



Sandia Peak Tramway
Credit: algsunshine

Thank you Alix King, WFS and Rosemary Chavira, 6th Judicial Dist. Court for sharing your piece of NM!



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February

Rosemary Chavira, 6th Judicial Dist. Court

2019 SoNM
Health & Wellness
Fair



Coming this May...
Stay tuned for more
information!

Benefit Reminders

1095-C's – The report detailing employee medical coverage. The SoNM is scheduled to have the 1095-C forms to employees no later than March 4, 2019. Employees do not need the 1095-C to file their income taxes. Benefit enrollment information entered on line 15 pertains to medical coverage only. This amount would be the employee's share of the lowest-cost monthly premium for self-only medical coverage (dental/vision us not required to be reported).

FSA FAQs: FSA is a wonderful benefit to help the employee save money. If using an FSA for the first time, or have already used it in the past, employees may have questions like: "What expenses are eligible for reimbursement?"; "What happens to my FSA if my employment is terminated?"; or "Can I still deduct healthcare expenses on my tax return?". Find answers to FSA questions at: www.mybenefitsnm.com/Documents/FSA_Employee_FAQ.PDF



Disability Policy Notice

**DON'T BE CAUGHT HURT AND OFF GUARD...
KNOW HOW IT WORKS BEFORE YOU NEED TO USE IT!**

The Employee Benefit Bureau (EBB) has posted the revised SoNM Disability Policy and would like to remind all employees how important it is to fully understand what it offers and how it works. The Disability Policy has not changed; but has been updated for clarification. We've also included checklists to clarify the responsibilities of all parties. This will help ensure that the claimant, the HR Rep, as well as the Supervisor understand the policy in order to correctly execute the benefit. The updated Disability Policy can be found on our website at: www.mybenefitsnm.com/Documents/Disability-Policy-January-2019.pdf. Please take a moment to review the updated policy.

The Disability Program is a supplemental income plan providing financial assistance to SoNM employees who may face loss of income due to sickness or non-work-related injury. The benefit offers Short-Term or Long-Term Disability coverage and can be enrolled into at any time. Premiums for the Disability Program are taken post-tax and are paid 100% by employee. In order to utilize the benefit the employee must be enrolled, have paid disability premiums for at least 12 consecutive months, and have suffered a disabling, non-work-related illness or injury which prevents employee from working. Enrollment is easy; simply submit an on-line enrollment form, which can be found at: https://eform.gsd.state.nm.us/ebb_benefitsenrollment.aspx

On January 1, 2019, Erisa became the new Administrator for the Disability Program. All Short-Term and Long-Term Disability requests, physician updates, and questions, etc., must be submitted to Erisa. Contact information for Erisa is listed in the policy.

PLEASE NOTE: Employee must work with their HR/SPO Rep in order to properly execute a Disability Claim. Once the employee and HR/SPO Rep have completed the form, then the package can be sent to Erisa for processing.

Newsletter**Many Children Are Overdoing It on the Toothpaste**

Many parents are squeezing potentially unhealthy amounts of toothpaste on their children's brushes, health officials have warned in a study. Nearly 40 percent of children ages 3 to 6 used more toothpaste than recommended by dental professionals. For young children with emerging teeth, swallowing too much fluoride toothpaste can cause discoloration of their teeth, a condition called dental fluorosis.

Parents of children in this age range should squeeze



no more than a pea-size amount of toothpaste on their brush, the C.D.C. and American Dental Association recommend. Children under 3 should be using even less toothpaste, according to the guidelines. For those children, parents should be squeezing only a tiny smear of fluoride toothpaste — roughly the size of a grain of rice. Young children are more susceptible to fluorosis and less capable of spitting out the toothpaste in the sink, making it more likely they will ingest it.

Richard Bolstad
Delta Dental

2019 February

Heart Health

Showing kindness can improve your emotional well-being. Learn more about how positivity can affect your health by reading this month's newsletter.



STAY WELL HEALTH CENTER ZERO COPAYS, NO DEDUCTIBLE AND MEDICATIONS DISPENSED THROUGH THE HEALTH CENTER ARE FREE

Serving the State of New Mexico and Participating Local Public Body Employees Covered under the State Employee's Risk Management Medical Plan

Chicken, Quinoa & Sweet Potato Casserole

3 T water
1 t grapeseed oil
1½ lbs. chicken thighs, cut into bite-sized pieces
2 C chopped poblano chili
½ C thinly sliced shallots
2 C unsalted chicken broth

2 T minced garlic
½ C dry white wine (optional)
1 tsp salt
1 tsp ground cumin
½ tsp ground cinnamon
¼ tsp cayenne pepper
4 C cubed sweet potatoes

1 ½ C quinoa
¼ C cilantro

Additions:

- crumbled cheese
- herbs
- additional veggies

- Preheat oven 400°
- Steam potatoes until soft (7 to 10 minutes)
- In a large skillet, brown chicken. Remove from heat, cool slightly, then cut into bite-sized pieces.
- Cook poblanos, shallots and garlic until shallots are lightly browned. Add broth, quinoa, wine, salt, cumin, cinnamon and cayenne. Bring to boil, then remove from heat. Stir in potatoes and chicken.
- Place mixture into baking dish, cover and bake for 20 minutes, then broil uncovered (8" from broiler) until golden brown.

Recipe Credit:
Mindbodygreen