

Employee Benefits Bureau Newsletter



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September



YEARS MAY
WRINKLE THE
SKIN, BUT TO GIVE
UP ENTHUSIASM
WRINKLES THE SOUL
-Samuel Ullman

SoNM Health Fair
[ROSWELL](#)

Thursday 9/26
11AM – 2PM
#1 St. Mary's
Place

these mountains
that you are
carrying, you were
only supposed to
climb.

Najwa Zebian

GETTING READY FOR OPEN/SWITCH ENROLLMENT



OPEN/SWITCH ENROLLMENT (O/SE) PRESENTATIONS **BEGIN OCTOBER 1st!**

The upcoming O/S Enrollment presentations provide State of New Mexico (SoNM) and Local Public Body (LPB) Agency employees the opportunity to be informed and prepared to make any needed changes to their existing benefits. Open Enrollment kicks off on October 1st with the first Open/Switch Enrollment live presentation being held at the African American Performing Arts Center (please see schedule on [page 2](#)).

We strongly suggest that all employees attend one of the offered presentations to ensure they are fully informed regarding each benefit and all that is offered. This way the employee is sure to elect the correct and appropriate coverage for themselves and their families.

This year's enrollment for Health Benefit coverage is **not mandatory however**, enrollment participation *is necessary* if employee wishes to make changes to their current coverage*. Participate in Flexible Spending (FSA) requires enrollment during O/SE as participation in medical or child/ elder care FSA accounts must be renewed annually. Enrollment is **online** and all forms and links will be posted on our website (www.mybenefitsnm.com) as we move closer to the OE event. Please visit our website to get all updated information.

*Please be reminded, the Special Life Enrollment Period extends through November 19th. This is your opportunity to obtain Life coverage without needing to submit an Evidence of Insurability (EOI).

IMPORTANT DATES

Open/Switch Enrollment Presentations

SoNM On-line O/S Enrollment Period

LPB On-line O/S Enrollment Period

Changes requested during OE take effective

Deductions Schedule:

First CY20 Bi-weekly FSA Deductions

First CY20 Bi-weekly Benefits Deductions

Oct 1st – Oct 30th

Nov 5th – Nov 19th

Oct 1st – Oct 31st

Jan 1, 2020

Jan 3, 2020

Jan 17, 2020

Open/Switch Enrollment is an on-line process that **must be submitted during the enrollment period (shown on left) no exceptions will be made.**

Not sure what your current coverage is?

No problem. Employees can check their current coverage by signing into their SHARE account. For complete instructions go to the "SHARE Self-Service Manual" link at: www.mybenefitsnm.com. Click the "Enrollment" Link on the gold bar at the top of the page. Then "SHARE Self-Service Manual" (left margin). Instructions to review benefit elections begins on page 50.

The Share Self-Service Manual has helpful information on how to view/enter time, update personal information, view pay advice and compensation, and view elected benefits. Make sure to take a look at everything you can do with this helpful tool.

Quick Stress Reliever – *Sitting comfortably, take a deep breath in through your nose, extending your belly. Hold 3 seconds, then release fully through pursed lips. Repeat as needed, taking your time with each breath. Relax.*



Employee Benefit Reminders & Updates:**Supplemental Life Coverage**

During the Term Life Special Enrollment Period (now through November 19th), employees are not REQUIRED to submit an Evidence of Insurability (EOI) if election for coverage is within the [guaranteed issued](#) (GI) amount. However, any amount **over the GI amount will be subject to EOI.**

For more information on The Hartford Life coverage Open Enrollment, click on the floating Hartford icon found at: www.mybenefitsnm.com

HR Corner:**Upcoming HR Meeting (held every 2nd Tuesday of each month):**

The next EBB HR Meeting will be Oct 8th at the African American Performing Arts Center in ABQ regarding Workers' Compensation. HR's unable to attend in person can access the meeting via live webinar (not interactive). Webinar link is emailed a day prior to event, and also posted on www.mybenefitsnm.com.

Reminders:

Premiums for Life coverage are now auto-deducted. Please ensure employees understand that, when they are out on leave, they are still responsible to pay these premiums. Also, remember to include these premiums on self-pay transmittal form.

