

Employee Benefits Bureau Newsletter

ABQ Botanical Garden
Albuquerque, NMABQ Botanical Garden
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Albuquerque, NM

Thank you to Tony Martinez of WFS for the beautiful photo of your piece of New Mexico!

NEW MEXICO
GENERAL SERVICES DEPARTMENT

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Risk Management Division
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GETTING READY FOR OPEN/SWITCH ENROLLMENT

Are you prepared for Open/Switch Enrollment? 2018 Open/Switch Enrollment events kick off in October with carrier live presentations and interactive webinars (please see schedule below). Now is the time to research the SoNM offered benefits, get those coverage questions answered, or add/drop coverage, so the best choices can be made for employees and their families for the upcoming year.

The Open/Switch Enrollment (OE) events begin October 2nd and will include both live presentations, as well as interactive webinars, (which are archived to our website for your convenience). It is of the utmost importance that employees attend a live presentation or view an online webinar to ensure they are fully informed on what each benefit is and what they offer in order to elect appropriate coverage.

This year's enrollment is **not mandatory**; however, enrollment participation *is necessary* if employee wishes to make changes to their current coverage. Also, if employee wishes to participate in Flexible Spending (FSA), they will need to enroll during Open Enrollment as participation in medical or child/elder care FSA accounts must be renewed annually. Enrollment will be online and all necessary forms and links will be posted on our website as we move closer to the event.

Employees may review their current coverage by signing into SHARE. For complete instructions go to the "SHARE Self-Service Manual" on our website: www.mybenefitsnm.com. Click on "Enrollment" in the gold bar at the top of the page. On the left margin, choose "SHARE Self-Service Manual". On page 50 is a complete tutorial on how to find current benefit elections.



2018 Open/Switch Enrollment (OE)

OE provides the opportunity to participate in the SoNM offered benefits (health, dental, vision, life, and flex), or make changes to current coverage.

We are working on a new Open Enrollment page for our website dedicated to the Open Enrollment process that will have full details, forms, instructions, events, deadlines, requirements, and all necessary information. Watch for it as we get closer to Open Enrollment. www.mybenefitsnm.com

DATE	TIME	CITY	LOCATION
10/2/18	9:00-11:00 AM	Santa Fe	Harold Runnels Bldg. 1190 St. Francis Dr., 87505
10/2/18	1:30-3:30 PM	Santa Fe	Old PERA Apodaca Hall 1120 Paseo de Peralta, 87501
10/11/18	9:30-11:30 AM 1:30-3:30 PM WEBINARS**	Via Internet Host site: Erisa/ABQ (interactive Q&A ability)	Go to: www.mybenefitsnm.com for details
10/23/18	9:30-11:30 AM 1:30-3:30 PM WEBINARS**	Via Internet Host site: Erisa/ABQ (interactive Q&A ability)	Go to: www.mybenefitsnm.com for details
10/25/18	9:00 -11:00 AM 1:30-3:30 PM	Albuquerque	African American Cultural Ctr 310 San Pedro NE, 87108
10/30/18	9:00-11:00 AM 1:30-3:30 PM	Santa Fe	SPO Willie Ortiz Bldg. 2600 Cerrillos Rd. 87505

**Access recorded webinars at www.mybenefitsnm.com/2018 Open/Enrollment.
Sign language interpreter available for live events. Contact
Reina Espinoza at 505.827.0447 no less than 2 weeks prior to event to ensure placement.

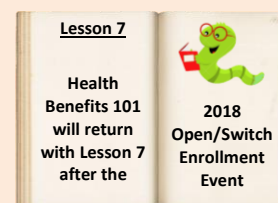
Understanding your SoNM Health Insurance Coverage

[Health Benefits: 101](#)

As we are approaching our annual Open/Switch Enrollment Event, the Health Benefits 101 will be postponed in order to provide important information employees need to ensure optimal health coverage for employees and their families for the upcoming calendar year.

Please watch the EBB Newsletter, Round the Roundhouse for announcements and DoIT email blasts for further OE information.

- Employee Benefits Bureau



The State of New Mexico's**Employee Assistance Program (EAP)****Free Confidential Short-Term
Counseling**Call us, we're here to help.
855-231-7737**Up to SIX visits per issue for you and any
household member at no cost!**For more information visit:
www.mybenefitsnm.com/EAP

Martial Conflict	Workplace Issue	Depression
Drug/Alcohol Abuse	Grief and Loss	Relationship Issues
Family Challenges	Resolution	Child/Elder Care
Anxiety	Gambling	Critical Incident
		Stress Debriefing

A Variety of Training Courses - Webinars (recorded for convenience)**New!****State Bar of NM - Judges and Lawyers Assistance Program**

Offered to all judges, lawyers, law students, law firm personnel and immediate family members. Designed to assist NM's legal community with personal issues, overall health and well-being. This program helps problem-solve and can help with personal issues that may adversely affect job performance.

