

HR Meeting



Cigna-Omada program enhancements
1095-C 2022 Reporting Year
HR-Reminders



Omada Benefits for the State of New Mexico





Omada® helps you live healthier—all at no cost to you. You'll go further with a personalized care plan, access to the latest technology and daily support from health coaches and specialists. You can create lasting change by unlearning and relearning what it means to be healthy.

Join over 600,000 Omada members on their path to better health.

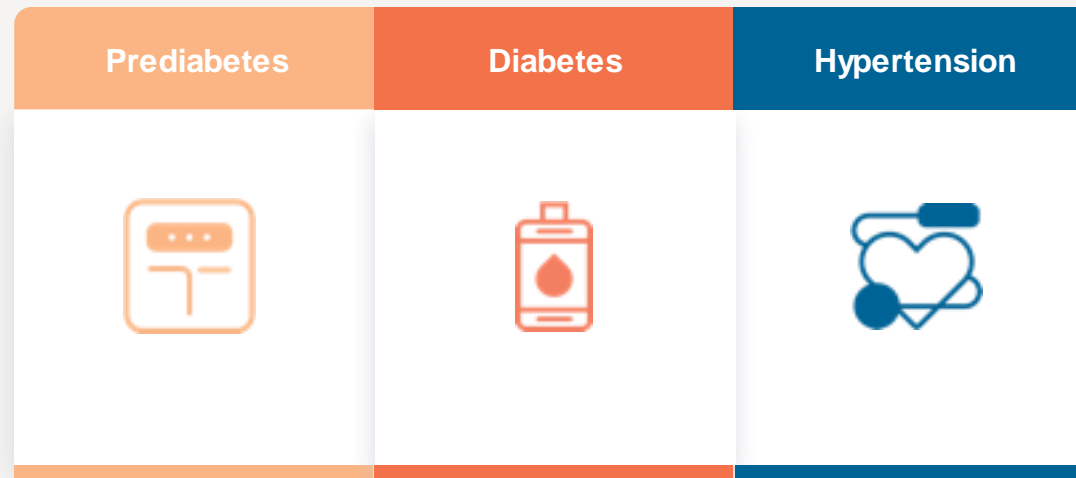
Get started today: omadahealth.com/sonm

If you or your adult family members are living with or at risk for diabetes or heart disease, and are enrolled in the State of New Mexico's Cigna program, the program is provided at no cost to you.

Omada Programs

A Scalable Program to Address the Needs of Today's Members, All in One App

Omada is a digital care program that empowers people to achieve their health goals through sustainable lifestyle change.



Clinical Eligibility Criteria

	Omada for Prevention	Omada for Hypertension ²	Omada for Diabetes ³	Omada for HTN + Diabetes ^{2,3}
1 Age	18+			
2 BMI	Overweight BMI ≥ 25, or ≥ 23 if of Asian descent		<i>Not Applicable</i>	
3 Primary Criteria	At least one qualifying factor: <ul style="list-style-type: none"> • Prediabetes • Dyslipidemia • Hypertension • Tobacco Use 	Hypertension <i>One or more of the following:</i> <ul style="list-style-type: none"> • Systolic Blood Pressure ≥ 130 • Diastolic Blood Pressure ≥ 80 • Self-reported Diagnosis of Hypertension or High Blood Pressure 	Diabetes <i>One or more of the following:</i> <ul style="list-style-type: none"> • A1C ≥ 6.5% • Fasting Blood Glucose ≥ 126 mg/dL 	Hypertension Diabetes

1. BMI is used as a proxy for elevated waist circumference, which is a risk factor for metabolic syndrome.

2. AHA/ACC: <https://doi.org/10.1161/HYP.0000000000000066>

3. ADA: <https://doi.org/10.2337/dc19-S002>

* In addition to the program-specific disqualifications listed here, individuals are precluded from participating in the program if they meet additional clinical exclusion criteria (i.e. conditions which may make it unsafe for participation). The full list of exclusion criteria available upon request.

The Clinical Eligibility Criteria may be amended or modified by Omada in its sole discretion as a health care provider in delivering its programs.

