

State Of New Mexico

Welcome!



EMPLOYEE BENEFITS BUREAU

Benefits Plan Year January - December 2023

SONM BENEFIT OPTIONS

MEDICAL



Blue Cross and Blue Shield – PPO and HMO

Cigna – OAPIN and OAP

Presbyterian Health Plan – HMO

CVS Caremark - Pharmaceutical Benefit



DENTAL

Delta Dental - PPO New Mexico

VISION

EyeMed



SONM BENEFIT OPTIONS

TERM LIFE INSURANCE

The Hartford

DISABILITY

100% Paid for by the employee

Short -Term

Up to 6 months following 28 day elimination period

Long-Term

Up to 18 months following 6 months of STD

FLEXIBLE SPENDING ACCOUNTS

Health Care

Dependent Care

Transportation/Parking

SONM BENEFIT OPTIONS

EAP WELL-BEING SOLUTIONS

Guidance and Resources for:

Wellness, Financial, Legal, Family and Behavior

PREMIUM ONLY PLAN (POP)

Benefits are deducted from pay as a pre-tax deduction

DISABILITY PROGRAM

Administered by Erisa Administrative Services, Inc.



Short - Term Disability (STD)
Long - Term Disability (LTD)

To be eligible for disability, an employee must:

Be enrolled in the SoNM Disability Plan and have paid disability premiums for at least 12 consecutive months, and suffered a disabling, non-work related illness or injury that prevents the employee from working in any capacity.

WELL-BEING SOLUTIONS

EMPLOYEE ASSISTANCE PROGRAM

Providing the tools to live a healthier life

Well-Being Solutions is the SONM Employee Assistance Program (EAP). Providing Mental Health Care for employees and their immediate household members.

5 FREE confidential visits per issue per year.
Enrollment is not required

Phone# 1-833-515-0771



STAY WELL
HEALTH CENTER

**Location: Joseph Montoya Bldg.
1100 S St Francis Dr.
Santa Fe, NM 87505**

**Hours: M-F
7:00am – 5:00pm**

High quality, no cost, convenient health care for all SoNM/LPB employees and their dependents age 2 and up who are enrolled in a SoNM Medical Plan. Patients can call for same-day availability, patients seen by appointment only and virtual visits are available. Please call to cancel when unable to utilize scheduled appointment. No Worker's Compensation injuries.

- Health Screening and Testing
- Lab Services, Physicals, and Wellness Visits
- Patient Advocacy
- Ongoing Health Conditions
- Illnesses, Aches & Pains
- Skin Conditions
- Minor Injuries

Call 505-570-4949 to make your appointment

VOLUNTARY BENEFITS



Virtual Webinars November
mybenefitsnm.com



- Whole Life Insurance
- Cancer Insurance
- Critical Illness Insurance
- Accident Insurance

- Whole Life Insurance
- Cancer Insurance

Virtual Webinars November 2022

Enrollment Period: December 1 - December 31, 2022

Each carrier will determine individual effective date



- Cancer Insurance
- Critical Illness Insurance
- Accident Insurance



- Critical Illness Insurance
- Accident Insurance

ENROLLMENT PERIOD OCTOBER 1 - OCTOBER 31, 2022

OPEN ENROLLMENT 2022 IS AN OPPORTUNITY FOR BENEFIT ELIGIBLE EMPLOYEES TO:

- Switch/Enroll or Drop Medical; add/drop Dental, Vision, and/or Disability
- Life Insurance
 - Increase or Add Life Insurance for Dependent Child(ren)
No Evidence of Insurability (EOI) required
- Supplemental Life:
 - Employee: Currently enrolled employees can increase coverage by one increment (\$10,000) up to \$150,000
 - Spouse or Domestic Partner: Can increase coverage by (\$10,000) up to \$30,000
 - Any amount over \$10,000 or over the guaranteed issue amount will require EOI

RESOURCES

DEDICATED WEBSITE

www.mybenefitsnm.com



STATE OF NEW MEXICO — GROUP BENEFITS PLAN

[HOME](#)

[STAY WELL HEALTH CENTER](#)

[EMPLOYEE RESOURCES](#)

