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## October 2021

### October Health Observances

[Talk About Your Medicines](#)  
[Vegetarian Awareness](#)  
[Bladder Health Awareness](#)  
[Chronic Obstructive Pulmonary Disease \(COPD\) Awareness](#)  
[Diabetes Awareness](#)  
[Epilepsy Awareness](#)  
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[Healthy Skin Awareness](#)  
[Lung Cancer Awareness](#)  
[Pancreatic Cancer Awareness](#)  
[Stomach Cancer Awareness](#)

A smile  
is an  
inexpensive  
way to  
change  
your looks.

Charles Gordy



Employee Benefits Bureau (EBB) Website  
[www.mybenefitsnm.com](http://www.mybenefitsnm.com)

Contact EBB

[GSDRMD.EBB@state.nm.us](mailto:GSDRMD.EBB@state.nm.us)  
[carmella.jasso@state.nm.us](mailto:carmella.jasso@state.nm.us)



NEW MEXICO  
GENERAL SERVICES DEPARTMENT

## Only A Few More Days Left....



Active  
Open Enrollment  
2021



Active Enrollment 2021 **closes October 31<sup>st</sup>, 11:59 PM**. If you haven't yet completed your **required** participation, you only have a few more days to get it completed. **Please don't miss the deadline.**

This year, Active Enrollment 2021 brings important changes, with new choices. It's important to understand these changes and what they mean for you and your coverage for the upcoming year. Information about these changes can be found at:

[Carrier Benefit Presentations](#)  
[Benefit Comparison Grid](#)

[Review Current Benefits](#)  
[Active Enrollment FAQs](#)

[Premium Rate Sheet](#)

This year every benefit-eligible employee **must participate** in the open enrollment event by completing a nd submitting either an Enrollment/Change Form or No Change Form. All required supporting documentation must accompany submission of EITHER form. For Proof of Dependency supporting documentation information requirements, please see Enrollment Documentation Requirements. Please gather all needed documents to have ready before beginning the enrollment process.

[Enrollment Documentation Requirements](#)  
[Domestic Partnership Form](#)

[POP Waiver Form](#)

When submitting required Proof of Dependency documentation (including Beneficiary Forms), employees can **EITHER** email them to Erisa at: [SONM@easitpa.com](mailto:SONM@easitpa.com) (preferred), **OR** fax these documents to Erisa (505.244.6009). **PLEASE DO NOT SUBMIT BOTH BY EMAIL AND FAX.**

Domestic Partnerships – the **ORIGINAL DP Form** must be submitted to Erisa. If employee no longer has the original DP Form, please contact Erisa (855.618.1800) for assistance.

## Voluntary Benefits – 2021 Open Enrollment



Open Enrollment 2021 for SoNM Voluntary Benefits begins in November with Carrier Presentations running throughout the month (Carrier Presentation Calendar will be available November 1<sup>st</sup> at the link below). **Voluntary Benefit Enrollment window opens December 1 through December 31.**

These additional insurance options can help with life's unexpected situations, and bring a little more peace of mind. **Voluntary Benefit premiums are deducted via payroll, however every aspect of these coverages are handled directly by the respective carrier. Members must contact carrier for enrollment, changes, cancellation, and all benefit questions.** (LPB Employees – Please note that these Voluntary Benefits are currently available only to those LPBs who have opted to offer them to their employees. If LPB employees are interested in these benefits, they must contact their local HR representative to see if their specific LPB has opted to offer these coverages to their employees.)

For more information on the Voluntary Benefits offered by the SoNM, as well as enrollment dates, please go to our dedicated [Voluntary Benefits page](#) on our SoNM Employee Benefits website.



**HR Corner**

**EBB-HR Meeting** – In our last meeting (October 19<sup>th</sup>), we started our journey through the Administrative Guide, which we will continue reviewing sections during each HR Meeting; as well as HR Reminders regarding Active Enrollment 2021. To view a past HR Meeting, [click here for HR Meeting Archive](#).

### Pandemic Challenges: Mental Health and Returning to Worksites - John Roble



The coronavirus pandemic took a tremendous toll on our nation's mental health. During 2020 and 2021, we and our families, friends and colleagues adjusted to working at home, struggled with home-schooling, coped with illness, and felt the stress of job losses. The difficulty and uncertainty of living through this time caused tremendous anxiety, isolation, depression, substance use and other mental health issues. – [Click here to read the entire article](#)

### Well-Being Solutions Webinars



October 26th  
Tuesday, 6PM

#### [Working Through Mistakes](#)



Pre-Recorded  
On Demand

#### [Forgiving Yourself and Others](#)

[Click here for more webinars](#)

### Helpful Tools You May Need Today

Whether it's dealing with anxiety about returning to work, coping with ever-changing COVID protocols, or addressing burnout, Well-Being Solutions is here with some tools to help on Mindfulness, Halloween Safety and handling a work transition.

[World Mental Health Day Toolkit](#)

[Mental Health Awareness Toolkit](#)

As we look forward to Halloween, here are some safety tips to keep in mind: [Halloween Safety Tips](#)

Burnout continues to be one of the biggest risks to retention and productivity. Here are some tools that can help:

[Guide: Workforce in Transition](#)

[Mindfulness and Relaxation Toolkit](#)

Additionally, we continue to update our COVID-19 toolkit with the latest information on vaccinations and helpful tools and resources as the shift in the pandemic continues.

[Coronavirus Resources \(UPDATED\)](#)