The Omada Care Approach

Dedicated & Highly Skilled Care Team to Support Members Throughout their Journey



Health Coach



Diabetes Specialist



Hypertension Specialist

The Omada Care Approach

Data paired with expertise leads to results



Cellular Scale



Cellular Glucometer
(+ unlimited supplies)



Continuous Glucose
Monitors



Blood Pressure
Monitors



State of New Mexico landing page: omadahealth.com/sonm



Welcome State of New
Mexico Members

Log in

Am I covered?

Better health, *made easier*

Whatever 'healthy' means to you, Omada helps you get there with a plan built around you and all the tools and support you need. All at no cost to you.

Am I covered?

Play the video →



With Omada, there's a program for you

Get ongoing support for your health, head-to-toe. Omada has programs available for:



Weight loss

Build healthy habits and lower your health risks through small but powerful changes.



High blood pressure

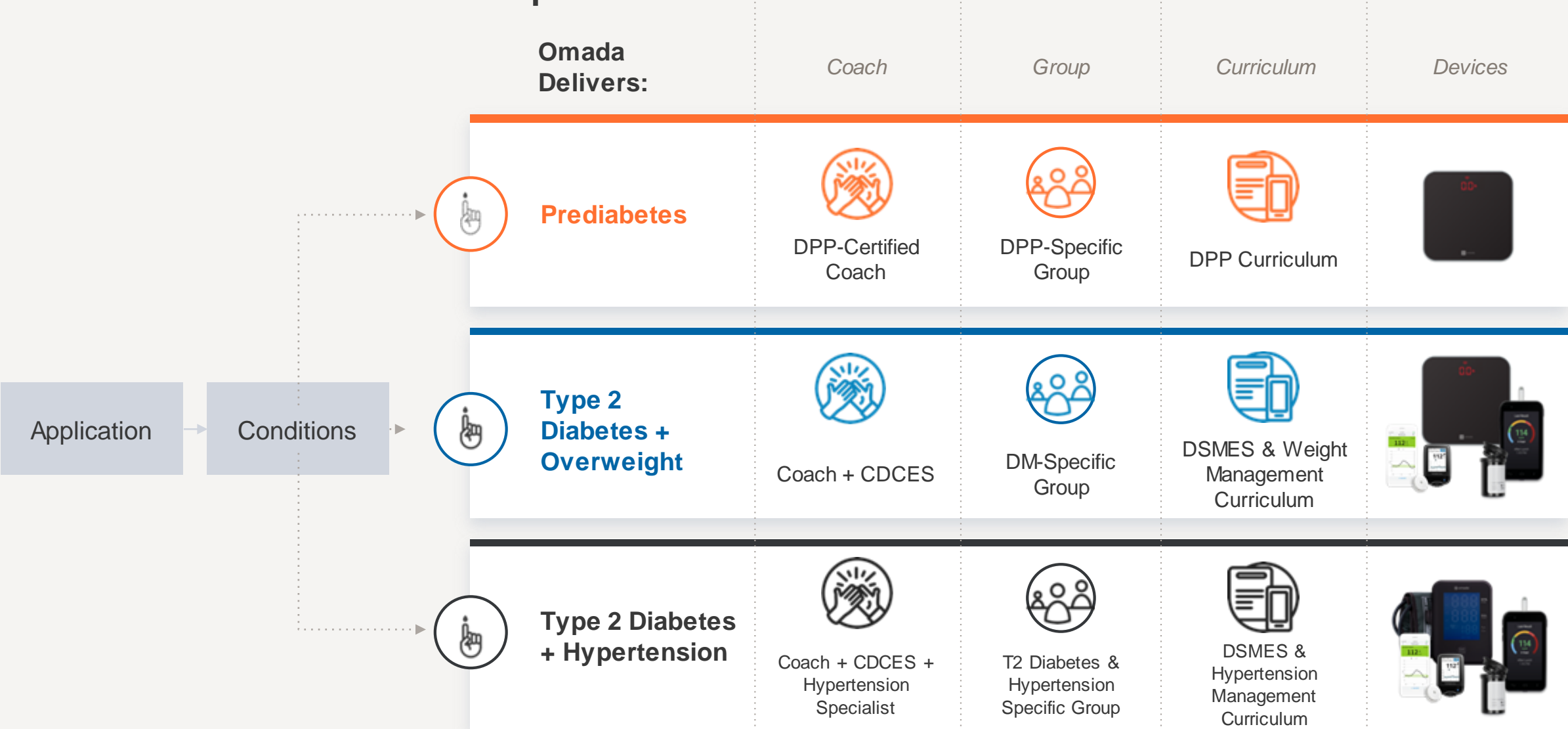
Lose weight, gain energy, and learn ways to lower high blood pressure outside of medication.



