

Employee Benefits Bureau NEWSLETTER



Photo: J. Jordan

Employee Benefits Bureau Announces... July 1st Brings TWO NEW PROVIDERS FOR THE SoNM!

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SoNM NEW CARRIERS

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HR Corner &
Employee Reminders
Carriers Information



June/July

JUNE

Health Observances

Alzheimer's Awareness
Brain Awareness
Cataract Awareness
Hernia Awareness
Men's Health Month
Migraine Awareness
PTSD Awareness

*"It's so easy to be grateful
for a flower, for a bug,
for a beautiful day."*

- LOUIE SCHWARTZBERG -



**STAY WELL
HEALTH CENTER**

TAKE ADVANTAGE NEW MEXICO! Self-isolation makes it difficult to get the care we need for ourselves and our family members. That's why the **SWHC is now extending services to ALL covered NM employees statewide** via telephone/video visits! Get the high-quality care you need without leaving your home!

The **SWHC** continues to serve members with in-house physicals, blood draws, and lab follow-ups. Members with illness will be assisted via telephone or video visit.

Their main goal is to keep both patients and staff safe, healthy, and protected. Please wear protective mask at all times when at the Health Center. Call **505.827.2485** to schedule your appointment, **M-F, 7:30AM to 6:00PM.**

Can't make your scheduled appointment? PLEASE NOTIFY the SWHC so they may see



Providing you the tools to live a healthier life.

Administered by ComPsych

We welcome
ComPsych as the
new SoNM EAP
provider of the

Well-Being
Solutions
Program

- Up To **5** FREE EAP Sessions per Issue
- GuidanceResources Online (GRO) – All resources at your fingertips anytime with the GuidanceNow app
- Work-Life Solutions – team of researchers that can give local referrals for a wide range of issues to help you locate the help you need
- Financial – get professional advice from experts
- Legal – Free 30 min consultation and 25% discount
- Supervisor Consultation – to help support management
- Critical Incident – help with crisis in the workplace
- Training Programs and Services – on-demand trainings
- ...and much more

The Employee Benefits Bureau will be communicating more information regarding the new EAP provider and the benefits they offer via email. Watch for them so you can stay informed.

To schedule your **5 FREE Sessions**, contact your **Well-Being Solutions Program at:**

Toll Free: **833.515.0771**

www.guidanceresources.com

Use WEB ID: **SONMEAP**

When registering, the system will prompt you to create a username and password.

EyeMed Vision Care

New Vision Provider



Welcome EyeMed, the new vision provider for the SoNM.

There are no changes to the vision plan and no need to re-enroll.

EyeMed is sending all vision members a Welcome Kit, which will include specific benefit information, your new ID card, and the run-down on how to use your benefits.

Take a tour of the EyeMed/SoNM website at member.eyemedvisioncare.com/sonm to see all the tools and benefits available.

Is your current eye doctor listed in the EyeMed network? If they are not listed, contact EBB at GSDRMD.EBB@state.nm.us. We will work with EyeMed to get them added so you can continue with the care you have chosen.

Watch for our email communications that will help explain your vision benefit through EyeMed, and how to utilize the tools to make accessing your benefits easier.

EyeMed Contact Number: **(855) 219-3138**

EyeMed Member Website:

member.eyemedvisioncare.com/sonm

DELTA DENTAL®

Delta Dental Customer Service (Claims)

phone lines operate

8:00am – 4:30pm

Customer Service: 505.855.7771, or

Toll Free 877.998.7555.

HR Corner

Employee Benefit Reminders

EBB-HR Meeting – upcoming meeting, Tuesday - July 21st. Our special guest speaker will be our new EAP Carrier who will introduce **Well-Being Solutions**, as well as discuss the Manager Tool kit offered for supervisors. EBB will also present on military leave. Unable to attend the live webinar? Recorded/archived webinars for your review/reference: www.mybenefitsnm.com. HR's, watch your inbox for the registration link.