Thank you - EBB



State of New Mexico • General Services Division
Risk Management Department • Employee Benefits Bureau

**Open/Switch Enrollment**

Fall 2019

For Benefits Plan Year 2020 (Jan 1 – Dec)

DATE	TIME	LOCATION	CITY
10/1/19 Tuesday	9:00-11:00 AM 1:30-3:30 PM	African American Performing Arts Ctr. 310 San Pedro NE	Albq
10/3/19 Thursday	9:30-11:30 AM 1:30-3:30 PM	Via Internet Webinars Host Site: Erisa/ABQ (interactive Q&A ability)	Go to: www.mybenefitsnm.com for details
10/10/19 Thursday	9:00-11:00 AM 1:30-3:30 PM	Old PERA 1120 Paseo de Peralta Runnels Auditorium 1105 S Saint Francis Dr.	Santa Fe
10/17/19 Thursday	9:30-11:30 AM 1:30-3:30 PM	Via Internet Webinars Host Site: Erisa/ABQ (interactive Q&A ability)	Go to: www.mybenefitsnm.com for details
10/22/19 Tuesday	9:30-11:30 AM 1:30-3:30 PM	Via Internet Webinars Host Site: Erisa/ABQ (interactive Q&A ability)	Go to: www.mybenefitsnm.com for details
10/24/19 Thursday	9:30-11:30 AM 1:30-3:30 PM	Via Internet Webinars Host Site: Erisa/ABQ (interactive Q&A ability)	Go to: www.mybenefitsnm.com for details
10/28/19 Monday	9:00-11:00 AM 1:30-3:30 PM	Department of Transportation Dist III 7500 Pan Am Frwy NE	Albuquerque
10/30/19 Wednesday	9:00-11:00 AM 1:30-3:30 PM	SPO – Willie Ortiz Bldg. 2600 Cerrillos Rd. New PERA -Southside 33 Plaza La Prensa	Santa Fe

Agency On-Site Flu Clinics

Need a Flu Shot Clinic at your location?

All on-site Flu Shot Clinics must be scheduled through the Employees Benefits Bureau (EBB) by calling 476.2199. We will help you arrange your clinic for your office location.

Stay Well Health Center's Walk-In Flu Shot Clinics: Monday is SWHC's Walk-In Flu Shot Clinic day. Every Monday the SWHC will offer free flu vaccines to all members covered under a SoNM medical plan with no appointment and little to no wait.

Upcoming Flu Shot Clinics**Santa Fe:**

10/3	Roundhouse Rotunda	1-4PM
10/8	Game & Fish (1 Wildlife Way)	1-4PM
10/9	History Museum - DCA	8:30-11:30AM
10/10	Museum Hill (FA) - DCA	1-4PM
10/15	Dept. of Finance	1-4PM
10/16	Regulation & Licensing	8:30-11:30 AM
10/17	Tax & Rev (Lujan)	1-4PM
10/22	Human Svc (Rodeo Road)	1-4PM
10/23	Old PERA - CYFD	8:30-11:30AM
10/24	Human Svc (Plaza La Prensa)	1-4PM
10/30	Dept. of Health (Runnels)	8:30-11:30AM

Albuquerque:

9/26	Regulation & Lic. (5500 San Antonio Blvd)	9:30-10:30
9/27	Workforce Solutions (401 Broadway NE)	10:30-12:30

Las Cruces:

10/7	Workforce Solutions (226 S. Alameda Blvd.)	2:00-3:00
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Farmington:

10/9	Workforce Solutions (600 W Arrington St)	8:00-12:00
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It is very important for you to CONTACT EBB (505.476.2199) if you've scheduled a Flu Shot Clinic at your location.

Presbyterian - Video Visits

The simple things treated faster



When you're trying to treat minor ailments quickly, a Video Visit from your Presbyterian plan is the perfect solution.

Video Visits give you access to healthcare providers, anytime, without an appointment, from the comfort of your own home, office, or other location with mobile data or Wi-Fi access.

