



Employee Benefits Bureau NEWSLETTER



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Page 1

SoNM Benefits

Page 2

[HR/Employee Reminders](#)

[Well-Being Solutions Webinars](#)

[Holiday Emotional Health](#)

[BCBS Colon Cancer Screenings](#)

[Carrier Corner](#)

November 2021

November Health Observances

[American Diabetes Month](#)

[Native American Heritage](#)

[Diabetic Eye Disease](#)

[Prevent Blindness America](#)

[Lung Cancer Awareness](#)

[National Alzheimer's Disease Awareness](#)

[National Epilepsy Awareness](#)

[National Family Caregivers](#)

[National Healthy Skin](#)

[National Home Care Month](#)

[National Hospice and Palliative Care](#)

[Pancreatic Cancer Awareness](#)

[Prematurity Awareness](#)

[Tie One On For Safety®](#)

[\(MADD\)](#)

**Thank you to all those who participated in Active Enrollment 2021.
We're looking forward to a great 2022 benefit year! - EBB**

Important Information About Your FSA Benefit(s)

FLEXIBLE SPENDING ACCOUNTS - Balances

Health Care FSA- Employees have until March 15th, 2022 to incur an eligible FSA expense, and until March 31st, 2022 to submit a claim against 2021 FSA funds. Remaining funds can be used to make over-the-counter purchases. Please remember, unused funds will be forfeited. If unsure of what Health Care expenses are eligible to be purchased with remaining Health Care FSA funds, [click here](#) for a list of eligible expenses, or visit the [FSA Store](#) for products, services, and expenses that may be purchased with your unused 2021 FSA funds. (Over the counter medications are now allowed without a prescription.)

Dependent Care FSA – All 2021 funds must be used by December 31, 2021. Any unused funds at the end of the plan year cannot be rolled over or refunded (*use-it-or-lose-it* rule). Your dependent care FSA does not have a grace period like FSA does.

Transportation and Parking (Commuter Account) FSA – Remaining accrued funds can continue to be utilized until depleted. Please note that Transit and Parking are separate benefits, and funds are limited to use with the specific services (parking cannot be used for transit expenses and vice versa).

2020 FSA Funds Reminder: As per the CARES Act, utilization of 2020 Health Care and Dependent Care FSA Funds can still be utilized through 12/31/21. Members have until the end of December 2021 to incur claims for reimbursement, or spend any remaining 2020 balances in their Health or Dependent Care accounts ([list of eligible expenses](#), [FSA Store](#)).

HAVE YOU UPDATED YOUR INFORMATION IN SHARE?

Please take a moment to verify that your information in SHARE is up to date and correct. This information is used for important tax and benefit documents. An error in your personal information can cause delay or loss of these important mailings.

Were changes made to your benefits during Active Enrollment 2021?

If there were changes made to your benefits, checking your 2022 pay advice regularly will help ensure your premiums are being deducted properly. It is the employee's responsibility to ensure these deductions are correct. If there is an error, please contact Erisa (855.618.1800) immediately.

2022 Benefits Deduction Schedule:

Benefits – 1st premium deduction(s) will be reflected on **1/14/22** pay advice

FSA's – 1st FSA deduction(s) will be reflected on the **1/14/22** pay advice



Employee Benefits Bureau (EBB) Website

www.mybenefitsnm.com

Contact EBB

GSDRMD.EBB@state.nm.us

carmella.jasso@state.nm.us

Voluntary Benefits – 8 More Days...



Voluntary Benefits
Open Enrollment
2021



Only eight more days left of Voluntary Benefits informational webinars where you can attend to learn all about what each carrier has to offer. These webinars are scheduled to end November 30, 2021, then **Voluntary Benefits Enrollment begins December 1 – 31, 2021**. For more information on the Voluntary Benefits being offered, or to attend a Carrier webinar, [click here](#).

Please Remember: any questions or issues must be addressed directly to your chosen carrier.



NEW MEXICO
GENERAL SERVICES DEPARTMENT



HR Corner

EBB-HR Meeting – In our last meeting (November 17th), we discussed Life Insurance/Line of Duty, and continued with our journey through the Administrative Guide. If you've missed this, or any other passed meetings, go to our [recording archive](#) to view.

THANKSGIVING AND OUR EMOTIONAL HEALTH

Thanksgiving is a joyful time, but busy schedules, financial roadblocks, family dynamics, and continued unknowns can make this a time stressful. Here are tips to help you enjoy the holidays.

Stick to physical, emotional, financial, and social boundaries.

Don't feel guilty if you say no, do what feels right to you.

Prioritize sleep and exercise.

Do your best to maintain your healthy routines, they are both critical to mental and emotional health,

Set realistic expectations.

Be prepared, but don't be surprised if things don't pan out exactly how you imagined. There is only so much you have control over.

Schedule time for self-care.

Though your schedule may look different over the holidays, make time for the things that bring you inner peace and happiness.

Be honest about your feelings, they'll appreciate your authenticity.

Even if they don't completely understand your view, they will be less likely to pressure you into uncomfortable conversations.

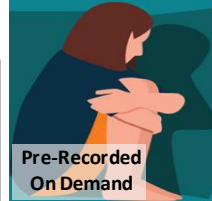
Be kind to yourself, and enjoy.

Sources: www.dosomething.org/us/articles/7-ways-to-protect-your-mental-health-during-thanksgiving-this-year
www.mayoclinic.org/healthy-lifestyle/stress-management/in-depth/stress/art-20047544
www.hhhealthassociates.com/we-line-s-newsletters.html

Well-Being Solutions 833.515.0771

Well-Being Solutions Webinars

[Click here for more webinars](#)



Pre-Recorded
On Demand

[Coping with Traumatic Events](#)



Now On
Demand

[Communicating the Tough Stuff to Your Child](#)



Pre-Recorded, On Demand

[Getting the Best Value out of Your Health Benefits](#)

Catch Colon Cancer Early with Screenings

- Colon cancer is preventable cancers.
- Screening is recommended for everyone with average risk 45+.
- BCBSNM is working with Home Access Health Corp., to offer an in-home test kit.
- We encourage conversations with health care providers about colorectal cancer screening.



[Click here for more information from BCBS](#)

Carrier
Click on any carrier to learn more

Blue Cross and Blue Shield of New Mexico
Health Kit | November 2021

SUPPORT EMPLOYEES IN CAREGIVING ROLES

The Vitamin

Turkey Swedish Meatballs with Cauliflower Mash

Dec 2021 **Self-care**

Self-care can help manage stress, lower risk of illness, and increase energy. Even small acts of self-care in one's daily life can have a big impact. Click here to read

STAY WELL HEALTH CENTER
Serving SoNMLPB Employees Covered Under a SoNM Employee Medical Plan

EXPRESS SCRIPTS

eye Med

SoNM Benefits:
Providing you tools to live a healthier life

HealthyLife LETTER

Make a new Thanksgiving tradition

DELTA DENTAL

How does your smile score?

Visit myDentalScore today.

Well-Being Solutions

EAP Webinar Archive