[EMPLOYER RESOURCES](#)

[ENROLL HERE](#)

[CONTACT](#)

2022 Open Enrollment

[More Info](#)



[Transparency in Coverage](#)

[2022 Open Enrollment](#)

[CVS Caremark - Your NEW Pharmaceutical Provider Effective July 1, 2022](#)

[NEW Stay Well Health Center - Powered by Proactive MD](#)

[Virta and Omada](#)

[NEW: COVID Vaccination Helpful Resources](#)

[HR Meetings - Schedule of Events and Recordings](#)

[Voluntary Benefits](#)

[Quick Access: Premium Rates for Medical, Dental, Vision, and Disability Benefits](#)

2023 PLAN YEAR CHANGES

Medical Plans Only

- Blue Cross and Blue Shield
- Cigna
- Presbyterian - Tier 2 specialist copay has changed from \$75.00 to \$60.00

New Benefit

Massage Therapy
25 Combined annual visits with Naprapathy
Referral is required



- Benefits Enrollment
- Short and Long Term Disability
- Flexible Spending Accounts (FSA)
- COBRA

OPEN ENROLLMENT

OPEN ENROLLMENT

If you do not need to make changes No Action is required

Annual Requirements:

Flexible Spending Account (FSA): Health Care and Dependent Care

Waive POP: Pop Waiver – A 2023 Pop Waiver form must be completed and submitted if you wish to have your benefit premiums taken after-tax

ENROLLMENT / CHANGE PROCESS



Dedicated Carrier Webinars: September 6th through September 28th two (2) days each week at 10 AM and 2 PM

<https://www.mybenefitsnm.com/OpenEnrollment.html>

Enrollment/Change Period: October 1st through October 31st

Deadline to Enroll/Change Benefits: October 31st

All Elections/Changes Effective: January 1, 2023

Premium Deductions for all State employee benefits begin: January 13, 2023

Premium Deductions for all LPB employees: Check with your Human Resource or Payroll Office

**Announcements Via:
E-Mail Blasts
Carrier Websites**



ENROLLMENT/CHANGE PROCESS



FAMILIARIZE YOURSELF WITH BENEFITS OFFERED FOR THE 2023 PLAN YEAR AND TAKE ADVANTAGE OF RESOURCES AVAILABLE

- Benefit plan material is available at your dedicated Open Enrollment website
- <https://www.mybenefitsnm.com/OpenEnrollment.html>

- State Employees review current benefits:

[https://www.mybenefitsnm.com/documents/SHARE Introduction to Employee Self-Service12.24.19.pdf](https://www.mybenefitsnm.com/documents/SHARE%20Introduction%20to%20Employee%20Self-Service12.24.19.pdf)

- Gather supporting documentation for all dependents I intend to cover.
- If making changes to current benefits supporting documentation is required for new dependents.
- Remember: Annual Enrollment into Flexible Spending Accounts for Health or Dependent Care and a 2023 POP-Waiver form to have benefit premiums deducted After-Tax is required if you wish to participate.



ENROLLMENT/CHANGE PROCESS



- **You are now ready to enroll!**
- Links available to enroll or change benefits for both Primary Benefits or Flexible Spending Accounts (FSA) only
- <https://www.mybenefitsnm.com/OpenEnrollment.html>
- Re-entry of ALL dependents in the electronic or paper enrollment form is mandatory
- For Primary Benefits Enroll/Change:
 - Cover Page Instructions
 - What is Mandatory What is Optional
 - Important Dates
 - Enrollment Steps to Complete the Form
 - Submit Supporting Documentation to Erisa
 - Fax: 505-244-6009
 - E-Mail : SONM@easitpa.com
 - Submit Copy of Enrollment/Change form to Human Resources
 - Save a copy for yourself



ENROLLMENT/CHANGE PROCESS



For Flexible Spending Accounts (FSA) Only:

- Biographics
- Election
- Submission



STAY CONNECTED



- Confirm all deductions for elections are correct
- Communication via DoIT:
 - Health and Wellness
 - Changes to Benefit Plans
 - Newsletters
 - Dedicated Website: <https://www.mybenefitsnm.com/>



THANK YOU

2023