

# Employee Benefits Bureau

## NEWSLETTER



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### The Employee Benefits Bureau Health & Wellness Initiative

Staying healthy is one of the most important things we can do for ourselves and our family, and should be our top priority. It is the constant endeavor of the Employee Benefits Bureau's (EBB) to make sure the benefits we offer gives employees the tools, information, and opportunities they need to be fit and healthy, both physically and mentally.

When we speak of Health & Wellness, we are referring to overall well-being, which includes the physical, mental, and spiritual aspects of a person's life. The benefits offered through the Employee Benefits Bureau include every one of these components. By understanding these different aspects, it will be easier to make wellness a part of our lives by developing healthy habits that can have a positive impact on our health and wellbeing. Here are a few components of each:

**Physical** - physical activity, healthy food and sleep

**Mental/Emotional** - coping effectively with life, satisfying relationships, and healthy financial situations. Recognizing creative abilities and finding ways to expand knowledge and skills. Personal satisfaction and enrichment from one's work. Developing a sense of connection, belonging, and well-developed support system

**Spiritual** - Expanding a sense of purpose and meaning in life

Nutrition is of the upmost importance when it comes to good health. Most people think eating healthy is expensive, but when we consume unhealthy food, we are generally prone to becoming obese, which can lead to chronic disease. These conditions are costly to treat and can keep us from living our life. However, incorporating a good diet will help keep us healthy. It will help build a strong immune system, increase energy, improve overall mood, and of course help us manage our weight.

Our ability to deal with all that life has for us is sometimes difficult. Many of us may exercise and eat well to maintain good physical health, but don't think about nurturing our mental and emotional health. We often can have habits that sabotage our happiness. However, we can learn to address and change these habits so that we can move past the difficulties and on to easier days, better relationships, and less stress.

Keeping these aspects in mind when addressing our health and wellness will help us on our wellness journey, as exercise and good eating habits can help ensure we feel good and are able to enjoy our life. And that really is the ultimate goal.

EBB works with our benefit carriers to bring exciting programs to you, our employees. Be sure to visit our website [www.mybenefitsnm.com](http://www.mybenefitsnm.com) to find all the available tools, programs, webinars, information, and much more that will help start or maintain your health and wellness journey.

- Your Employee Benefits Bureau



### May Health Observances

[Asthma and Allergy Awareness](#)  
[Better Sleep Month](#)  
[Building Safety Month](#)  
[Correct Posture Month](#)  
[Healthy Vision Month](#)  
[Hepatitis Awareness](#)  
[Huntington's disease Awareness](#)  
[Lupus Awareness](#)  
[National Arthritis Month](#)  
[National Bike Month](#)  
[Natl High Blood Pressure Education](#)  
[Natl Skin Cancer Awareness](#)  
[National Mental Health Month](#)  
[National Osteoporosis Month](#)  
[Natl Physical Fitness and Sports](#)  
[National Stroke Awareness](#)  
[Natl Teen Pregnancy Prevention](#)  
[Older Americans Month](#)



Employee Benefits Bureau (EBB)  
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### COMMIT TO FIT



### Congratulations Wellness Warriors! You've completed your 1<sup>st</sup> COMMIT TO FIT Challenge of 2021, and everyone did great!

**1,421** SoNM and Local Public Body employees made the commitment to getting fit and having fun! Now that this challenge has come to an end, we want to congratulate everyone who participated on their hard work and dedication to their Health and Wellness! The feedback we've received is great. We will share the results and the 5 top point earners with you soon. Many have stated that they were sad to see it end... but no worries, we have another challenge coming up! Read more about this upcoming challenge, [Strive to Thrive](#), on [page 3](#) of this newsletter.

## HR Corner

**At our EBB/HR 4/20 meeting**, Erisa offered guidance on processing a death claim with The Hartford, and the importance of listing a beneficiary. EBB reviewed the employee's process to drop Voluntary Benefits, reviewed Health & Wellness offerings, and provided HR Reminders.

**At our EBB/HR 5/18 meeting**, EBB provided training on processing individual premium payments for employees who are on leave.

If you missed a meeting or would like to review information provided in a past presentation, please visit our website at: [www.mybenefitsnm.com](http://www.mybenefitsnm.com) for the archive of all past HR Meeting presentations.

A **New Hire and Qualifying Event Orientation Tool** has been created for HR Administrators to conduct new hire orientations, and can also be used as a reference for all covered employees. This tool will simplify our benefits, as well as provide guidelines and process for benefit enrollment, and will be available soon. Please watch this newsletter, emails, and our website [www.mybenefitsnm.com](http://www.mybenefitsnm.com) for all benefit updates.

