Employee Benefits Bureau NEWSLETTER

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Employee Benefits Bureau (EBB) Website www.mybenefitsnm.com Contact EBB GSDRMD.EBB@state.nm.us





SoNM 2021 Open/Switch Enrollment - Right Around the Corner

Open/Switch Enrollment (OSE) season is fast approaching and will be held as a virtual event again this year and the Enrollment Window will be open for the entire month of October, giving you plenty of time to make sure you and your family are covered. The Employee Benefits Bureau is busy preparing the event for our employees and it will run as follows:

- Carrier Presentations beginning in September;
- actual enrollment event in October;
- changes becoming effective January 1, 2022;

It's time to start thinking about what benefits you may need for you and your family for the 2022 calendar year. Here is some helpful information to help you prepare:

Get familiar with necessary forms needed to make changes to your elections. For example: if adding a dependent, you will need a marriage or birth certificate, affidavits, etc. Other changes might require POP Waiver, Termination of Dependent form, etc. This is the time to get familiar with the required documents before you sit down to elect your 2022 coverage. See our website for more details.

The Employee Benefits website is always the place to go to find information about all the benefits offered by the SoNM. <u>www.mybenefitsnm.com</u>



The Employee Benefits Trifold – listing important information about each benefit offered: <u>https://www.mybenefitsnm.com/documents/Emply_Trifold_4.21b-NewProviders.pdf</u>

Important forms, guidelines, and policies: https://www.mybenefitsnm.com/FGP.htm

There will be an "**Open Enrollment 2022**" tab at the top of the Employee Benefits main webpage during the Open/Switch Enrollment Event in October. This will be your one-stop-shop for enrollment with all needed information, forms, directions, etc.

Please watch this newsletter, our website, and Eblasts for more enrollment information.

Staying Safe This Summer

Spending time in the sun and outdoor activities can be a lot of fun, but there are risks. Here are some tips that can help:

Warmer Weather - Drink plenty of water, take frequent breaks, and limit strenuous activity to the mornings and evenings. Sun Safety - While we can't totally eliminate sun exposure, you can take steps to help minimize any sun damage: avoid the sun when it's at its hottest (10 AM to 2 PM); use a non-toxic broad-spectrum sunblock with an SPF of 30 or higher.

Overheating - Reapply sunblock every 2 - 3 hours; wear a wide-brimmed hat to help protect your eyes and face. If you are going to exercise in hot weather, know the signs for heat exhaustion and heat stroke.

Heat Exhaustion - Heat exhaustion occurs as a result of long-term exposure (usually over several days) to heat, combined with a lack of fluid intake. With heat exhaustion, body temperature will usually stay at a normal level. Symptoms include: • Sweating • Fatigue • Headache • Paleness • Weakness • Nausea • Muscle Cramps • Dizziness • Clammy Skin.

Heat Stroke - Heat stroke occurs as a result of heat exhaustion that is left untreated. The body becomes unable to self-cool, resulting in an elevated body temperature. Signs of heat stroke include: • Hot and dry, red skin • Confusion • Fainting. Heat stoke is a serious condition that can be fatal if left untreated. If someone you know is suffering from heat stroke, call for immediate medical assistance. While waiting for emergency assistance to arrive, immerse the victim in cold water or cover their body with cold, wet cloths.



Counseling, self-improvement tools, and everydays olutions that can help you be your best, at home and at work.

<u>Violet</u> Awareness Month

These services are free, confidential, and available all day, every day to you and your hous ehold members.

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www.mybenefitsnm.com



The Employee Benefits Bureau has been working hard to create a more user-friendly website where employees can easily find everything they need to be fully informed on all the benefits offered in the SoNM Health Benefit Package. This website has been re-designed to make it easier for our employees to understand their benefits, and helping them get the most out of their elected coverage.

Be sure to watch next month's EBB Newsletter for more information on the new Employee Benefits website!



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Too Much Heat - Know the Signs

Besidesdehydration, heat exhaustion and heatstroke are the two most dangerous health-related illnesses. With heat exhaustion, one exhibits cold, clammy skin, heavy sweating and nausea. What to do? Move out of the heat and slowly sip water. With heatstroke, one may experience a rapid pulse, hot, red skin, and can even lose consciousness. Call 911 immediately, and do not give fluids. Do, however, move out of the heat and apply cool cloths until help arrives.

