

[International Prenatal Infection Prevention Month](#)

[National Children's Dental Health Month](#)

[Teen Dating Violence Awareness Month](#)



Employee Benefits Bureau (EBB) Website
www.mybenefitsnm.com

Contact EBB
GSDRMD.EBB@state.nm.us



Important Benefit Information/Reminders

Why do employees receive a 1095-C Form?

The Affordable Care Act requires the SoNM to provide a 1095-C report to each full-time, benefits-eligible employee. This report provides details of employee's enrollment status in medical coverage. Enrollment information reported on 1095-C relates only to medical coverage, information regarding enrollment in dental or vision programs is not included. The IRS requires the SoNM to deliver these forms to employees no later than March 2nd 2021.

Why is the dollar amount of the monthly premium contribution on Line 15 not the same as 2x the Bi-weekly contribution rate?

The entered amount represents the lowest amount offered to employees for employee-only medical coverage, as the SoNM is required to report only the lowest cost offered to the employee, and not what employee actually pays. Also, as premiums are deducted 26 times per year, the premium contribution on Line 15 is adjusted to reflect the premium amount per month (example: $\$49.60 \times 26 / 12 = \107.47).

Notice Regarding Pharmacy Benefit Correction



Accredo provides personalized clinical support and care for a wide range of complex conditions such as Immune deficiency, Cancer, Hepatitis C and Rheumatoid arthritis. Specialty medications used to treat such complex conditions follow the below copayment structure for a 30-day supply fill:

- Generic medications: \$60
- Preferred Brand medications: \$85
- Non-Preferred Brand medications: \$125

Specialty medication patients may have been undercharged for one or more prescriptions processed through Accredo Specialty Pharmacy because of an error in Express Scripts' system. If you were impacted by this error, please be assured that you will not be asked to pay back the amount you were undercharged. Going forward you will be charged correctly based on your benefit. We apologize on behalf of Express Scripts for any confusion this has caused. If you have any questions about your prescription plan, please call Express Scripts toll-free anytime at 800-743-1720.

Reminder - Keeping SHARE Updated

It is the responsibility of the Employee to ensure their address listed in SHARE is up-to-date and accurate. HR Representatives must also ensure employee address is entered correctly. The carriers, EBB, and Erisa use this address for all mailed correspondence. If needed, please see the SHARE Self-Service Manual (pg. 34) for instructions:

www.mybenefitsnm.com/documents/SHARE_Introduction_to_Employee_Self-Service122419.pdf

Please do not use special characters or symbols in the Name or Address module, as it will corrupt our carrier files.

- Legal Name that is documented on the Driver's License only, no nicknames
- Address must not exceed 30 characters
- When entering Zip Codes, please do not use spaces between Zip Code and Extension (correct entry: 87532-1804)

HR Corner

EBB-HR Meeting – There will be no meeting in February. Did you miss a past meeting, or would like to review information provided in a past presentation? Visit our website, www.mybenefitsnm.com for the archive of all past HR Meeting presentations.

UPCOMING!
3/1 -3/31

Special Open Enrollment for Voluntary Benefits

EBB will be holding a special open enrollment for Voluntary Benefits next month. With the rising cost of health care, it's important that our employees have more choices to tailor their coverage to best suit their needs.

Our supplemental coverage carriers Aflac, Globe Life, MetLife, and The Hartford, offering Accident, Cancer, Critical Illness, and Whole Life insurance.

To learn more about each carrier's product, employees can go to the Voluntary Benefits webpage on the EBB website (www.mybenefitsnm.com/volben.htm).

Please note: enrollment for some carriers is open throughout the year, please see each carrier's website for full details.



Stay Well Health Center

The Stay Well Health Center (SWHC) continues to provide video/telephonic appointments to all employees, and their dependents, statewide, who are covered under a SoNM medical plan.

Need a flu shot? Make an appointment for you and your covered dependents at the SWHC to get a seasonal flu vaccination.

To learn more about the SWHC and the services they provide, go to www.mybenefitsnm.com.



