

Employee Benefits Bureau NEWSLETTER

June



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CONGRATULATIONS TO OUR COMMIT TO FIT CHALLENGE WINNERS!!!



Rita Abboud	Justin Brozek	Andrea Orona	Mandi Valdez
Christopher Aguilar	Kathy Chase	Tamara Peterson	Stephanie Valdez
Holly Beck	Emilio Chavez	Laci Reynolds	Isaiah Weeks
Isaac Beckel	Rosita Duran	Savannah Rivera	Kayla Whittaker
Petria Bengoechea	Robert Keller	Austin Smith	Tyson Whittaker
Michelle Bernstein	Rick Montova	Nicole Smith	

June Health Observances

[Fresh Fruit and Vegetable Month](#)
[Alzheimer's and Brain Awareness](#)
[National Safety Month](#)
[Aphasia Awareness](#)
[Cataract Awareness](#)
[National Hernia Awareness](#)
[Men's Health](#)
[Migraine & Headache Awareness](#)
[PTSD Awareness](#)
[Work Safety](#)
[Scleroderma Awareness](#)
[Antiphospholipid Antibody Syndrome awareness](#)
[Child vision awareness](#)
[World infertility awareness](#)
[World Hunger awareness](#)

Above are the top finishers for the COMMIT TO FIT Challenge. It is typical for 2 or 3 individuals to come in at the top, but with this first SoNM challenge, we had 23 employees from all over the state who share first place! Congratulations to these employees for taking charge of your health and making/maintaining a positive change in your life!

One of the most priceless investments is our good health. When we think of good health, we think of a good functioning body, but equally important are the psychological, mental, social, and Spiritual aspects of ourselves. Remember to work on every aspect to obtain optimum well-being.

The SoNM medical carriers, as well as Well-Being Solutions, offer you tools and information that will help you achieve total health. How long has it been since you explored your medical coverage's Member portal? Go take a look and discover all the things available to you to improve your health and life.



Employee Benefits Bureau (EBB)
Website

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NEW MEXICO
GENERAL SERVICES DEPARTMENT



BlueCross BlueShield of New Mexico

Just In Time For Summer!

BCBS New Members Can Join the Fitness Program and Have Enrollment Fee Waived for June – Don't Miss Out, Join Today!

Summer special: New eligible members who sign up from June 1 to June 30, 2021, can take advantage of this waived enrollment opportunity for the Fitness Program.

What the Fitness Program offers: The program offers four **flexible** gym options, convenience and access. [How employees can enroll.](#)

Sugar Calories in Your Drinks

As per the CDC, sugary drinks are a leading source of added sugars in our diet, and are one of the most fattening items we can consume.

Sugary drinks, as well as "diet" beverages, can contribute to health issues such as obesity, type 2 diabetes, heart disease, cancer, and many others. Fruit juice is not much better as it often contains as much sugar as soda.

Clean water, however, is vital to our health as it cleanses the body. Every cell, tissue and organ in our body needs water to work properly. It helps remove wastes, regulates temperature, lubricates joints, and protects tissues.

Please remember, plastic water bottles can take up to 1000 years to degrade, but NEVER biodegrade! They will remain a toxin in our environment forever.

HR Corner

At our EBB/HR meeting on 6/15, we reviewed Flexible Spending Accounts (FSA), Utilizing the FSA Portal, FSA Claims, FSA Debit Card, FSA Overall processes, and gave a dedicated training on the billing process for our LPB Agencies.

Clarification: In regards to the following question that was asked in the May 18 HR meeting:

Q: "If a State employee is retiring on June 30, 2021, when will their benefits terminate?"

A: June 30, 2021 is in the middle of a pay-period.

- Benefits will terminate on July 9, 2021 **if** premiums were collected.
- If premiums are not collected, HR must send the employee a transmittal form in order to collect a self-pay payment. If the premiums are not paid by the end of the following pay period, HR must submit a *Notification to Terminate Benefits Due to Non-Payment Form* requesting the benefits be terminated back to the last day of the pay period in which payment was received.

Note: If the retiree's benefits overlap with the start of Retiree Health coverage, the employee will have the option to coordinate their coverage. This means claims can be processed through both coverages. However, keep in mind that neither the State nor the Retiree Health Care Authority pay for these services. It will be the employee's responsibility to submit the claims to the secondary coverage.

Stay Informed About
Your Dental Benefits
With Member Portal



Member Portal gives you 24/7 access to important information about your dental benefits. Check which members are covered on your plan; find an in-network dentist; see common procedures; access an online ID card; view the status of all claims and toggle between different family member claims; and view and print Explanation of Benefits (EOBs). **Note:** Member Portal has replaced Consumer Toolkit.

