



Employee Benefits Newsletter



Page 2

[HR Reminders](#)

[Vitamin B](#)

[Wild Fire Help](#)

[Carrier Corner](#)



May Health Awareness Month:

[Arthritis Awareness](#)

[Asthma & Allergy](#)

[Skin Cancer Awareness](#)

[Physical Fitness/Sports](#)

[Healthy Vision Month](#)

[ALS Awareness Month](#)

[Better Hearing & Speech](#)

[Better Sleep Month](#)

[Hepatitis Awareness](#)

[Huntington's Disease](#)

[Lupus Awareness](#)

[Mental Health Month](#)

[Osteoporosis Awareness](#)

[Stoke Awareness](#)

[Trauma Awareness](#)

Congratulations!

We are happy to see many of our employees signing up with the Virta or Omada programs and are now on their way to better health!

The State of New Mexico recently added two new programs to better help qualified employees improve their health.

Virta is designed to reverse Diabetes, and help address Prediabetes and Weight Loss.

Omada is designed for weight loss, Diabetes Management, and to improve overall health.



Today we have **393** employees enrolled in these programs, with many applications pending, and this number continues to grow each week.

We are excited for the progress and success these employees are sure to achieve. The SoNM is here to support you through your journey with many free programs, tools, and information that will help you on your journey.



Thinking About Lasik Surgery?



Many consider LASIK eye surgery in order to correct vision problems, as an alternative to glasses or contact lenses. However, one may hold off on Lasik surgery due to the cost of the procedure.

Did you know you can include the amount you pay for eye surgery to treat defective vision ([IRS Publication 502](#)) such as laser eye surgery or radial keratotomy, in medical expenses. Which means you can use your FSA funds to help pay for LASIK. Also, through your Vision coverage ([EyeMed](#)), you are eligible for a 15% discount off retail cost, or 5% off retail price for LASIK in-network providers. Your medical coverage may also allow for this procedure. Please contact your medical provider to see what coverage may be available.

Managing Your Overall Well-being

Well-Being Solutions offers all employees and their family members support to address many issues.

When dealing with a personal problem or a stressful life event, counseling may be beneficial to help you resolve or manage the situation.

This benefit offers you someone to talk to and resources to consult whenever and wherever you need them for:

- Short-term counseling
- Recommendations for treatment providers or facilities
- Identifying low-cost treatment options and prescription programs
- Locating local support
- Assistance locating in-home health aides
- Housekeepers or other services
- Legal guidance
- Budgeting assistance
- And more

Call 24 hours a day, seven days a week for confidential, expert assistance with your issues. Additional resources are available at: <http://www.guidanceresources.com>



EBB Website

www.mybenefitsnm.com

Contact EBB

GSDRMD.EBB@state.nm.us



NEW MEXICO
GENERAL SERVICES DEPARTMENT

Questions about this
newsletter?

carmella.jasso@state.nm.us



Receive best-in-class primary care from anywhere in the state through virtual or telephonic visits.

Click on the image to download your Stay Well Health Center Guide for all the important information you need.

Hours:
Monday – Friday
7:00AM to 5:00PM

**To make an
appointment call:**
505.570.4949

HR Corner

EBB-HR Meeting – The recent May meeting (5/17) was a special presentation highlighting all of SoNM's Wellness Programs. Representatives from each of our carries explained their offered Health and Wellness programs that provide education, coaching, encouragement, and guidance to help our employees improve their health and improve their lives. And as always, HR Reminders.



Thoughts and prayers to our fellow New Mexicans whose lives have been affected by the wild fires burning throughout our beloved state.

How Can You Help? There are many ways to help your fellow New Mexicans during this time of need. Follow the link below from KOB.TV for more information on where to donate funds, volunteer, provide agricultural/livestock support, and more. [Click here](#) to find out how.



Why Is Vitamin B Complex Important, and Where Do I Get It? Vitamin B complex is composed of eight B vitamins. B vitamins play a vital role in maintaining good health and wellbeing. As the building blocks of a healthy body, B vitamins have a direct impact on your energy levels, brain function, and cell metabolism.

Vitamin B complex may help prevent infections and help support or promote cell health, growth of red blood cells, energy levels, eyesight, brain function, digestion, appetite, proper nerve function, hormones, and cholesterol production, cardiovascular health, and muscle tone.

Lots of foods contain B vitamins, making it easy to get enough from your diet. It's best to get your B vitamins from a wide variety of food sources. This helps ensure you're getting enough of each type. You can find vitamin B in dark green vegetables, such as spinach and kale, vegetables, such as beets, avocados, and potatoes, whole grains, beans, such as kidney beans, black beans, and chickpeas, nuts and seeds, fruits, such as citrus, banana, and watermelon, blackstrap molasses, wheat germ, yeast and nutritional yeast.



Tend a Garden to Make Your Health Bloom

Spring is finally here, and many families are enjoying the warmer weather by planning their gardens. The fresh produce from gardens certainly improves our diets. As a bonus, gardening helps us be active! The Centers for Disease Control considers gardening a moderate intensity activity. Gardening helps get us the recommended 2 1/2 hours of activity we need each week. Working in a garden allows us to get vitamin D from the sun. It helps relieve stress. It might even lower our risk of dementia!

**STATE OF NEW MEXICO
EMPLOYEE
FIRE VICTIMS DRIVE**

**WE
NEED
YOUR
HELP**

Donate at any of the following probation & parole locations:

SANTA FE OFFICE
2000 C ST. MICHAEL'S DRIVE
SANTA FE, NM 87505

ESPANOLA OFFICE
410 B PASEO DE ONATE
ESPANOLA, NM 87532

RATON OFFICE
1115 SOUTH SECOND STREET
RATON, NM 87740

ALBUQUERQUE OFFICE
615 1ST STREET NW
ALBUQUERQUE, NM 87102

RIO RANCHO OFFICE
4000 SOUTHERN BLVD SE
RIO RANCHO, NM 87124

Help the evacuees of New Mexico's fires by donating **clothing, socks, toiletries and twin & queen size bedding.** Please place clothing in bags identifying if items are for men, women or children.

**FOR MORE INFORMATION
CONTACT APRIL:
505-470-8786**

Carrier

Click on any carrier to learn more

Mental Health Awareness and Education

Understanding Mental Health

Cigna

BlueCross BlueShield of New Mexico

BlueResource™ - Protecting Your Health - Getting an Annual Men's Exam

WELL BALANCED

Self-Care Strategies FOR LIVING YOUR HEALTHIEST LIFE

HOW DO YOU STRUGGLE WITH ADDICTION?

SIGNS YOU MAY NOT HAVE A HEALTHY APPROACH TO EXERCISE

IS IT TIME YOU SAW AN ALLERGIST?

Better Nutrition for Better Vision



PRESBYTERIAN

37 82 125

DELTA DENTAL

Allergy medications can effect oral health

Well-Being Solutions

EAP Webinar Archive