Diabetes

Keep glucose levels in check with new ways to eat well, move more, and manage stress.

Personalize Each Member's Experience



Omada® for Prevention

Create lasting change with Omada®.

All at no cost to you.

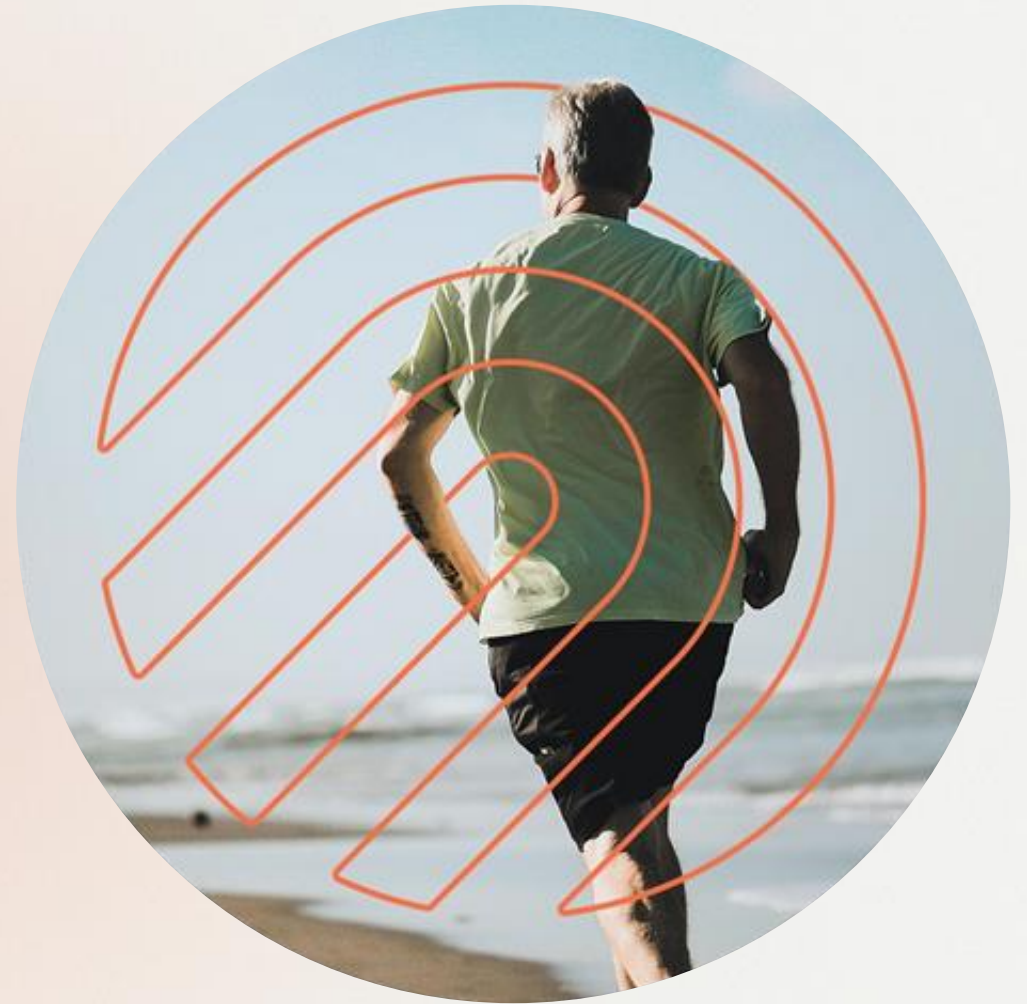
What you get with Omada:

- ✓ Dedicated health coach
- ✓ Interactive weekly lessons
- ✓ Smart devices, delivered to your door
- ✓ Ongoing emotional support
- ✓ Long term results through habit & behavior change



Weight loss & overall health

Learn more: omadahealth.com/sonm



Omada® for Diabetes

Control your blood sugar with less stress and more confidence.

