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October 2021

September Health Observances

Blood Cancer Awareness Childhood Cancer Awareness Healthy Aging ® National Atrial Fibrillation Awareness National Childhood Obesity <u>Awareness</u> National Cholesterol Education National ITP (Platelet Disorder) Awareness National Sickle Cell National Yoga Awareness **Ovarian Cancer Awareness** Pain Awareness **Prostate Cancer Awareness** Sepsis Awareness Sexual Health Awareness World Alzheimer's Month



Employee Benefits Bureau (EBB) Website www.mybenefitsnm.com

Contact EBB
GSDRMD.EBB@state.nm.us
carmella.iasso@state.nm.us



Get Ready For ACTIVE ENROLLMENT 2021 Begins October 1st! (Oct 1 – Oct 31)



The Employee Benefits Bureau (EBB) kicked off the ACTIVE ENROLLMENT 2021 season with live-interactive carrier webinars, which will run through September 29th (see schedule below). With these live webinars, employees have an opportunity to hear about new changes to the medical plans (BlueCross BlueShield and Presbyterian, Cigna remains unchanged), as well as details of each offered SoNM benefit, and can ask any questions, getting their answer directly from the carriers. If you are unable to attend a live webinar, they will be recorded and posted on the EBB Benefits Website for your convenience and reference (www.mybenefitsnm.com).



Benefit enrollment will look a little different this year as we have updated our Employee Benefits Website (www.mybenefitsnm.com). Employees can expect a clear and easy Active Enrollment process.

ALL benefit-eligible employees must participate in Active Enrollment 2021 by submitting one of two forms, even if they are not making any changes to their benefit elections.

All required documentation must also be submitted with either the Enrollment/Change Form, or the No Change Form.

Plan design changes have been made to both BlueCross BlueShield and Presbyterian plans (Cigna plan remains unchanged). We see many of our members overpaying for their coverage

These changes are designed to help our members save money while obtaining the services they need. This is one reason why it's important to attend the live-interactive webinars during the month of September. During these webinars the account representatives will explain these changes and answer any questions you may have.

Our <u>Employee Benefits Trifold</u> is a great source for benefit information.

Important forms, guidelines, and policies can be found at: https://www.mybenefitsnm.com/FGP.html.

SoNM 2021 Active Open Enrollment Carrier Webinar Schedule

September						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
19	20	<u>vvebilial</u>	22	venillai	24	25
		10:00 AM and 2:00 PM		10:00 AM and 2:00 PM		
26	27 Webinar 10:00 AM and 2:00 PM	28	29 <u>Webinar</u> 10:00 AM and 2:00 PM	30		

CLICK HERE FOR CALENDAR WITH ACTIVE LINKS

HR Corner

EBB-HR Meeting — **September 21**st, **10:00AM**. We will discuss Active Enrollment 2021; accessing the EyeMed-Network; review SHARE bio-graphic entry; and give HR reminders. Missed an HR meeting? No problem. For an archive of this and past HR presentations, visit the archive of recorded presentations on our website at: www.mybenefitsnm.com.

Well-Being Solutions Webinars







Financial Planning
For Life

Click here for more webinars

It's Flu Season... Have You Gotten Your Flu Shot?

Influenza is still a concern for many, and this year is no exception. As always, employees can get their annual flu shot at your doctor's office or local pharmacy. DOH maintains a list of Flu Shot Clinics around the state. To see that list click here.

Santa Fe's **Stay Well Health Center** administers yearly vaccinations **with an appointment**. Please call the Health Center to see about getting your flu shot before flu season hits.

SWHC Mon - Fri 7:00AM to 6:00PM 827.2485

Your BlueCross BlueShield benefit offers its members

many ways to keep healthy. From Fitness Program new

member discounts to help with colon health, to health and wellness discounts, BlueCross BlueShield has what you need to keep you on track to the healthiest you.

Click on a link to find out more!

Staying Fit with -



BlueCross BlueShield of New Mexico

Taking Care of Your Colon Health

Get Fit, Stay Well with Blue365® Discounts

Encourage Your Employees to Download and Use the Mobile App

Fitness Program Members Have More Options to Stay Fit with New Digital Features

Still have time to take advantage of the Fitness Program Waivers of September Enrollment Fee for New Members

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