

App: GuidanceNowSM

Coming Soon... The NEW SoNM's EMPLOYEE BENEFITS WEBSITE



STATE OF NEW MEXICO — GROUP BENEFITS PLAN

HOME

STAY WELL HEALTH CENTER

EMPLOYEE RESOURCES

EMPLOYER RESOURCES

CONTACT



Covid-19 Vaccination Helpful Resources

UPDATE: No Benefit Premium Increases for Beginning of Fiscal Year 22

Welcome to the State of New Mexico Group Benefits Plan

Do you want to pre-register for your COVID-19 Vaccine?

Carrier Presentations and Benefits Information (new hires and qualifying events)

Premium Reminder

An Important Message from the SoNM Health Carriers about COVID-19 (click here)

SoNM Health & Wellness Initiative

Newsletters and Updates



Employee Resources

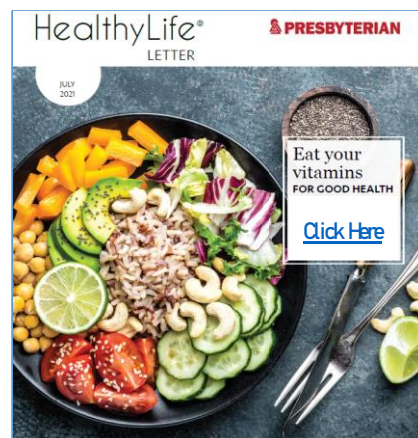


Employer Resources

Quick Link to Benefit Plan
Click a link for more information

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!





Employee Benefits Bureau's Health & Wellness!



Too Much Heat - Know the Signs

Besides dehydration, 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.



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 problematic 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.



Dirty Dozen and the Clean 15

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 Agriculture and the Food 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.

What's Candida?

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 overproduce, 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 about 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.

Natural, medicinal suggestions to help with candida overgrowth:

(Please check with your doctor)

 Oregano Leaf Extract Contains oleanolein, a powerful anti-fungal that prevents candida overgrowth.	 Aloe Vera Leaf Has antifungal properties, internal consumption can help increase white blood cells, which helps your body fight yeast from within.
 Caprylic acid Anti-fungal used to treat overgrowth of candida and thrush.	 Arabinolactin Probiotics that is a worthy ally in the battle against candidiasis.
 Lactobacillus Acidophilus Turning your gut yeast population to normal healthy levels.	 Anise Seed Anise seed is a very powerful substance to fight harmful organisms like yeast and candida overgrowth.
 Protease This protein breaks down walls of candida and other types of unusual cells.	 Black Walnut Hulls Rich in tannins, this can kill both parasites and reduce fungal overgrowth. One study shows it is as effective as antifungal creams in slowing candida growth.
 Cellulase Digestive enzymes like cellulase are critical to break down the resilient cell wall of Candida.	 Wormwood Leaf Reduces bad bacteria and cleanses out of the intestines.
	 Reishi Mushroom Has antifungal benefits including anti-yeast activity against candida.

Well-Being Solutions

Webinars



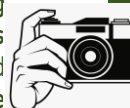
[Being Adaptive In an Ever-Changing World](#)



[Journaling and Writing for Personal Growth](#)

[Click here](#) for more webinars

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: ESDRMD.EBB@state.nm.us

Wishing You Good Health - EBB