Reminder: Self-Pay Premium - When submitting Self-Pay Premiums via personal check, please remember to sign the back of the COVID 19 transmittal form. Failure to do so will cause unwanted delays. Thankyou.

Reminder: State Employee Transfers – Employees recorded in SHARE should stay active while transferring agencies and should only show terminated when an employee has a break in service, as this will affect the employee's elected benefits. Benefits must remain the same and will be effective the first day of employment at the new agency with no break in coverage.

Reminder: LPB Employee Transfers – LPB employees with no break in employment, may transfer their employee benefits without the waiting period that applies to new employees. Benefits must remain the same and will be effective the 1st day of employment at the new agency with no break in coverage. Reference: Administrative Guide www.mybenefitsnm.com/Documents/Administrative_Guide_April_2020.pdf.

Reminder: Have you updated your information in SHARE lately? Your information may be outdated, causing you to miss important information and documents you may need. Don't miss out; update your information in SHARE now. Sign into [SHARE](#), and go to Personal Details to update.

PATIENT ASSURANCE PROGRAM®

A step closer to solving the diabetes dilemma.

Many people with diabetes have to ration their medication because they can't afford to take it as directed. That's why the SoNM and Express Scripts have partnered to bring down the cost of preferred medications for you and your family members living with diabetes.

Through our market-proven Patient Assurance Program, eligible members will never pay more than \$25 per 30-day supply of preferred and participating diabetes medications. That can mean more affordable access, fewer health emergencies, and more money in your pocket. Do you know what the best part is? **It's already included in your benefit – so there's no additional fee!** Included diabetes medication categories are Preferred insulins, and Preferred non-insulin diabetes medications (DPP-4 inhibitors, GLP-1 agonists and SGLT2 inhibitors)

Have questions about the Patient Assurance Program? See benefit information for more details about participating medications at: www.mybenefitsnm.com (Choose "Benefit Plan Information" in gold bar, then go to **Express Scripts**).

Had your virtual/telephone visit at the SWHC?

They allow you to access care from one of our providers without having to come into the health center. We still see patients in the center if necessary, but our goal is to mitigate exposure to patients and staff and allow people access to care from the safety of their home.

- 1) Any scheduled in-office visit will be converted to virtual or phone encounters if applicable (some patients may require in office visits), with a phone call a day prior to scheduled appointment.
- 2) Sick or same day visits will be scheduled in the same manner.
- 3) Virtual visits require an email address, access to a computer/laptop with a camera. Link for video visit will be sent to email provided.
- 4) At time of appointment, you will sign on to Microsoft Teams calendar invite emailed to you.
- 5) Telephonic encounters will receive a call from the health center at time of appointment.

The SWHC is not testing for COVID-19 virus. Patients will be triaged when calling to determine the best course of action to be taken.



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

Schedule your virtual or telephonic appointment call
827.2485

BlueCross BlueShield

Myth-Buster Podcast: **"The Truth About Foodborne Illness"**

[Listen to Podcast](#)

[Watch Video](#)

Presbyterian Medical Group has expanded the Santa Fe Medical Center Urgent Care to a 24/7 location, similar to the Albuquerque PresNow locations so members can get the help they need and avoid high-cost Emergency Room charges.

Did You Know?

All the informative newsletters from our carriers are now being posted to our website to make it more convenient for you to find all the interesting and important information quickly and easily. Just go to the SoNM Benefits website (www.mybenefitsnm.com), left margin under "Employee Benefits and Carrier Newsletters/Information". There you will find the archive of informative communications waiting for you.



24/7 Support, Resources & Information

Confidential Emotional Support

Work-Life Solutions

Legal Guidance

Financial Guidance

Online Support

Well-Being Solutions
Employee Assistance Program
Providing you the tools to live a healthier life.

Tele: 833.515.0771

www.guidanceresources.com

CLICK HERE!

BlueCross BlueShield Tool Kit – filled with good information and fun stuff too!

DELTA DENTAL

Learn more about sugar-sweetened beverages and your family's teeth

eye Med

Start Managing Your Benefits In A Few Easy Steps...