



Taos Ski Valley

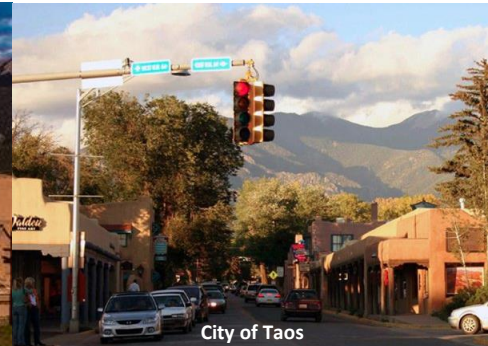


GSD/RMD

Employee Benefits Bureau

Newsletter

Taos Pueblo



City of Taos



NEW MEXICO
GENERAL SERVICES DEPARTMENT

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Employee Benefits Bureau
Risk Management Division



February is Heart Health Month



Benefit Reminders!

2017 FSA's

Please remember, the medical FSA's are a "use it or lose it" benefit. If there is a remaining unspent balance as of 11:59 PM - March 31, 2018, that remaining balance will be forfeit. Members have until March 15th to incur claims against that 2017 balance. All claims MUST be submitted by March 31st in order to utilize remaining 2017 funds. For more information, visit: www.nmflex.com

1095-C's

1095's forms will be mailed or delivered to employees via HR Reps by 3/2/18. If not received, please call [505.827.0109](tel:505.827.0109) for assistance. It isn't necessary for an employee to wait for their 1095-C to file their income taxes. For more information please visit: www.mybenefitsnm.com / "1095-c FAQ's" (gold banner)

Link to IRS Extension Notice/Guidance: <https://www.irs.gov/pub/irs-drop/n-16-70.pdf>

In collaboration with,
Marissa Berry
Health/Wellness Coach
Stay Well Health Center

This month, give yourself the gift of heart health by making these simple changes:

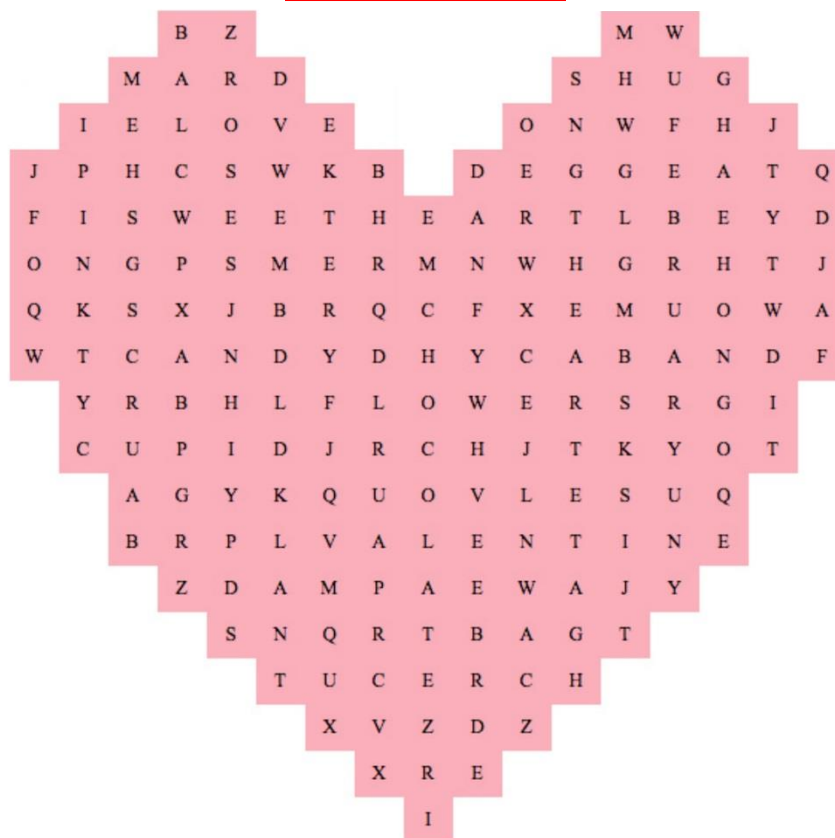
- Eat a heart-healthy
- Exercise regularly
- Know your numbers
(blood sugar, blood pressure, cholesterol, weight)
- Don't smoke