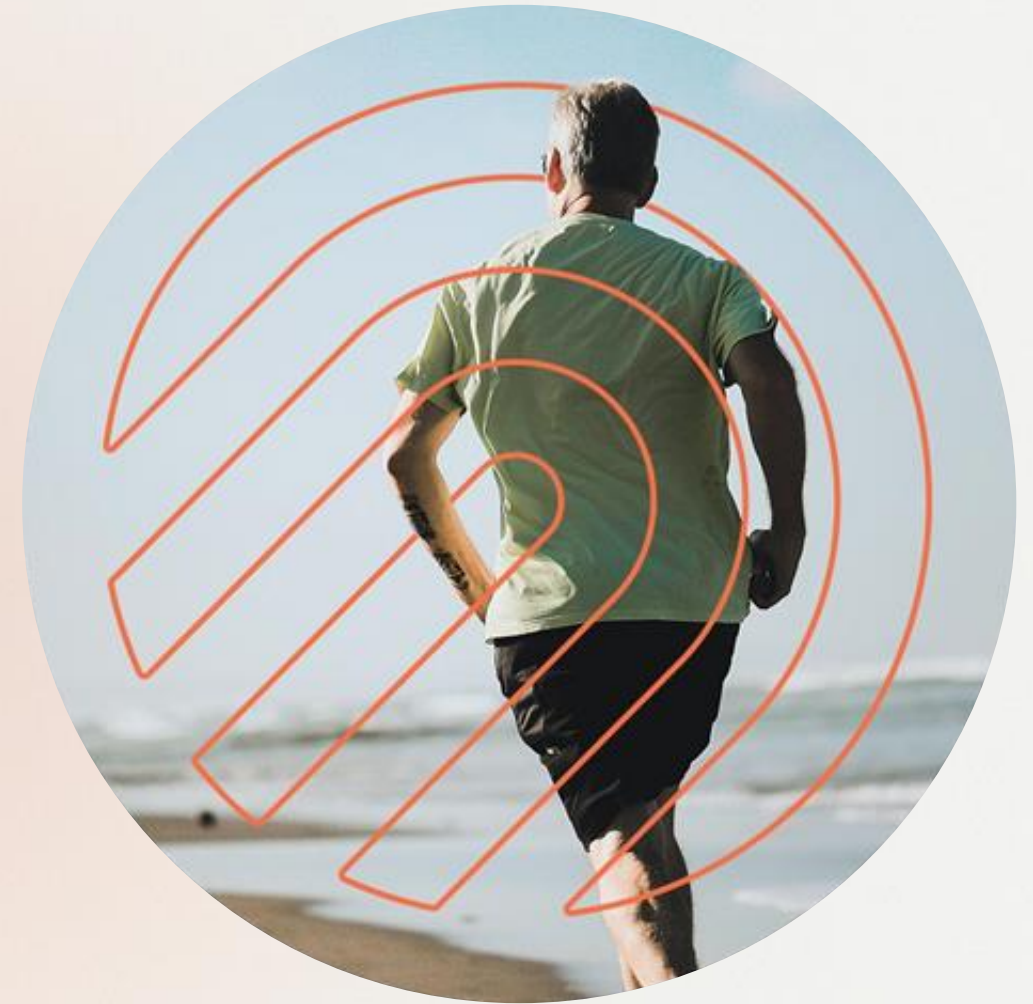
All at no cost to you.

What you will get with Omada:

- ✓ Dedicated health coach and clinical specialist
- ✓ Smart devices, including:*
 - Continuous glucose monitor (CGM)
 - Smart scale (if clinically eligible)
 - Blood glucose meter, and all lancets and test strips you need
- ✓ Ongoing emotional support
- ✓ Personalized care plan



Diabetes



Learn more: omadahealth.com/sonm

*CGMs are only available with the Omada for Diabetes program and only available to members within this program who receive a prescription and have a compatible smartphone. Eligible members will receive two (2) CGM sensors - one CGM is to wear upon enrollment, the other CGM is for a six-month follow-up.

