



NEW MEXICO
GENERAL SERVICES DEPARTMENT

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Employee Benefits Bureau
Risk Management Division
Questions/Comments?
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Homemade Sunscreen

Time to enjoy the great outdoors! Protecting ourselves and our family from the sun is an important preventative measure for your health. This homemade sunscreen isn't full of harmful chemicals and toxins. Not only does it protect your skin from burning, but also nourishes and hydrates your skin with essential vitamins and nutrients!

- ¾ Cup Coconut Oil
- 10 Drops Lavender Oil
- 1 T Pomegranate Oil
- 2 T Shea Butter
- 2 T Zinc Oxide

Mix first four ingredients in jar. Place jar directly into saucepan on medium heat. Add Zinc Oxide and stir well. Remove from heat and allow to cool.

Preventative Health Care

“An ounce of prevention is worth a pound of cure.” – Benjamin Franklin

Preventative Health Care is a very important aspect of the SoNM's health program. Not only does it help us improve our health, wellness and quality of life, but can also save us potentially expensive health costs. The SoNM offers its health care members Preventative Services, many free of charge.

Our reality is, seven out of 10 deaths among Americans each year are from chronic diseases, and almost one out of every two adults has at least one chronic illness, *many of which are preventable!* Racial and ethnic minority communities experience higher rates of obesity, cancer, and diabetes, and almost one in every three children in our nation is overweight or obese, predisposing them to chronic disease. Hispanics and African Americans experience even higher numbers.

Preventive check-ups and screenings can help find illnesses and medical problems early, which improves the health and well-being for both you and your dependents. The SoNM offers its members FREE [Biometric Screenings](#) statewide, as part of the [Stay Well Wellness Program](#), as well as the [Stay Well Health Center](#) which provides well-checks, biometric screenings, annual exams, blood work, vaccines and health coaching, **ALL FREE** to members covered under a SoNM medical plan!

Below is a list of preventative health care services offered to our employees covered under a SoNM health plan:

Adults:

- Mammogram
- Annual Exam
- Vaccines
- Screenings
 - Breast Cancer
 - Alcohol Abuse
 - Depression
 - Skin/lung Cancer
 - Sexually Transmitted Infections
 - Osteoporosis
 - Healthy Pregnancy
 - Cervical Cancer

- Counseling
 - Breast Feeding/Supplies
 - Alcohol misuse
 - Domestic Violence
 - Healthy Diet
 - Obesity
 - STI's
 - Skin Cancer Prevention
 - Tobacco use
 - Pregnancy
 - Cervical Cancer Prevention
 - Osteoporosis Prevention

Children:

- Well Check
- Screenings
 - Autism
 - Developmental Delays
 - Hearing
 - Visual Acuity
 - Oral Health Assessment
- Counseling
 - Obesity
 - Skin Cancer Prevention

For a complete list of preventative services offered by your carrier go to: www.mybenefitsnm.com to find the link to your carrier's website.

“...the greatest gift you can give your family and the world is a healthy you.”

– Joyce Meyer

Come meet the staff of the SWHC!



Elizabeth Ramirez, Lead Medical Assistant. Being the Lead MA, Elizabeth is tasked with leading the team. Obtaining her MA from PIMA Medical Institute, she has worked as an MA for 19 yrs. Her experience includes Woman's Health, internal medicine, family practice, pediatric endocrinology, cardiology and pulmonary medicine. Besides adoring her 3 children and 7 grandchildren, she enjoys her down time reading a good book or cheering for her favorite team.



Lynette Quintana, Medical Assistant. Lynette is the first face you see when you enter the Health Center, working both at the front of the center, as well as on the medical side. Lynette is from Santo Domingo Pueblo and has worked at the SWHC since its opening. She is currently pursuing her RN degree at UNM. "I enjoy making patients feel welcome, I love what I do. I especially like working directly with patients who need help, this motivates me to provide excellent care."



Christie Sandoval, Medical Assistant. As part of the SWHC team, Christie believes all patients deserve to be treated equally and fairly, no matter the circumstances. She received certification in both Medical Assistance as well as Phlebotomy from the National Health Care Association. Her experience in both fields totals 12 years and is currently pursuing her RN degree at NNMC. She spends her time off with her husband watching their three sons play sports.



Lupe Abeyta, Medical Assistant. Having been an MA for 18 yrs., Lupe brings an extensive background in Orthopedics, Cardiology, Podiatry, Family Practice, Gastroenterology, and Pain and Spine Medicine. "I try to establish a relationship with my patients. I want them to know I'm listening and working hard to get them the best care. I want them to leave with a feeling of resolution knowing their needs have been met. Lupe continues her education, working on learning a third language. She enjoys reading and spending time with her family.



