



# Employee Benefits Newsletter



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### Monthly Health Awareness's:

[American Heart Health](#)

[Low Vision Awareness](#)

[Teen Dating Violence Awareness](#)

[Children's Dental Health](#)

[Cancer Prevention](#)

[Birth Defects Awareness](#)



EBB Website

[www.mybenefitsnm.com](http://www.mybenefitsnm.com)

Contact EBB

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



NEW MEXICO  
GENERAL SERVICES DEPARTMENT

Questions about this newsletter?  
[carmella.jasso@state.nm.us](mailto:carmella.jasso@state.nm.us)

## IMPORTANT BENEFIT MEMBER REMINDERS

### 2021 FSA DEADLINES

#### 2021 Health Care FSA Funds–

- to incur eligible expenses – **12/31/22**
- to Submit claim – **1/15/23**
- to Spend FSA funds on [eligible expenses](#) – **12/31/22**

#### 2021 Dependent Care FSA Funds–

Funds must be used by **12/31/22**

#### Transportation and Parking FSA –

**No deadline.** Funds can be utilized until depleted.

### Enrollment changes to you benefits?

Check pay advice regularly to ensure premiums are properly deducted. Contact Erisa if any errors occur.

**Questions?**  
Contact Erisa:  
**855.618.1800**  
[SONM@easitpa.com](mailto:SONM@easitpa.com)

### 1095-Cs

As required by the Affordable Care Act, the SoNM provides 1095-C forms to their benefits-eligible employees who were offered health coverage. The form is a detailed report of offered benefits and employee's enrollment in medical coverage during 2021.

The SoNM will provide each employee with a 1095-C form by March 2, 2022. All 1095-C documents will be mailed directly to each employees' home address listed in SHARE.

If employees do not receive the form by March 2, 2022, or if any information on the form is incorrect, employees should e-mail the Employee Benefits Bureau (EBB) at: [GSDRMD.EBB@state.nm.us](mailto:GSDRMD.EBB@state.nm.us), please place "1095- C" in the subject line. Or call 505.827.0655 to leave a voicemail with first and last name, a address, a agency, employee ID#, phone number and issue.

Additional information and 1095-CFAQ's available at: [www.mybenefitsnm.com](http://www.mybenefitsnm.com).



February is American Heart month. In an effort to raise awareness about the leading cause of death in the United States, Well-Being Solutions has provided some prevention resources below:



#### [Heart Health Awareness Promotion](#)

Learn about Risk Factors, treatment and prevention.



#### [Help Sheet: Getting Back to Exercise](#)

If you have fallen off the exercise bandwagon, now is a great time to get back on it.



#### [Help Sheet: Healthier Eating Made Easy](#)

No one is happy ditching red meat, eggs and fried foods to eat salad. Giving up everything you love eating is a recipe for disaster. Learn of ways to prepare what you love and still eat healthy.



**Well-Being Solutions**

Telephone:  
**833.515.0771**

[WBS Website](#)

HR Corner

**EBB-HR Meeting** – in February’s meeting (2/15), we completed our training on the **Administrative Guide**, which included the **Cobra benefit**. We also had a special guest speaker from **Virta**, a newly implemented **Diabetes program**, and as always, reviewed **HR Reminders**. If you’ve missed this, or any other past meetings, go to our [recording archive](#) to view.



**“Be Good to Your Heart” Tips**

Simple lifestyle changes can make a big impact on heart health. Show your heartsome love!

**Stop smoking:** Quitting smoking is the best lifestyle change that you can make for your heart and health. Quitting isn’t easy, but there are resources that can help kick the nicotine habit.

**Know your numbers:** Healthy weight, blood pressure and total cholesterol play a significant role in heart health. Schedule an appointment with your primary health provider for a screening.

**Screen for diabetes:** Diabetes can be easily detected through a simple blood test and managed a variety of ways under the care of a physician.

**Get active:** Heart-pumping physical activity not only helps in decreasing cardiovascular disease, but can improve mental and physical health. The American Heart Association recommends five 30-minute moderate exercise sessions each week. Walking, jogging, biking and swimming are all great forms of exercise.\*

**Build some muscle:** Strength training complements cardiovascular health by toning muscles and burning fat. Proper strength training improves daily functional movement and decreases risk of injury. The American Heart Association recommends two days of moderate to high-intensity strength training each week.\*

**Eat smart:** A healthy diet of heart-smart foods such as fruits, vegetables, legumes, and whole grains is essential to a healthy heart.

**Limit junk food:** To reap the full benefits of a heart-healthy diet, it’s important to limit intake of nutrient-poor junk foods. Added sugars, saturated fat and excessive sodium are bad for your heart and overall health.

**Stress less:** Stress increases cortisol, which can lead to weight gain. In addition, stress can lead to other unhealthy habits, making it harder to stick to a heart-healthy lifestyle.

**Sleep more:** Sleeping restores the body, helps decrease stress, and increases overall happiness. A calming bedtime routine, and going to bed and waking at the same time each day are all great ways to establish healthy sleep patterns.

**10. Smile:** A happy heart is a healthy heart. Making time for enjoyable activities and hobbies helps relieve stress and improves your overall mood, providing a solid foundation for a heart-healthy lifestyle.\*

*\*Before starting any exercise or strength-training program, consult your physician or other qualified health provider regarding your medical condition.*



**Well-Being Solutions Webinars**

Upcoming Live Webinars:

**Living Nicotine Free**

Thursday, 2/17/22

Recorded On-Demand added this month:

[Sibling Rivalry](#)

[Balancing Your Personal Life with the Needs of Your Older Parents or Loved Ones](#)

[The Parent As Role Model](#)

[Webinar Archive](#)

**Well-Being Solutions**  
833.515.0771

**Carrier Corner**  
Click on any carrier to learn more

**Heart Health**  
Boost heart health all year long

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

There are many habits you can work on to keep your heart healthy. Click here to learn more.

**WELL BALANCED**  
YOUR GUIDE TO A Happy, Healthy Heart

WHAT DOES IT TAKE TO BUILD A STRONGER HEART?  
IT'S EASIER THAN YOU THINK!

**PRESBYTERIAN**

**DELTA DENTAL**

Avoid Surprises with a Pre-treatment Estimate

**Well-Being Solutions**  
[EAP Webinar Archive](#)