**Extra Services from Your Carriers... Did you know?** Your medical carrier has preventive services like checkups and screenings, which can help find issues. **Annual exams, breast cancer exams, social determinants of health screenings, blood pressure screenings, cholesterol screenings, cervical cancer screenings, colorectal cancer screenings, and behavioral health screenings.** [www.mybenefitsnm.com](http://www.mybenefitsnm.com)

**Do You Know Your Numbers?** Understanding your risk for health conditions starts with knowing your **blood pressure, blood glucose, cholesterol and triglyceride numbers, as well as your body mass index.** Getting your numbers within a healthy range and keeping them there can greatly reduce your risk for developing heart disease, diabetes, and other serious chronic diseases. Ideal numbers for healthy adults:

**Healthy Cholesterol**  
Total Cholesterol  
less than **200** mg/dL  
Triglycerides  
less than **150** mg/dL  
LDL Cholesterol  
less than **100** mg/dL  
HDL Cholesterol greater than **60** mg/dL

**Healthy Blood Sugar Levels**  
Before eating a meal less than **100** mg/dL  
Two hours after eating less than **140** mg/dL

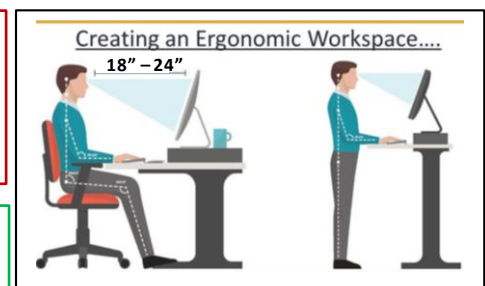
**Healthy Blood Pressure**  
Less than or equal to **120 / 80**  
Systolic Diastolic

**Healthy Body Mass Index**  
**18.5 – 24.9**

## Employee Reminders

**Voluntary Benefit (VB) Participants:**

**Neither Erisa nor EBB can assist you with Voluntary Benefit issues. Please contact your Voluntary Benefit carrier for any changes, enrollment issues, cancellations, or questions regarding your Voluntary Benefit(s).**



It's hard to imagine that something good can come out of a bad situation.

If you're having a bad day, take a moment, look at the bigger picture, and find something positive to think about.

[Click Here](#)

**Mental Well-being**







## Employee Benefits Bureau's Health & Wellness!

## Are You Ready for Another CHALLENGE New Mexico? Get Ready for Strive to Thrive!



### **Strive to Thrive** **Wellness Challenge** **Coming Soon!**

The Strive to Thrive challenge - make healthy choices for a more balanced lifestyle. During this challenge, you are able to track your activities along with your nutritional choices and water intake. Share your photos, recipes, healthy strategies and progress in your journal posts. Earn points with daily entries. It's all about having fun while focusing on health and wellness.

During this 6-week challenge, you'll be encouraged to focus on healthy lifestyle goals. You'll utilize the site's easy to use tools to enter daily physical movement and food choices (nutrition and water entries are private and just for you).



### **Well-Being Solutions** **Webinars**



[Mental Health](#)  
[Awareness for Leaders](#)



[How to Deal With a](#)  
[Difficult Person](#)

For more webinars, visit our Well-Being Solutions webinar archive. [Click here](#)

## Sleep Health

### Build a sleep-positive bedroom

A good night's sleep aids your body to recover and helps you wake up feeling refreshed. Unfortunately, many people don't get the rest they need. Sleep issues affect people of all ages and can have a negative impact your health.

Your bedroom should be clean and organized. Visual clutter can generate stress and anxiety, reinforcing the feeling of having unresolved tasks making it harder to relax. Keeping the noise down is important for your sleep as well. If you can't remove the noise, consider adding a fan or white noise machine to your room.

Look for comfortable bedding that feels nice and welcoming, and that maintains a relaxing temperature. Most research supports sleeping in a cooler room (around 65°). It's also important to choose a good mattress and pillow to reduce aches and pains.

Finally, try organic essential oils, such as lavender. Pleasant aromas create a calming environment that promotes rest. A soothing room is a first step in improving your sleep, but won't cure your problems. If you are struggling with sleep issues, you might need to address your sleep routine. Talk with your primary care provider if you feel that your sleep problems are affecting your health.

[Click here for more info](#)

### At Any Single Moment You Can Change Your Life

- Step1: **Make a decision.** What is it that you want/don't want to change?
- Step 2: **Create a vision of what you want for yourself.**
- Step 3: **Make it your mission to make your vision a reality.** It's just a decision, and with a little discipline, wake up every day and do it.

- Mel Robbins