STAY WELL
HEALTH CENTER
Serving SoNM/LPB Employees
Covered Under an Employee
State Medical Plan

Hours: Mon – Fri
7am – 6PM
505.827.2485



OUT-OF-NETWORK ONLINE CLAIMS

Paperless and painless

Claims have always been easy for the 98% of EyeMed members who visit in-network eye doctors.

We want vision benefits to be easy for everyone, all the time - even if someone needs to go out-of-network. Therefore, we've retooled our claims process and taken it online. Now, EyeMed members can easily submit out-of-network claims online with these easy steps:

- 1) Fill out a quick online form at eyemed.com
- 2) Upload a photo of the receipt

For faster reimbursement, complete/submit the online claim form at: <https://member.eyemedvisioncare.com/sonm/en>.

EyeMed requires all participating providers to consistently apply their benefits. However, there are providers who will not execute these benefits as required (such as the additional 20%-off of frames). **Costco** for example, does not contract with managed care and will not administer these benefits as needed, and therefore will not join the network.

Carrier corner

Click on
any carrier
to learn
more

As a result of the COVID-19 pandemic, more people are working from home and caring for their loved ones. This month's Health Kit provides tips and strategies to help caregivers develop healthy habits to maintain their own health and well-being while caring for others.

BlueCross BlueShield

Well onTarget®

[Click Here](#)

DELTA DENTAL

Taking care of
your child's
smile

[Click Here](#)

Strawberry-Banana Crepes

[Click Here](#)

Heart Health

Relaxation and the heart

Studies reveal that relaxation has a positive impact on heart health. Relaxation techniques can help you cope with stress-related health problems, such as heart disease.

[Click Here](#)



STAY WELL
HEALTH CENTER
Serving SoNM/LPB Employees
Covered Under an Employee
State Medical Plan



EXPRESS SCRIPTS



HealthyLife®
LETTER & PRESBYTERIAN

DISINFECTING
your
home
safely

It's a good idea to regularly disinfect surfaces in your home. This can help prevent you or others from getting sick. To read more,

[Click Here](#)

**Well-Being
Solutions**

February

Heart Health Month

Are You Stressed?

Welcome to the New SoNM Health & Wellness Webpage!



WELLNESS

Nutrition
Build a healthy body and brain
Reduce health risks
Maintain healthy weight
Recovery and healing
High energy



Spiritual Wellness
Appreciation
Meaning
Seek purpose
Harmony
Compassion



Mental Wellness
Balance emotions
Stress reduction
Relaxation
Develop inner strength
Growth



Physical Activity
Physical Strength
Physical Health
Delivers oxygen & nutrients
Cardiovascular health
Prevents chronic illness



Financial Stability
Security
Lower stress and anxiety
Help reach future goals
Travel
Preparedness



The Employee Benefits Bureau is rolling out our **Health & Wellness Initiative** and a brand new **Health & Wellness Webpage** just for you! <https://www.mybenefitsnm.com/healthwellness.htm>

Here you'll find:

Our Health & Wellness Calendar where you can find ALL our planned webinars and events so you don't miss any event!

Health & Wellness information and details on all events listed under each carrier in our Carrier Offerings.

We will be hosting 4 challenges this year. You can find all the information under the Health & Wellness Challenges!

Under "Healthy Recipes", you will find easy and health-full recipes.

Finally, we want to hear from you. Send us a quick email and let us know your thoughts.