Did You Know....

Only 1 in 10 adults

eat enough fruits and vegetables each day, according to the Centers for Disease Control and Prevention.

What's Candida?

Do You Keep Your Shoes on Indoors?

Most of us don't think about what's on the bottom of our shoes. Just walking into our home can track in disease-causing germs. Researchers from the University of Arizona found that shoes can be a carrier for viruses and bacteria, including E.coli.

This level of contamination may be a low health threat for most, but it can prove proble matic for young children or immunocompromised individuals. We can reduce the unnecessary spread of germs in our homes by taking our shoes off at the door, washing our hands immediately after touching our shoes, and cleaning our shoes often. Whether it's your home or someone else's, removing your shoes will help prevent illness.

Source: Adda Bjarnadottir, MS, LN

According to Amy Myers, MD, Candida is a naturally occurring species of yeast, a type of fungus living in and on our bodies. It's a part of the body's normal microflora - the microorganisms present in a delicate balance in your mouth, throat, gut, vagina, and on our skin. Our healthy bacteria usually keep candida balanced, however, it's the most common cause of fungal infection in humans.

Candida overgrowth can be caused by things like antibiotics, high sugar/refined carb diet, high alcohol intake, dairy, a weakened immune system, oral contraceptives, diabetes, high stress levels, etc. Once it starts to over produce, it can cause various health issues such as oral thrush, fatigue, reoccurring urinary tract infections, digestive issues, sinus infections, skin/nail fungus, joint pain, etc.

On the other hand, certain foods have been shown to encourage "good" bacteria growth and to inhibit the growth of Candida. The following foods have been shown to help fight candida infections (always speak to your doctor a bout any health issues or if you require medication): Garlic - contains an antifungal substance called allicin; Coconut Oil - high in lauric acid; Curcumin - may kill yeasts, or at least reduce their growth; Aloe

Candida and help prevent infections; Pomegranate - beneficial against Candida yeasts; Kombucha-rich in tea polyphenols and acetic acid; Probiotics – Lactobacillus may reduce Candida growth and protect against infections.

Well-Being Solutions **Webinars**





Being Adaptive In an Ever- Changing World Journaling and Writing for Personal Growth

We'd LOVE to see you enjoying yourself at your local Farmer's Market, buying healthy and delicious food while helping the environment!



Share your Farmer's Market photos with us. We want to see you enjoying healthier foods, connecting to community, supporting local economy, and living a healthier, happier life!

Send your photos to: SDRMD.EBB@state.nm.us

Taking Care of You and **Your Family**

According to the Environmental Working Group (EWG), approximately 70% of non-organic produce sold in the United States contains harmful pesticide residue. The EWG's puts out an annual "Dirty Dozen" list, ranking pesticide residue levels of fruits and vegetables based on samples taken by the U.S. Department of the Food and Agriculture and Drug Administration. These results are published annually in the Shopper's Guide to Pesticides in Produce. They also update their "Dirty Dozen." listing every year with the most pesticide-tainted produce. Take a look and learn more about what your family is eating.

Natural, medicinal suggestions to help with candida overgrowth:

(Please check with your doctor)



Dirty Dozen and the

Clean 15



white blood cells, which helps your body fight yeast from within Arabinolactin Probiotics that is a worthu allu in the battle against candidiasis

Aloe Vera Leaf

consumption can help increas

Anise Seed Anise seed is a very powerful substance to fight harmful organisms like yeast and candida overgrowth.

Black Walnut Hulls Rich in tannins, this can kill bot parasites and reduce fungal ov



Digestive enzymes like cellulase are critical to break down the resilient cell wall of Candida

slowing candida growth Wormwood Leaf Reduces bad bacteria and cleanses out of the

One studu shows it is as effective as

Reishi Mushroom Has antifungal benefits including anti-yeast activity against candida4





Wishing You Good Health ~ EBB



Turning your gut yeast population to normal healthy levels. Protease

Lactobacillus Acidophil



Cellulase