Log in using your existing Consumer Toolkit® credentials OR, if you don't have existing credentials, click "Sign up". Complete the required fields and follow the on-screen instructions to register as a new user

NOTE: You will need the subscriber's ID (the person whose name is on the benefit package). The member ID is an assigned number unique to the subscriber. In many cases, the member ID is the same as the subscriber's Social Security number.

Questions? Call Toolkit Support at 866-356-0301

**Carrier
corner**

Click on
any carrier
to learn
more

BlueCross BlueShield Newsletter



[Click Here](#)

**The Vitamin
Cigna**

[Click Here](#)



[Click Here](#)



One-Pan Salmon with Roasted Asparagus

June 2021 **Brain Health**

The choices you make now have short-term and long-term effects on your brain health. Read more in this month's newsletter.

[Click Here](#)

PRESBYTERIAN

The Health Benefits of Olive Oil

[Click here to read more](#)



**Well-Being
Solutions**

On-Demand Trainings

[Available to you right now!](#)



Employee Benefits Bureau's Health & Wellness!

Helpful Information from Well-Being Solutions

Staying Ahead of Life's Challenges, Even in Difficult Times

Especially today, managing home, work and family, can be overwhelming. Well-Being Solutions can help you find resolutions, they will research to get you detailed information so you can make decisions which best suit your needs.

[Click here for more information.](#)

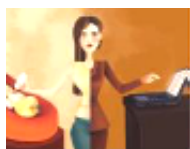
Languishing and COVID

Especially now, many can relate to not feeling bad, just not feeling great, feeling hollow and empty. Given all the alone time we've all just experienced, it's not surprising that large numbers of people are facing such crises. Your Well-Being Solutions can help.

[Click here to find out more.](#)



Well-Being Solutions Webinars



[The Successful Single Parent](#)



[Paying Off Debt While Building Wealth](#)

[Click here](#) for more webinars

If You're Not shopping At Your Local Farmer's Market, You're Missing Out!

There are so many reasons why buying food from a local farmer's market is important. Most of us don't know where our food is grown, it could be from a farm in the next country, or fields on the other side of the world.

Many consumers are becoming conscious eaters for one reason or other, enjoying homegrown, locally produced foods. Whether it's to improve one's health, help the environment, boost the local economy, or simply because it tastes so much better, people are starting to purchase local organic foods, and that's a wonderful thing!

Besides better-tasting, environmentally conscious food, there are lots of other reasons to eat locally. Here are some great reasons to shop your local farmers market:

- **Boost nutrition.** Freshly picked produce contains more nutrients. Organic produce does not contain harmful chemicals and toxins.
- **Help the environment.** Eating locally saves huge amounts of packaging waste and energy required to ship food around the globe.
- **Support local farmers and the local economy.** In this time when sustainable farmers struggle to survive, farmer's market profits go straight into farmers' pockets, which helps small farms stay viable.
- **Taste the difference of eating the freshest food around, hours from the field.**
- **Learn about your food.** Kids and adults alike enjoy exploring firsthand where and how foods are grown, harvested, and eaten by talking to farmers.
- **Become part of your community.** Markets are festive and lively social venues where you bump into friends, meet local farmers, and make connections.

Did you know there are approximately 80 Farmer's Markets across New Mexico? Click the link below the above image to find one near you, but be careful... clean, fresh, and delicious food is addicting (not to mention how great it makes your body feel)! ENJOY!



[Find a Farmer's Market Near You](#)

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



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

5 REASONS TO ADD COLOR

Colorful, delicious and nutritious foods help keep our bodies and minds healthier, longer.

1. Lots of the Good

Fruits and vegetables provide many beneficial nutrients. Add fruits and vegetables to meals and snacks for a nutritional power boost.

2. Less of the Bad

Fruits and vegetables are typically free of trans fat, saturated fat and sodium. Load up!

3. Won't Weigh You Down

Fruits and vegetables are low in calories. They fill you up thanks to the fiber and water they contain, which can help manage your weight.

4. Super Flexible Super Foods

All forms of fruits and vegetables — fresh, frozen, canned and dried — can be part of a healthy diet. They are among the most versatile, convenient and affordable foods you can eat. Choose those with little or no added salt or sugar.

5. A Whole Body Health Boost

A healthy eating plan full of fruits and vegetables can help lower your risk of many serious and chronic health conditions, including heart disease, obesity, high blood pressure, diabetes and some types of cancer. They're also essential to your everyday health.