



Benefits Open/Switch Enrollment for 2020 Plan Year

Page 1

[Open/Switch Enrollment](#)
[Flu Shot Clinics](#)

Page 2

[Employee Benefit Reminders](#)
[HR Corner](#)
[Nat'l Diabetes Month](#)
[Sports Physical Winners](#)
[Recipe](#)

NOVEMBER 2019

Su	M	TUESDAY	W	Th	F	Sa
		12 (2 nd Week)	13	14	15	16
17	18	19 o/s ENROLLMENT CLOSES				

**ENROLLMENT PERIOD
ENDS TUESDAY, 11/19**

at 11:59 PM

Please Note: Late entries WILL NOT BE ACCEPTED



The on-line Open/Switch Enrollment Period is currently OPEN. This is your opportunity to add/drop or change your elected benefits (Medical, Dental, Vision, Flexible Spending Accounts (FSAs), Supplemental Life, and Disability) for the upcoming 2020 Plan Year.

- Health (medical/dental/vision) and Dependent Care FSAs REQUIRE ANNUAL ENROLLMENT.
- Transportation and Parking FSAs will automatically re-enroll and funds will rollover. For Online Enrollment/Change Form, and complete Open/Switch Enrollment Resources, visit:

www.mybenefitsnm.com/OE2020.htm

- You have until Nov 19th to enroll in Life coverage without the need to provide a EOI (for coverage up to guaranteed issue only). For complete details, go to:

www.mybenefitsnm.com/documents/SoNM%20RMD%20Life%20AD_D%20BHS%208.22.19.pdf

REMINDERS:

- FSAs allow payment of eligible expenses BEFORE taxes are applied to salary, which reduces taxable income and saves the member money. To find out more information about FSAs go

**SENIOR (65+)
FLU SHOTS
AVAILABLE AT
THE STAY WELL
HEALTH
CENTER!**

Flu Shots



Stay Well Health Center's **Walk-In Mondays** are still being held from 8-5 without an appointment.

To set up a **Flu Shot Clinic at your Santa Fe office location**, contact the Employee Benefits Bureau (EBB) at 476.2199 to schedule.

Office locations **outside of Santa Fe**, please call EBB at 505.476.2199 to schedule your Flu Shot Clinic.

Upcoming Flu Shot Clinics

SANTA FE

11/12	Energy & Minerals (Chino Bldg.)	1-4PM
11/13	Old PERA - CYFD	8:30-11:30AM
11/14	Human Svc (Plaza La Prensa)	1-4PM
11/19	Homeland Security (13 Bataan Blvd.)	1-4PM
11/20	Corrections (Hwy14/Admin Bldg.)	8:30-11:30AM
11/21	1 st Judicial DA (237 Sandoval)	1-4PM

AROUND THE STATE

11/14	Workforce Solutions (901 Alaska Ave., Alamogordo)	10-11 AM
11/19	Workforce Solutions (2110 S. Main St., Roswell)	10-11 AM

Schedule Your Flu Shot Clinic with EBB Today!
Please make sure to notify EBB of ALL Flu Shot Clinics
(505.476.2199) Thank you!

Employee Benefits Reminders:

Flexible Spending Accounts (FSAs)-

- The maximum for Health FSA has been increased from \$2,700 to \$2750/year.
- The maximum for Transportation and Parking FSAs have been increased from \$265 to \$270/mo.

HR Corner

- Tuesday HR Meetings will be recorded and available for review at www.mybenefitsnm.com. The next HR Meeting (online) will be held Tuesday, 12/10 at 10:00 AM and will cover **Qualifying Events (QE)**. Please watch inbox for link.

Important Notice: Under IRS Guidelines, an employer may allow employees to elect certain benefits on a pre-tax basis. These arrangements are considered "Cafeteria Plans", which are subject to certain guidelines and rules. Under a cafeteria plan, an employee can change their pre-tax deferral election during the Open Enrollment period or in the case of a "Qualifying Event (QE)". Employees must submit an electronic enrollment/change form to Erisa and give a copy to their HR Representative **within 31 days of a QE in order to make a related benefit change**. For more information on Qualifying Events, go to: <https://www.mybenefitsnm.com/StateAgencyEmployee.htm>.

November is **National Diabetes Month**, a time when communities across the country team up to bring attention to **diabetes**. In partnership with the **National Heart, Lung, and Blood Institute (NHLBI)** link, this year's focus is on the link between **diabetes** and cardiovascular disease. For more information visit:



<https://www.niddk.nih.gov/partner-community-organization-information>

THE STAY WELL HEALTH CENTER'S ANNUAL SPORTS PHYSICALS DRAWING WINNERS

CONGRATULATIONS TO:

Sophie Nathanson (Fidely Nathanson - DPS)
Dessert Academy Wildcats Volleyball

&

James Gomez (Jennifer Gomez - DOT)
Pojoaque Valley Elks Football

82 dependents received their Sports Physicals at the Stay Well Health Center between June and October. Two winners were drawn.

Each winner will receive a \$50 Amazon Gift Card!

No Bake Oatmeal Energy Bites

- | | |
|--------------------------------|--------------------------------|
| 1¼ C old fashioned rolled oats | |
| 2 T chia seeds | |
| ½ C almond butter | |
| 1/3 C honey | |
| 1 tsp pure vanilla extract | ¼ tsp salt |
| ¼ C dried cranberries | ¼ C chocolate chips (optional) |



Combine all ingredients in large mixing bowl. Dough should resemble a somewhat sticky dough that holds together when lightly squeezed. (Increase oats if mixture is too wet, or more almond butter if too dry). **Place** in refrigerator for 30 minutes to set. Then, **Portion** dough into 1-inch balls and serve.

Store in refrigerator for up to 2 wks or freeze for up to 3 months.

* Nut allergies- replace almond butter with sunflower seed butter.



Eating healthy is important for maintaining a healthy weight, but did you know that eating healthy foods may also help you feel happier? Learn more about the relationship between food and your mood by reading this month's newsletter. (Email attachment)

STAY WELL HEALTH CENTER

Source: Heart.org

**GOOD HEALTH IS
TRUE WEALTH**