Omada® for Hypertension

Learn ways to lower and manage your blood pressure outside of just medication, with dedicated support.

All at no cost to you.

What you will get with Omada:

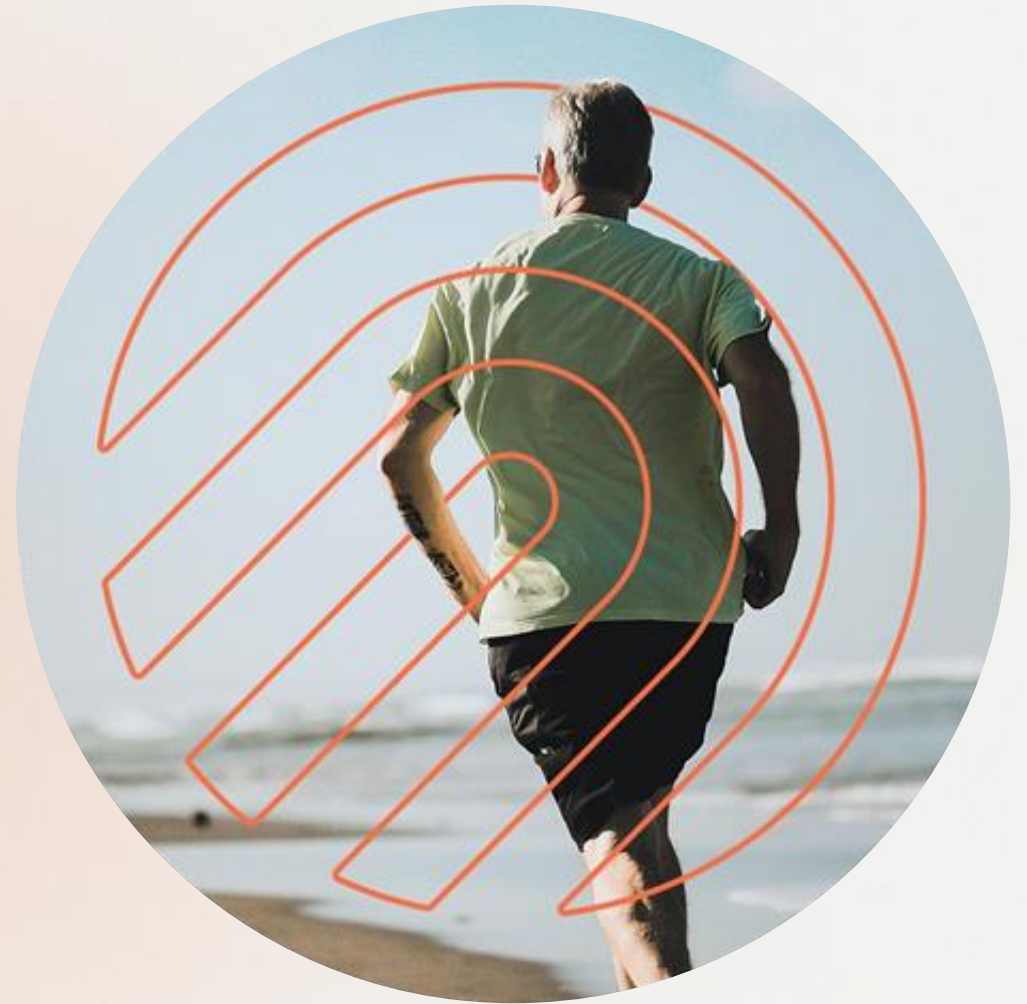
- ✓ Dedicated health coach and clinical specialist
- ✓ Smart devices like a blood pressure monitor and scale*
- ✓ Personalized care plan
- ✓ Interactive weekly lessons
- ✓ Ongoing emotional support



High blood pressure

Learn more:

omadahealth.com/sonm



*Certain connected devices and features provided as a part of an Omada program are only available to members in the applicable program who meet program and clinical eligibility requirements.