**Automatic Access to Lifestyle Benefits**

Automatically available to active U.S. employees covered under the SoNM group life insurance program.

These resources include the opportunity to create a will, financial wellness resources, travel emergency services and much more! There is no additional fee or enrollment. And these programs are available to spouses and insurance-eligible children even if they are not covered under the life insurance program.

Take advantage of these benefits and resources:

- **Legal, financial and grief resources** from LifeWorks US, Inc.
 - LifeBenefits.com/LFG
 - user name: lfg
 - password: resources
 - 1-877-849-6034
- **Travel assistance services** from RedpointWTP, LLC
 - LifeBenefits.com/travel
 - U.S./Canada: 1-855-516-5433
 - All other locations: 1-415-484-4677
- **Legacy planning resources** from Securian Financial
 - Securian.com/legacy

To learn about the resources automatically available to you:

- Visit the websites
- Call the providers
- View a brief online presentation
Brainshark.com/securian/lifestyle
- [Access](#) a flyer summarizing the programs

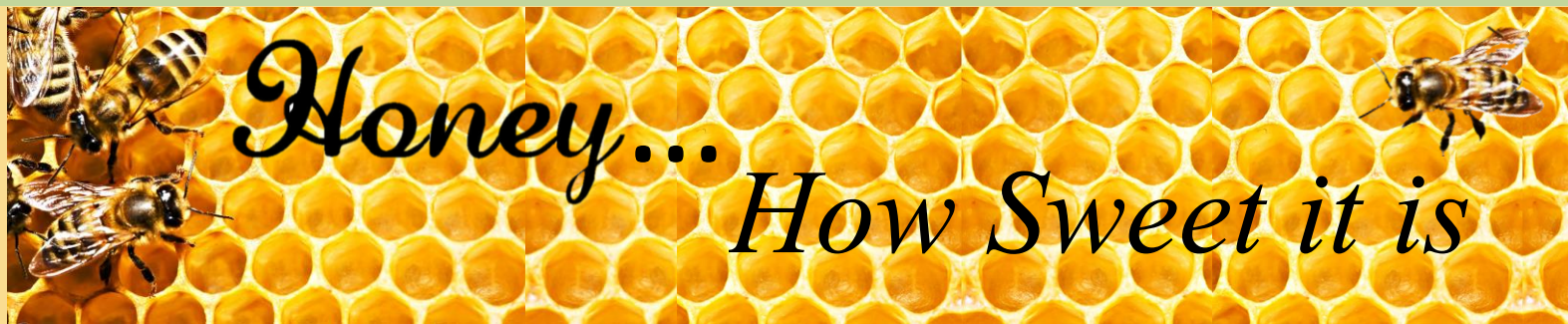
Services provided by LifeWorks US, Inc., PricewaterhouseCoopers LLP and RedpointWTP LLC are their sole responsibility. The services are not affiliated with Securian or its group contracts and may be discontinued at any time. Certain terms, conditions and restrictions may apply when utilizing the services. To learn more, visit the provider websites.

For more information regarding all SoNM health benefits, go to: **www.mybenefitsnm.com**
or call the SoNM TPA (Erisa) **244.6000** or (toll-free) **855.618.1800**

Send us pictures of the part of New Mexico you are from... and we will share them in our Newsletter.

Our state is beautiful and we want all to see your very special piece!

Email your pictures to: **carmella.jasso@state.nm.us**.**We're looking forward to showing off your piece of NM!**



From devouring a decadent spoonful to enhancing a facial, honey delivers potent antibacterial, antioxidant, and anti-inflammatory properties. Scientifically proven a natural healing powerhouse, humans have sought out honey for more than just its nectarous flavor. The National Institutes of Health states, "The medicinal importance of honey has been documented in the world's oldest medical literatures, since ancient times, it has been known to possess antimicrobial properties as well as wound-healing activity."

