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### June Health Awareness

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[World infertility awareness](#)

[World Hunger awareness](#)



EBB Website

[www.mybenefitsnm.com](http://www.mybenefitsnm.com)

Contact EBB

[GSDRMD.EBB@state.nm.us](mailto:GSDRMD.EBB@state.nm.us)



NEW MEXICO  
GENERAL SERVICES DEPARTMENT

Questions about this  
newsletter?

[carmella.jasso@state.nm.us](mailto:carmella.jasso@state.nm.us)

## Welcoming a New Pharmaceutical Carrier...

The Employee Benefits Bureau welcomes CVS Caremark as the new Pharmaceutical Benefit carrier for the State of New Mexico Group Benefit Plan.

Employees will be receiving CVS/Caremark Welcome Kits, which will include a new ID card, as well as directions on how to prepare member's prescriptions for the change. Members will need this new ID card in order to set up their CVS/Caremark account. **(Employees must update their [my.nmsu.edu](http://my.nmsu.edu) mailing information to ensure they receive the CVS/Caremark Welcome Kit.)**

- Prescriptions will switch from Express Scripts to CVS/Caremark automatically
- In May/June, CVS/Caremark will be mailing out
  - Steps to help understand available medication options
  - A list of member's current medications and available alternate medications
  - Guidance to help members transition to their new Specialty Pharmacy
  - Notification to members who will have a change in covered medications
  - PrudentRx Specialty Pharmacy information
- Members are not required to use only CVS pharmacies as most NM pharmacies are included in the CVS/Caremark network. Members can click [In-Network Pharmacy Locator](#) to find a participating pharmacy in their area.
- For more information please call CVS/Caremark customer service at 1.877.744.5313, or visit [Caremark.com - Help Center](http://Caremark.com - Help Center).



### Tired of diabetes meds?

Taking fewer diabetes medications has a number of benefits, including fewer episodes of low blood sugar. Virta's treatment teaches patients how to eat delicious, satisfying meals that help control blood sugar naturally.

This also causes weight loss without going hungry, as well as more steady, stable energy throughout the day.

There is no additional cost to you if you qualify, so visit [www.virtahealth.com/join/sonm](http://www.virtahealth.com/join/sonm) to get started today!

### What are fellow employees saying about Virta?

*"I appreciate the chance to take control of my life! Thank you for caring about my health. Virta will teach me to eat healthier and help me feel better every day! Thank you so much!"*

*"I am eating better, losing weight and feeling better!!! Thank you!"*

*"Thanks for providing this benefit! I'm only a week into actually making changes and can see this will be a huge benefit to my health! I probably never would have tried it without it being offered like this!"*



omada



### A new way to get healthy

We've been there. You set new health goals, you're off to a strong start, and then life happens. All of a sudden, you're no longer on track. It's time to break the cycle.

Omada's science-based approach helps you find the motivation you need to shift your mindset and change your health—both mentally and physically.

What you'll get with Omada: Dedicated health coach,

•Wireless smart scale •Interactive weekly lessons •A totally different approach •A science-based focus •A science-based focus •and it's covered by your health plan or employer. Shift your mindset, change your health: [omadahealth.com/sonm](http://omadahealth.com/sonm).

### What participants are saying about Omada?

*"This is the ongoing support I needed."*

*"I finally understand my risk factors"*

*"I feel empowered to make progress"*

*"I can easily see how I'm doing"*

*"I'm confident that I can keep this going"*

## Employee Reminders

**Employee Contact Information** – Keep your phone number and address up-to-date via banner self-service at [my.nmsu.edu](http://my.nmsu.edu) so you don't miss out on important employee benefits communications.

## Strategies to Stay Mentally Sharp

Five things you can do to reduce risk of cognitive decline. Forgetting occurs to all of us. However, there are some things you can incorporate into your life to possibly reduce your risk of more serious memory loss.

**Stay Physically Active.** When you exercise you increase blood flow to your brain which increases valuable nourishment.

**Eat a Healthy Diet.** Eat a wide variety of vegetables and fruit, decrease saturated fats, choose whole grains, limit sweets and sugary beverages, and season with herbs instead of salt. Remember it is important to feed your brain what it needs to function properly.

**Keep Learning.** Engage in mentally challenging activities such as learning a new skill, adopting a new hobby or even enroll in a new formal education class. New activities may create new neural connections.

**Create and Foster Social Connections.** Pursue connections that are meaningful to you whether it is with family, friends or volunteering. Having a sense of purpose promotes good brain health.

**Get Plenty of Sleep.** Getting an adequate amount of sleep allows our bodies to recover and recharge. The average adult should aim for 7-9 hours a night. Adopt healthy habits around bedtime like avoiding electronics and bright light, and including calming activities such as meditation or deep breathing.



**DON'T FORGET!** Your Dental benefit provides you with 2 free cleanings/check-ups per year! In addition, members with specified medical conditions may be eligible for additional cleanings (up to 4 a year). [CLICK HERE](#) for more information!



Thoughts and prayers to our fellow New Mexicans whose lives have been affected by the wild fires burning throughout our beloved state.

**How Can You Help?** There are many ways to help your fellow New Mexicans during this time of need. Click the KOB.TV link below for more information on where to donate funds, volunteer, provide agricultural/livestock support, and more. [Click here](#) to find out how.

We Need  
Your HelpThe SoNM Employee  
Fire Victim Drive

Help the evacuees of NM's fires by donating:

- Clothing
- Socks
- Toiletries
- Twin & queen size bedding.

## Donate at the following Probation &amp; Parole locations:

**Santa Fe Office**  
2000 C, St. Michaels Dr.  
Santa Fe, NM 87505

**Raton Office**  
1115 S. Second St.  
Raton, NM 87740

**Rio Rancho Office**  
4000 Southern Blvd SE  
Rio Rancho, NM 87124

**Espanola Office**  
410 B, Paseo de Onate  
Espanola, NM 87532

**Albuquerque Office**  
615 1<sup>st</sup> Street NW  
ABQ, NM 87102



For More Information Contact April: 505.470.8786

## Upcoming Webinars...



**Healthy Living for  
Your Brain and Body**  
[June 14, 12-12:45](#)



**Strong Habits = Strong Brains**  
[June 15, 8:00 – 8:15](#)



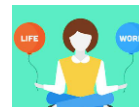
**The Role of Media in  
Mindfulness**  
[June 15, 12:00 – 1:00](#)



**June is the kick off to fun  
Farmer's Markets**  
[June 16, 12:00 – 1:00](#)

Well-Being Solutions  
Webinars

**Are You Financially  
on Track for  
Retirement?**



**Mindfulness: Being  
Present in Your  
Work and Life**



**How Emotions Impact  
Interactions with  
Older Loved Ones**

Carrier  
Newsletters  
and  
More!

BlueCross BlueShield of New Mexico