Thank You

1095-C 2022 Reporting Year

- Distribution to employees via mail
 - Extended to March 2, 2023 by the IRS
 - Home address-SHARE
 - ✓ “Home” Street address is required to be listed on one complete line (**Address is not to bleed into the second line**).
 - ✓ “Home” address should not be incomplete or missing.
 - ✓ Do not use special character’s in both the Name or “Home” address such as -, #, ~, etc...



Local Public Body Agency HR-Administrators

- ✓ Name
- ✓ Address
- ✓ Social Security Number
- ✓ Employees information must match what is with the IRS

1095-C Cont...



STATE OF NEW MEXICO — GROUP BENEFITS PLAN

- HOME
- STAY WELL HEALTH CENTER
- EMPLOYEE RESOURCES
- EMPLOYER RESOURCES
- ENROLL HERE
- CONTACT

A banner image showing a person's hands writing on a document with a pen. The text '1095-C Documents for Reporting Year 2022' is overlaid on the image. A blue button with the text 'Learn More' is positioned below the text. Navigation arrows are visible on the left and right sides of the banner.

1095-C Documents for Reporting Year 2022

Learn More


- 1095-C Documents for Reporting Year 2022
- Transparency in Coverage
- NEW Stay Well Health Center - Powered by Proactive MD
- Virta and Omada
- NEW: COVID Vaccination Helpful Resources
- HR Meetings - Schedule of Events and Recordings
- Quick Access: Premium Rates for Medical, Dental, Vision, and Disability Benefits
- Medical Providers Tier 1 and Tier 2 Networks
- SoNM Health & Wellness Initiative
- Newsletters and Updates

[Click Here to Update Your Home Address!](#)




1095-C Cont...

The screenshot shows the State of Michigan Employee SHARE Self-Service Manual page. A modal window titled "Employee SHARE Self-Service Manual" is open, displaying a link to view the manual and a "Please note" section with three bullet points. The background page includes the State of Michigan logo, navigation links (HOME, STAY WELL HEALTH, ENROLL HERE, CONTACT), and a breadcrumb trail (HOME / EMPLOYEE INFORMATION RESOURCES /). A dark blue button labeled "SHARE Portal Link" is visible in the bottom right of the page content.

 STATE OF MICHIGAN

HOME STAY WELL HEALTH ENROLL HERE CONTACT

HOME / EMPLOYEE INFORMATION RESOURCES /

 Employee SHARE Self-Service Manual

[Click here to view the manual](#)

Please note:

- Your "Home" Street address is required to be listed on one complete line. (Address is not to bleed into the second line.)
- "Home" address should not be incomplete or missing.
- Do not use special characters in either the Name or "Home" address, such as -, #, ~, etc.