Yvonne Bravo, Medical Assistant. Originally from the Bronx, Yvonne lived in Puerto Rico before moving to Albuquerque, and now Santa Fe. Having earned her MBA in 2009, she decided to pursue a career as a MA. Her 6 years of experience includes Podiatry, Endocrinology, Women's Health, Family Practice and Primary Care. Yvonne enjoys spending her free time cooking wholesome Puerto Rican food for her son and daughter.



Clyde Sanchez, Nurse Practitioner. Clyde believes in the treatment of the whole person; considering mental, spiritual and social factors in addition to physical symptoms. He received BA in Nursing from Cornell University, MA in Nursing as a Family Nurse Practitioner from Yale and his PhD in Community Health Education from the UNM. Clyde has 35 years of experience in Family Practice, Urgent Care, Occupational Medicine, Orthopedics, Rheumatology and Geriatrics. His interests include spending time with his 7 children and 16 grandchildren and taking trips to India with his wife treating the medical needs of residents in indigenous villages.



Carla Gordan, Nurse Practitioner. Carla has an MS in Nurse-Midwifery and Post-Master Certificate in Nurse Practitioner-Family from UNM. With 23 years of experience, she has served in a federally qualified health center as a Family Nurse Practitioner and full-scope midwife in southern New Mexico, totally over twenty years of nursing experience right here in Santa Fe. "Carla enjoys travel, being outdoors, and family time. My goal is to ensure that our patients are well-informed, and empowered to make beneficial choices to improve health and quality of life.



Abby Rodriguez, Nurse Practitioner. Abby believes in optimizing patient's health by promoting healthy lifestyle change as a primary intervention to prevent chronic conditions. She builds strong relationships with her patients by identifying and working toward mutual goals through patient education. Abby received her BA in nursing from the UIOWA and her MS in nursing from UNM. She has been practicing since 2014, and has experience in Family Medicine, Urgent Care, and Integrative Medicine. Her areas of interest include integrative medicine, preventative medicine, women's health, and urgent care.



Marissa Berry, RN/Health & Wellness Coach. Marissa is a Santa Fe native and has been an RN for 7 years. After earning her Nursing Degree right here in Santa Fe, Ms. Berry gained experience in several different aspects of nursing such as: Infusion Therapy and as Charge Nurse in a hospital's medical/surgical unit. She is also a Certified Health Coach and is currently earning her Nutritionist Certification, which will help her better serve our members.



Roger Cisneros, Clinic Operations Manager. Roger is a native New Mexican and has happily served the Santa Fe Community for the past 20+ years. He received his BA from NM Highlands University where he majored in Exercise Physiology and minored in Health Education. His fields of experience include Physical Therapy, Occupational Medicine, Human Resources, Urgent Care, and most recently, Pediatric & Family Practice. Roger brings with him 11 years of Outpatient Clinic Management experience, along with four years of Labor Relations experience. Roger is a devout family man, an avid sports fan and enjoys working out in his spare time.



Here at the Stay Well Health Center we are working hard to improve our patient's experience. Let us put our many years combined experience to work for you.



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

ZERO CO-PAYS, NO DEDUCTIBLES AND
MEDICATIONS DISPENSED THROUGH
THE HEALTH CENTER ARE FREE

In partnership with



**Call us today to schedule an appointment.
827.2485 Saturday appointments available.**



Employee Assistance Program

From time to time, employees face complex challenges that cause stress. Whether you are dealing with issues that are personal or work-related, the SoNM's Employee Assistance Program can help.

What is the Employee Assistance Program (EAP) Benefit?

EAP is here to support you and your family by offering FREE, confidential counseling services. Our licensed, professional counselors are available to help you address personal problems that could adversely affect your job performance, health and well-being.

What types of issues can EAP help with?

- Alcohol and Drug Addiction
- Conflict Resolution
- Dependent Care/Elder Care
- Depression and Anxiety
- Marital and other relationship issues
- Grief and Loss
- Gambling Addiction
- Workplace Issues
- Stress
- Parenting and family challenges

How many sessions do I have with a counselor?

All SoNM/LPB employees have 6 FREE sessions allowed with the EAP benefit. If your situation requires additional services, our counselors will quickly and efficiently help you access your mental health benefits, community resources, self-help groups or other resources.

What does it cost?

The SoNM has pre-paid for this benefit, so it is FREE to you and your immediate family members. No insurance or co-payment is required.

Can my family members use the EAP?

Yes. Any member of your household – your spouse, children, parents or members of your immediate family living with you – has access to the EAP benefit.

Who are the EAP Counselors?