Heart Health Tips:

1. **Eat a heart healthy diet** Your heart works best when it runs on clean fuel. That means lots of whole, plant-based foods (like fruits, vegetables, nuts, and seeds) and fewer refined or processed foods (like white bread, pasta, crackers, and cookies) and cut out soda and fruit juice, which lack fiber and contain too much sugar.
2. **Get active**, your heart is a muscle and needs to be worked out. 150 minutes of brisk walking (moderate exercise), weekly, or 75 minutes of high intensity exercise (swimming, running, or aerobics) per week.
3. **Control your blood sugar.** Aim for a fasting blood sugar between 70 mg/dL and 99 mg/dL.
4. **Watch your cholesterol.** Your goal should be a total cholesterol of less than 200 mg/dL.
5. **Maintain a healthy weight.** Try for a BMI between 18.5 and 24.9.
6. **Monitor your blood pressure.** A blood pressure of BP of 120/80 mmHg or less would be best.
7. **Live smoke free.** If you smoke, quit. It's one of the best things you can do for your health (**1-800-QUIT-NOW**)

Employee Benefits Bureau Newsletter

Word Search



LOVE
CHOCOLATE
PINK
VALENTINE
ROSES

CUPID
FEBRUARY
RED
HUG
FLOWERS

CANDY
HEART
SWEETHEART
CARD
SWEET



Healthy Recipe

Mango Coconut Fried Rice

1½ cup brown rice	2 cloves garlic
14oz light coconut milk	1 diced green pepper
2 ripe mangos	1 diced red pepper
Sriracha to taste	¾ cup diced carrots
2 Tbs fresh lime juice	1 cup green peas
2 Tbs olive oil	2 lg eggs (or substitute)
6 chopped green onions	(yields 8 servings)

Directions:

Bring coconut milk and rice to a boil, then lower heat, cover and simmer until fluffy.

Add oil to a wok or frying pan and on medium heat, saute garlic, peppers and carrots to soften (about 7 min).

Then add cooked rice and mangos for about 5 min. Then add peas and stir.

Spread the mixture apart to create a well in the middle of the pan. Into this space add the eggs and scramble. Slowly mix with rice mixture until well blended. Sprinkle with green onions.

***For an even healthier dish, use cauliflower rice instead of brown rice. No one will be able to tell, it tastes great!**

Employee Assistance Program

FREE Training Courses

Webinars for both the employee and the manager, as well as business and professional issues

Library of courses:

www.mybenefitsnm.com

Click on "Employee Assistance Program" (in green band), then "Training Webinars" at bottom of page

Free Confidential Short-Term Counseling

Three FREE visits per issue for you, your dependents and any household member at no cost!

- Marital Conflict
- Drug/Alcohol Abuse
- Family Challenges
- Anxiety
- Workplace Issues
- Grief and Loss
- Conflict Resolution
- Gambling

**Call EAP today, we're here to help
855-231-7737**

Accentuate
The Positive



The
Solutions
Group

2018 February

Heart Health

SUN

MON

TUE

WED

THU

FRI

SAT

Three ways I can focus on my health this month:

- 1.
- 2.
- 3.

1

Reflect on your health by writing down your monthly health focuses.

2

3

What can your body do for you today? Add a new workout to your day.

4

Make a healthy breakfast for a special person in your life.

5



6

Add a winter fruit or vegetable to your lunch box this week.

7

8

9

Add a new healthy meal to your recipe list.

10



11



12

What is your favorite relaxing activity? Read a new book or sit by the fire tonight.

13

14



15

Practice your five minutes of reflection while walking to add steps to your day.

16



17

Stay positive with your health focuses. Reflect on how much you have achieved this month.