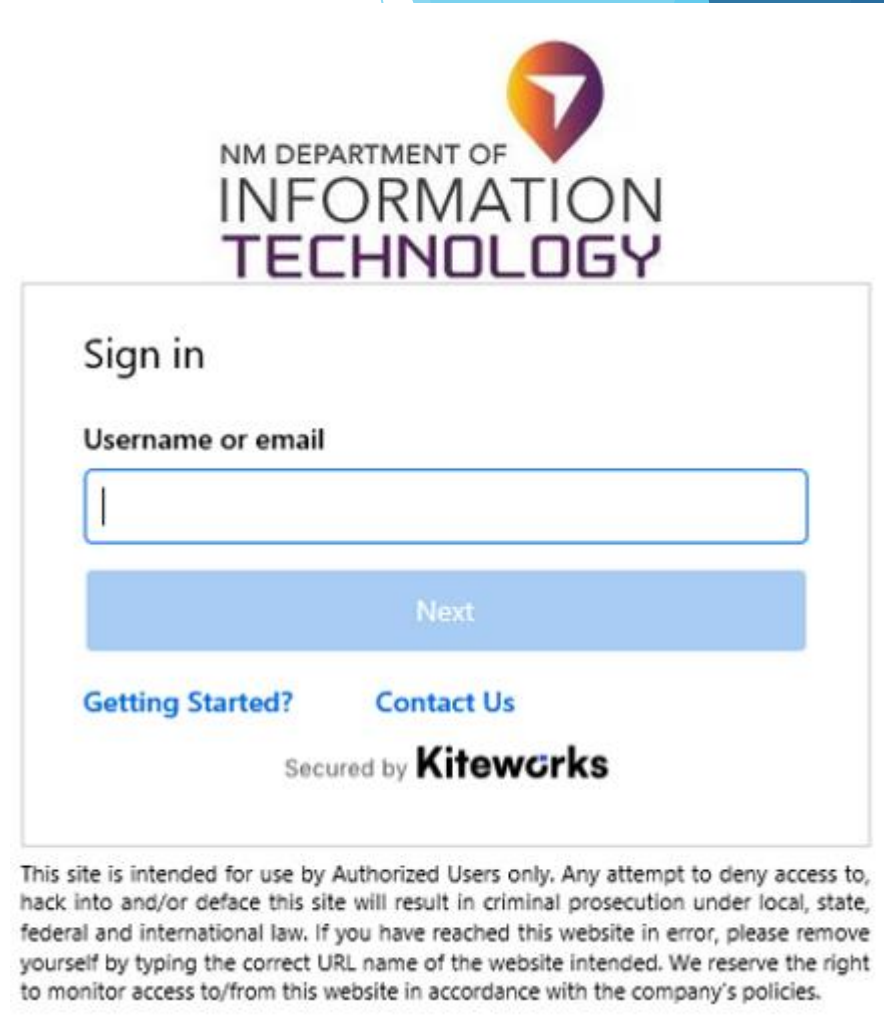
[Close](#)

[SHARE Portal Link](#)

1095-C Cont....

1095-C documents for HR electronic files

- February 8, 2023
 - Same user name and password as your e-mail address
 - -For State Agencies, all Human Resource Managers will receive their agency's 1095-C documents via the e-mail address listed with the State Personnel Office.
 - -For DA, Legislative, or New Mexico Judiciary Branches', they will receive a contact information request form via e-mail, which is required to be completed by that agency's Human Resource Manager. It is imperative that the name, e-mail address, and phone number of the person responsible for receiving and storing this document for each respective agency is submitted directly to Reina Espinoza
-
- <https://kiteworks.doit.state.nm.us/>
 - Expires: 2 weeks from the date you received it



NM DEPARTMENT OF
INFORMATION
TECHNOLOGY

Sign in

Username or email

Next

[Getting Started?](#) [Contact Us](#)

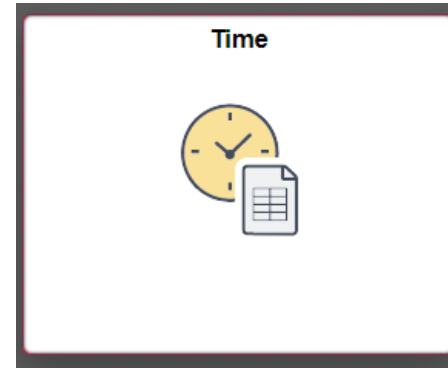
Secured by **Kiteworks**

This site is intended for use by Authorized Users only. Any attempt to deny access to, hack into and/or deface this site will result in criminal prosecution under local, state, federal and international law. If you have reached this website in error, please remove yourself by typing the correct URL name of the website intended. We reserve the right to monitor access to/from this website in accordance with the company's policies.



HR Reminders

Donate Leave and Benefits Premiums



1. Employee Leave
 2. Donated Time Entered
 3. Advise the employee of what premiums were covered, which ones were not, and exactly how much is owed via self-pay premium payments.
- ❖ Reference Internal Policy: Enter leave as soon as it is received and at the beginning of the pay period rather than the end.

Premium Only Plan-"POP"

- The SoNM Premium Only Plan (POP) allows an employee to have their share of the contribution on the cost of medical, dental and/or vision coverage(s) deducted from their gross pay **before taxes** are calculated, which increases the employees' net pay.

*staying in POP the employee pays less tax, however, they are subject to adhere to the Cafeteria Plan Section 125.

All State employees are automatically enrolled in POP

Note: An employee cannot choose specific premiums to be pre or post-tax

Premium Only Plan-"POP" Cont...