Health & Wellness Events

2021 SoNM Health & Wellness Event Calendar		
January Drop In Webinars - Thursdays, 12:00 Health & Wellness Webinars - Wed 2PM, 12:00 "Stress: Unleash Your Power" Well Being Solutions Webinars, LifeWork - Schedule (Cover with a Dietician (starts anytime)) 30-Day Wellness - Full Wellness Boost	February Drop In Webinars - Thursdays, 12:00 Health & Wellness Webinars - Wed 1PM, 12:00 "Victory: Your Secret Weapon" Well Being Solutions Webinars, LifeWork - Schedule (Cover with a Dietician (starts anytime)) 30-Day Wellness - Full Wellness Boost	March Drop In Webinars - Thursdays, 12:00 Health & Wellness Webinars - Wed 1PM, 12:00 "It's a Life: Live It Up!" Well Being Solutions Webinars, LifeWork - Schedule (Cover with a Dietician (starts anytime)) 30-Day Wellness - Full Wellness Boost Weight Loss Challenge: March 15th
April Drop In Webinars - Thursdays, 12:00 Health & Wellness Webinars - Wed 2PM, 12:00 "You Are What You Eat: Nutrition 101" Well Being Solutions Webinars, LifeWork - Schedule (Cover with a Dietician (starts anytime)) 30-Day Wellness - Full Wellness Boost	May Drop In Webinars - Thursdays, 12:00 Health & Wellness Webinars - Wed 1PM, 12:00 "Wellness: Your Secret Weapon" Well Being Solutions Webinars, LifeWork - Schedule (Cover with a Dietician (starts anytime)) 30-Day Wellness - Full Wellness Boost	June Health & Wellness Webinars - Wed 1PM, 12:00 "Take a Break: Live It Up!" Well Being Solutions Webinars, LifeWork - Schedule (Cover with a Dietician (starts anytime)) 30-Day Wellness - Full Wellness Boost Wellness Challenge: June 15th
July Health & Wellness Webinars - Wed 2PM, 12:00 Well Being Solutions Webinars, LifeWork - Schedule (Cover with a Dietician (starts anytime)) 30-Day Wellness - Full Wellness Boost	August Health & Wellness Webinars - Wed 1PM, 12:00 Well Being Solutions Webinars, LifeWork - Schedule (Cover with a Dietician (starts anytime)) 30-Day Wellness - Full Wellness Boost	September Health & Wellness Webinars - Wed 1PM, 12:00 Well Being Solutions Webinars, LifeWork - Schedule (Cover with a Dietician (starts anytime)) 30-Day Wellness - Full Wellness Boost Wellness Challenge: September 15th
October Health & Wellness Webinars - Wed 2PM, 12:00 Well Being Solutions Webinars, LifeWork - Schedule (Cover with a Dietician (starts anytime)) 30-Day Wellness - Full Wellness Boost	November Health & Wellness Webinars - Wed 1PM, 12:00 Well Being Solutions Webinars, LifeWork - Schedule (Cover with a Dietician (starts anytime)) 30-Day Wellness - Full Wellness Boost	December Health & Wellness Webinars - Wed 2PM, 12:00 Well Being Solutions Webinars, LifeWork - Schedule (Cover with a Dietician (starts anytime)) 30-Day Wellness - Full Wellness Boost

Health & Wellness Offerings from our Carriers



How can we help support your journey to Health & Wellness?
What more would you like to see?
[Click here to send us an email](#)

Move towards better health

Let Good Measures help you improve your health! No matter what your health goal or your condition, we've got a program for you. Free to all Presbyterian members, sign up and let us help you:

- Lose weight
- Better manage a chronic condition
- Increase energy and feel better
- Learn what foods fuel your body and protect your immune system.

Learn how personalized nutrition coaching can lead you to better health.

Well-being with a Nutrition Twist

Good Measures can help improve your health through food. We start with the foods you like and help you make **small changes that deliver big results**. Work with your own registered dietitian and use our smart app to achieve your health goals. Good Measures support is conveniently available by phone or online. We're here to provide guidance so that you can live your best life! State of New Mexico employees and their spouses who are covered by the Presbyterian Health Plan can participate in this program at **no cost**.

Visit sonm.goodmeasures.com or call 888-320-1776 to get started.



Exercise for Cardiovascular Health

Exercise is a major component of heart health and is critical to preventing chronic conditions such as cardiovascular disease. Studies have found that those who meet the minimum requirements reduce their chances of cardiovascular events by 30 to 40%.

According to the American College of Sports Medicine, the recommendations for aerobic or cardiovascular exercise are 150 minutes per week (30 minutes - five days per week) of moderate intensity aerobic exercise. This may be broken into segments of 10-15 minutes, but must be sustained for at least 10 minutes per session; 75 minutes per week (25 minutes three days per week) of vigorous intensity aerobic exercise. Keep in mind that meeting the guidelines for physical activity does not make up for an otherwise sedentary lifestyle.