18

Who do you look forward to seeing today? Take a minute to focus on these positive thoughts.

19



20

21

Invite a coworker on a walk and learn something new about them.

22

23

Are you meeting your health goals this month? Check them above.

24



25

26

Today has 24 brand new hours. How will you spend your gift of time today?

27



28

If you met your health goals this month, reward yourself by doing something you enjoy today.

February is Children's Oral Health Month

Keeping Your Child's Mouth Healthy



Taking care of your children's oral health is key to their long-term general health. Here are some tips for your child's dental health:

- The American Academy of Pediatric Dentistry recommends that a child's first dental visit takes place when the first tooth appears or by his or her first birthday.
- Clean your baby's gums with plain water and a small, soft-bristled toothbrush designed for infants.
- Start using a pea-sized amount of toothpaste on your child's brush at age 2 to 3. Children should spit out and not swallow excess toothpaste.
- Baby teeth are important. Not only do they help children learn to speak and chew, they hold the place for permanent teeth until they are ready to erupt.
- Children should not fall asleep with a bottle. Juice and other high sugar beverages should be given in a cup, never from a bottle.
- Let children brush under your supervision and assistance until they can brush by themselves – generally around the age of 7.
- Encourage children to chew sugarless gum and stay away from sticky candy.
- If your child plays sports, make sure he/she always wears a mouth guard.

Here are some fun games and activities to help your kids get excited about taking care of their teeth: [Marchall Molar's Kid Corner](#).

New Mexico's

Cutest Smile Contest

NEW MEXICO HEALTH
DEPARTMENT OF

DELTA DENTAL

KOAT
ACTION NEWS 7

**Delta Dental and NM Health
Department of Oral Health
want to see your SMILES!**

NM's Cutest Smile Contest is going on now! [Click here to learn about how to submit your photos and enter to win!](#)

*Now and then it's
good to pause in
our pursuit of
happiness and
just be happy.*

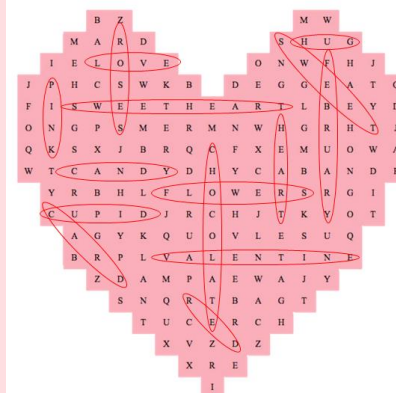
Hurry New Mexico! Times almost up to show us your cutest smile for a chance to win big.

KOAT has teamed up with Delta Dental and The NM's Department of Oral Health to give you a chance to win \$1500! Two other finalists will win \$1000 and \$500.

To enter all you have to do is [upload](#) a photo of your cutest smile on U Local and select the category
NM Cutest Smile.

The deadline to enter is **Monday, February 23, 2018.**

[Official Contest Rules and Delta Dental's Tip of the Day](#)





How Heart Smart Are You?



Come to our Heart
Health Lunch & Learn

Wednesday, Feb. 21
12 - 1 p.m.
Montoya Building
Bid Room, 1st Floor



Heart Health Lunch & Learn

Do you know your blood pressure?



Heart health and a healthy blood pressure go hand-in-hand. Now is the ideal time to find out if you have high blood pressure and how to treat it.

Attend our Lunch & Learn on Wednesday,
February 21st, from 12 - 1 p.m. in the
Bid Room of the Montoya Building

Come join us and learn why it's important to achieve and maintain a healthy blood pressure.

Questions?

Call the Stay Well Health Center at
505.827.2485 for more information.



**STAY WELL
HEALTH CENTER**

ZERO COPIES, NO DEDUCTIBLES 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



Send us pictures of your part of New Mexico and we will display them in our Newsletter. We want to feature every city and town in New Mexico on each edition so all can see how beautiful New Mexico is! Email your pictures to: carmella.jasso@state.nm.us. We're looking forward to showing off your piece of NM!