MICHELLE LUJAN GRISHAM
GOVERNOR

JOHN A. GARCIA
CABINET SECRETARY

RANDALL CHERRY
ACTING DIRECTOR
RISK MANAGEMENT



State of New Mexico
General Services Department

ADMINISTRATIVE SERVICES DIVISION
(505) 476-1857

FACILITIES MANAGEMENT DIVISION
(505) 827-2141

PURCHASING DIVISION
(505) 827-0472

RISK MANAGEMENT DIVISION
(505) 827-2036

STATE PRINTING & GRAPHIC SERVICES BUREAU
(505) 476-1950

TRANSPORTATION SERVICES DIVISION
(505) 827-1958

State of New Mexico Employees
PREMIUM ONLY PLAN (POP)
NOTICE OF WAIVER
JANUARY 1- DECEMBER 31, 2023

I, _____, wish to "waive" participation in the Premium Only Plan (POP) for the benefits plan year of January 1 through December 31, 2023. I understand by signing this waiver my benefits will be deducted from my pay as an after-tax deduction. I further understand that my enrollment to this program will be up for renewal on January 1, 2024.

Employee Name (print)

Agency Name and Number

Employee Signature

Date

Submit to Erisa Administrative Services:

E-Mail: sonm@easitpa.com and Reina.Espinoza@gsd.nm.gov

Fax: 505-244-6009 and submit to Reina.Espinoza@gsd.nm.gov

Late submission of the POP Waiver will not be granted

Directions to Electronically Sign: Click on Tools on the top left corner, in right window pane click Fill & Sign, Click Sign icon & then in top window pane, select signature, and drag and place in desired area.

*Para asistencia en español con este formulario, por favor llame a Erisa al 1-855-618-1800

PHYSICAL ADDRESS: JOSEPH MONTOYA BUILDING, 1100 S. ST. FRANCIS DR. SANTA FE, NM 87505
MAILING ADDRESS: PO Box 6850, SANTA FE, NEW MEXICO 87502-6850

Purpose of "POP" Waiver Form

Use this form only when employee desires to waive "POP"

- To have the medical, dental, and vision premiums taken after-tax.
- Must be completed
 - Faxed or e-mailed to Erisa and Reina Espinoza- Employee Benefits Bureau within 31 days of hire and annually thereafter during Annual Enrollment.
 - Fax 505-244-6009
 - E-Mail sonm@easitpa.com
Reina.Espinoza@gsd.nm.gov
 - Form-EBB website
 - STATE
 - <https://www.mybenefitsnm.com/StateAgencyEmployee.html>
 - LPB
 - <https://www.mybenefitsnm.com/employeePortal.html>

New Hire & Qualifying Event Orientation

SONM Benefits Employee Orientation



STATE OF NEW MEXICO
EMPLOYEE BENEFITS BUREAU

Orientación para empleados sobre Beneficios del Estado de Nuevo México



ESTADO DE NUEVO MEXICO
OFICINA DE BENEFICIOS PARA EMPLEADOS



HR Contact Information

NMS Statewide Employee Search

Search Results Find | View All First 1 of 11 Last

HR,TRAIN & LBR SPC-A Empl ID
Empl Record 0

Effective Date Action
Effective Sequence 0 Reason
HR Status Active Pay Group/Sal Plan
Payroll Status Active Full/Part Time
Salary Grade Business Unit

Compensation				
Comp Rate Code	Compensation Rate	Comp Percent	Change Percent	Compensation Frequency
1 NAHRLY				

Contact Details

Primary

Name
Email @state.nm.us
Phone Ext

Secondary

Name
Email @state.nm.us
Phone 505/ Ext

Save Return to Search Notify



Thank You For Attending

RESOURCES

- SHARE Self Service Manual: <https://www.mybenefitsnm.com/employeePortalSub3.html>
- POP Waiver Form (State): <https://www.mybenefitsnm.com/StateAgencyEmployee.html4>
- Pop Waiver Form (LPB): <https://www.mybenefitsnm.com/employeePortal.html>
- New Hire & Qualifying Event Orientation: <https://www.mybenefitsnm.com/employeePortal.html>
- 1095-C FAQ's: <https://www.mybenefitsnm.com/index.html>