- Most Presbyterian plan members pay \$0.
- Use Video Visits from anywhere in the U.S.
- Request a visit on your smartphone, tablet, or computer with a working webcam
- Discuss symptoms and treatment plan in real-time with a board-certified medical provider.
- Receive prescriptions, including short-term medication refills, when clinically appropriate

Video Visits are secure, confidential, and compliant with all medical privacy regulations. To request a Video Visit via myPRES:

Step 1: Login to myPRES

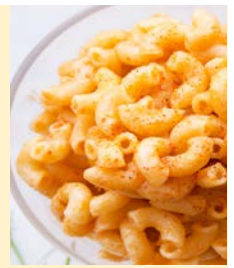
Step 2: Request your Video Visit

Step 3: Within 45 min you will be connected with a medical provider.

Step 4: Within 24 hours you can view/print your visit summary.

For more information visit www.mybenefitsnm.com.

Sweet Potato Mac & Cheese



Healthier Mac & Cheese? Yes Please!

(Recipe can be adapted for vegetarian, gluten free, or vegan options)

- | | |
|--|---------------------------|
| 1-1/4 cups shredded sharp cheddar cheese | |
| 1 medium sweet potato (about 12 ounces) | |
| 3 Tbsp. dry whole-wheat bread crumbs | |
| 2 cups whole-wheat elbow noodles | |
| 1/4 tsp. freshly ground pepper | 2 Tbsp. all-purpose flour |
| 1 small clove garlic, minced | 2 cups nonfat milk |
| 1 tsp. extra-virgin olive oil | 1/4 tsp. salt |
| 1 Tbsp. Dijon mustard | |

Position a rack in upper third of oven; preheat broiler. Coat a 2-quart broiler-safe baking dish with grapeseed oil.

Cook noodles in large pot of boiling water until just tender (7 to 9 minutes). Drain, set aside.

Prick sweet potato with a fork in several places. Bake at 425° until tender all the way to the center, about 55 minutes.

Whisk milk, flour and garlic in large saucepan. Over medium heat, whisk frequently until steaming hot, not boiling. Remove from heat.

Cut open the sweet potato and scoop the flesh into the steaming milk. Puree with blender until smooth.

Stir in cheese, mustard, salt and pepper until cheese melts. Add pasta to the sauce and stir to coat. Transfer to prepared baking dish. Combine breadcrumbs and olive oil, then add pasta. Broil on the upper rack until top is lightly browned and crispy (1 to 2 minutes).

Recipe adapted from: eatingwell.com

Working at a computer for the majority of our day can often cause upper back discomfort. Take a moment to do something nice for your body, stretch out that upper back!



Stretch between shoulder blades to release trigger points in between your shoulder blades.

Place right elbow on left elbow. Take left hand and interlace it around right arm. Apply pressure to feel upper back opening. Hold for 20-30 seconds. Repeat on both sides.

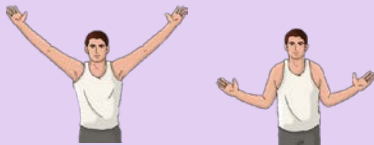


Upper trapezius stretch. Tightness is often caused by bad posture (hunchback).

Gently tilt head to one side. With left hand, gently pull head and hold for 15-20 seconds.



Lat Stretch (both sides) stretches mid-back. Standing with hands together over your head, stretch to one side. Hold for 20-30 seconds. Repeat on other side.



Y & W Exercise opens chest muscles and strengthens lower traps. Stand with back straight making "Y" with arms. Bend arms 90° as you lower them to waist into "W". Squeeze shoulders together and hold for 2 breaths. Then back to "Y" position. Hold for 2 breaths. Repeat.



Seated Levator Scapulae Stretch stretches the side/back of neck.

Seated, grab chair with right hand. Bring chin into chest and rotate head to left. With left arm, gently push head down looking toward left armpit to stretch right side of neck. Hold 15-20 seconds. Repeat on other side.



Thoracic Spine Foam Rolling releases upper trapezius.

Lie on back with hands behind head and foam roller under upper-back. Slowly roll up and down beginning at mid-back, moving towards the top of shoulders. Pause 15-20 seconds in any area that feels tight. Repeat.



Child's Pose stretches Latissimus Dorsi (mid back).

Kneel with hands and knees on ground slightly wider than hips. Push hips backwards, bend knees and relax. Straighten arms forward and relax head down. Hold 15-20 seconds. Repeat.