



# Employee Benefits Newsletter



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## Recent Changes in Mental & Behavioral Health Coverage

January 1, 2022 saw significant changes to mental and behavioral health services for employees covered under a SoNM medical plan.

Signed into law in April of 2021, Senate Bill 317 titled “No Behavioral Health Cost Sharing”, prohibits copays and other cost sharing for covered employees who seek Behavioral Health services.

This bill covers all cost-sharing, which means no copays or deductibles for covered employees and their covered dependents in regards to:

- Professional services rendered by an in-network Behavioral Health provider (counseling or therapy), *except when delivered in an emergency room or urgent-care center.*
- Services rendered by an in-network primary care provider for a Behavioral Health diagnosis.
- Outpatient and inpatient facility Behavioral Health services provided by a Behavioral Health provider, including substance abuse.
- Drugs prescribed for a mental or Behavioral Health diagnosis that are covered under the SoNM medical plan formulary, or are authorized by the plan.

As mental and physical health become more and more important, this new law is designed to make it easier for employees to obtain any needed mental and Behavioral Health care, as well as those medications prescribed for a mental or Behavioral Health diagnosis.

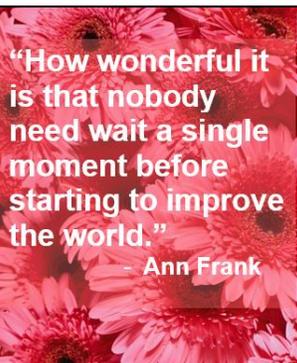
For further information and clarification, please see the following documents from the Office of the Superintendent to help fully understand these new changes to your benefits.

[CLARIFICATION OF ELIGIBILITY FOR BEHAVIORAL HEALTH COST-SHARING](#)

[CONSUMER ADVISORY - New Mexico’s law to eliminate out-of-pocket costs for behavioral health services for many insured New Mexicans](#)

[BULLETIN 2021-009](#)

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- March Health Awareness Month:**
- [Colorectal Cancer Awareness](#)
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- [Brain Injury Awareness](#)
- [Hemophilia Awareness](#)
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- [Nat’l Nutrition](#)
- [Nat’l Red Cross](#)



## Well-Being Solutions

Change can be exciting and positive, but is all too often accompanied by stress and uncertainty. Whether it’s helping your employees deal with anxiety about returning to the workplace, coping with ever-changing COVID protocols, or addressing burnout, Well-Being Solutions is here to help!

### The Tools You Need Today

We all deal with stress, especially as the pandemic reaches its two year point. Here are some helpful tools and resources for our employees to utilize in 2022:

- [Self-Assurance Toolkit](#)
- [Resiliency Resource Guide](#)
- [Help Sheet: Coping with Uncertainty](#)
- [Help Sheet: Overcoming “Cave Syndrome”](#)
- [Help Sheet: Seasonal Affective Disorder](#)

Set up for success.  
Below are resource guides that can help:

- [Motivation Resource Guide](#)
- [Workforce in Transition Resource Guide](#)

## Well-Being Solutions

833.515.0771

[WBS Website](#)

[Webinar Archive](#)

**5 Free visits per issue, per year for employee, their dependents, and family members living in household.**



EBB Website  
[www.mybenefitsnm.com](http://www.mybenefitsnm.com)  
Contact EBB  
[GSDRMD.EBB@state.nm.us](mailto:GSDRMD.EBB@state.nm.us)



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GENERAL SERVICES DEPARTMENT

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

HR Corner

**EBB-HR Meeting** – in the recent March meeting (3/15), we reviewed the importance and process of Operating Transfers for payment of benefit premiums for agencies and its employees and as always HR Reminders. If you've missed a meeting, go to our [recording archive](#) to view.

Employee and HR Reps

For benefit-eligible employees transitioning from a Temp to a Permanent position, benefits will remain continuous, with no interruption.

HR Representatives must work with Erisa to ensure benefits for these transitioning employees are not terminated and remain active.



**Well-Being Solutions Webinars**

**Recorded On-Demand added this month:**

[Know Before You Go: How to Prepare for a Visit to the Doctor](#)

[Deescalating Potentially Violent Situations](#)

[Social Skills Refresh! How to Have Good Conversations In Social Situations](#)

[Working through Mistakes](#)

[Webinar Archive](#)

**Well-Being Solutions**  
833.515.0771



**Care Beyond the Walls™ at the SWHC**

The Stay Well Health Center's new Administrator officially takes over April 4<sup>th</sup>! Care services will continue as follows:

Week of March 28<sup>th</sup> – the Stay Well Health Center will offer virtual visits while we transition to our provider.

Week of April 4<sup>th</sup> – Regular care services will begin again with both in-person and virtual visits.

New hours – **Monday – Friday, 7:00AM to 5:00PM**

New Number – **505.570.4949**

**Appointments are currently being scheduled.**

**Patient Advocacy** **Because health is more than just temperatures and test results. Get health for your whole life.**

- Community & government resources
- Mental health support
- Benefit Navigation
- Lifestyle & wellness support



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