Beyond honey's millennia-old allure as a sweet delicacy, it is also scientifically proven natural healing powerhouse. Primarily comprised of fructose and glucose, it also contains numerous flavonoid polyphenols, enzymes, minerals, free amino acids, vitamins, and proteins. It contains an enzyme that produces hydrogen peroxide, killing germs and making it an antibacterial. Because of its high sugar content, it inhibits

nasty microbial growth, it also speeds the healing of burns and wounds, facilitates recovery from ailments ranging from urinary tract infections, cancer, to cardiovascular disease, chronic gastritis and ulcers. Honey also helps fade scars, lower cholesterol levels and is long believed to help rejuvenate the skin.

However, tempted as we may be, it is counterproductive to give in to our urge to constantly down raw honey by the bottle... since it's so healing. We must keep in mind that honey is an added sugar and should be limited to about 1½ teaspoons per day. Also, by replacing processed sugar and artificial sweeteners with honey, you do your body a great service. Seek out honey with high antioxidant concentrations like Manuka or Buckwheat honey, and always choose raw (unprocessed, unpasteurized), unfiltered honey.

Source: National Institute of Health, Journal of Medicinal Food; Mayo Clinic; Webmd: Natacademia.edu; Naturalnews: Healthline. Josh Axe, MD

Manuka, Eucalyptus and Linden Honey – topical antibiotic (wounds, acne), colds, soar throats.
Acacia Honey – cleanse liver and digestive tract.
Buckwheat Honey – (darker in color) full of antioxidants
Neem Honey - has been used to treat high blood pressure and diabetes.

As always, please check with your doctor or do your own research before treating any illness.

Natural Honey Home Remedies

Improve digestions – 1-2 Tbs. to counteract indigestion.

Relieve Nausea – Mix honey with ginger and lemon.

Acne – face cleanser for all skin types. ½ tsp. with warm water. between hands, spread gently on face. Leave for 10 min.

Exfoliator – Add 2 cups to a bath; soak for at least 15 min.

Improve Diabetes – Raw honey can reduce risk and help aid medication. It increases insulin and decreases hyperglycemia. Add a little at a time to see how your blood sugar reacts to it.

Lower Cholesterol – Can help reduce cholesterol, decreasing risk of coronary artery disease.

Improve circulation – Raw honey makes the brain function optimally by strengthening the heart and improving circulation.

Antioxidant support – Consumption of raw honey increases plaque-fighting antioxidants.

Restore Sleep – Raw honey promotes restorative sleep. 1 Tbs. in warm milk to increase melatonin and help with sleep.

Pre-biotic support – Raw honey is FULL of natural prebiotics which promote growth of good bacteria in the intestine.

Improve allergies – SOURCED LOCALLY, raw honey can help reduce seasonal allergies.

Lose weight – Substituting raw honey for processed white sugar can help in weight management and is much healthier.

Moisturize – 1 spoon raw honey, olive oil and a squeeze of lemon.

Eczema relief – Equal parts honey and cinnamon.

Reduce inflammation – Raw honey has anti-inflammatory agents therefore is used to treat respiratory conditions such as asthma.

Heal Wounds – Used topically can quicken healing time for mild burns, wounds, rashes, and abrasions.

Cure UTI – Improves UTI's due to its antibacterial properties.

Sore Throat – Mix with lemon and peppermint for relief.

Shampoo – Can cleanse and restore health of hair and scalp.

Hair mask – 1 tsp with 5 cups warm water boosts shine.

HONEY, Ginger, Turmeric, and Lemon Tea

Wipe out inflammation, rev up the metabolism and give your overall health a boost.



2 inch knob of ginger

2-3 inch piece of turmeric root

Juice of ½ lemon

Honey to taste

Place all ingredients in a mug. Pour boiling water to fill cup. Cover/steep 3 – 5 minutes. Remove ingredients and save for next cup.

2018 August

Respiratory Health

SUN

MON

TUE

WED

THU

FRI

SAT

Three ways I can focus on my health this month:

- 1.
- 2.
- 3.

1

2

Start this month focusing on your health goals. Write your three new health goals to the left.

3

4

5

Prepare a new healthy dish this week.

6



7

8

Did you know yoga can improve your lung capacity? Try adding it to your workouts this week.

9



10

11

Adding more movement or steps into your day can help improve your mood.

12

13

Surround yourself with positive people this month. This can help lower stress.

14



15

16

Grill veggies when cooking out this summer to add more nutrition to your meal.

17



18

19



20

21

If you are exercising outside this summer, start your regimen in the mornings to avoid the heat.

22



23

24

Build healthy habits one small step at a time. When you build a new habit, reward yourself with a healthy treat.

25



26

Did you meet your health goals this month? Check them above.

27



28

29

Are you grocery shopping today? Buy the low-sodium option of canned items for a healthier meal.

30

31