All our counselors are licensed, certified behavioral health professionals with masters level education and training. They are experts in helping people resolve issues that can affect their personal health and well-being as well as that of their family members. For more information about our counselors, please go to www.mybenefitsnm.com.

Are these services confidential?

All EAP services are completely confidential. Your written permission is required to authorize the release of any personal information. The only exceptions are: if the situation poses the risk of danger to yourself or others; or involves a court order.

Can I access EAP after my employment ends?

You and your family members may utilize the EAP benefit for six months following termination. If initial access takes place during this six-month period, you and/or your family members will have one year from the date of your first visit to complete all sessions.

What if my experience with EAP is unsatisfactory?

EAP pays close attention to the needs of both the employee as well as the employer. If you have a negative experience with EAP, please contact The Solutions Group directly at 505.254.3555. We will immediately investigate the complaint and rectify the situation. If you believe a counselor is not a good match to address your needs, you may request an appointment with a different counselor.

How do I access the EAP?

Call 1.855.231.7737 to schedule an appointment or video visit.

Video Visits offer a confidential, secure and effective way to receive counseling services through your computer or smartphone.

Office hours: 8:00 a.m. – 5:00 p.m. Monday through Friday
Evening appointments available Tuesdays until 7:00 p.m.

Saturday appointments are available upon request

Emergency access available 24/7/365.

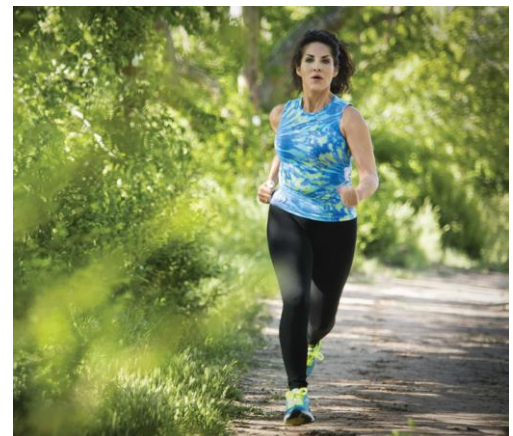
Offices in Santa Fe, Albuquerque and various locations throughout the state.

Visit www.mybenefitsnm.com for more information.

Boost Your Brain **with Exercise**

The physical benefits of exercise – lowering your risk for heart disease, stroke and diabetes, losing weight, preventing depression, reducing your blood pressure – are widely reported, but a growing body of research indicates that exercise also benefits memory and thinking. Besides lowering a person's risk for Alzheimer's disease and possibly even slowing the brain's aging process, a recent study published in the *British Journal of Sports Medicine* indicates that aerobic exercise can improve cognitive function while resistance training can

improve executive function and memory. In addition, research recently conducted at New Mexico Highlands University revealed that the impact of walking increases blood flow, sending more oxygen and nutrients to the brain, and ultimately improving mood, which improves brain health. Greater blood flow also repairs and protects brain cells from degenerating and generates new brain cells. So what are you waiting for? Get moving and give your brain a boost!



How do you Create a **HEALTHY** Meal Plan?

START BY REGISTERING ON THE STAY WELL WELLNESS PORTAL

Go to the “NUTRITION” tab, click on “Meal Planner.”

Follow the steps and start eating better today!



STEP 1

Create a Meal Plan

Current Plan:
 1800-2000 Heart Healthy
 Go To Plan | Log Food | Remove Plan

Meal Plans

Calorie range: 1800 - 2000
 Food plan: 1800-2000 Heart Healthy

Save

Preview
 1800-2000 Heart Healthy
 Includes healthy mono- and polyunsaturated fats and limits saturated and trans fats.

STEP 2

Review Plan

Current Plan:
 1800-2000 Heart Healthy, 1800-2000 calories
 Change plan | Print meal plan | Print food options | Print shopping list

Entry

Date: Today 07/08/2017

Thursday
 0 calories

Copy to another day **Save All**

Daily goal: 1500 calories

STEP 3

Generate Grocery List/Shop

The shopping list is created based on the foods selected in your food planner. Select the days of the week you wish to create a shopping list for. Note that the shopping list will not break down each food item into its component ingredients.

View the shopping list for these days:
 Start: Monday End: Friday **Generate list**

Meats & Proteins

Food	Amount	Unit
Cheese, Parmesan Or Swiss, Low Sodium	1 3/4	ounce(s)
Chicken Or Turkey, White Meat, No Skin, Cooked	11	ounce(s)
Cod, Flounder, Haddock, Halibut, Trout, Cooked	6 1/2	ounce(s)
Edamame, Green Soybeans In Pod	2/3	cup(s)
Egg, Medium, Eggs	2	whole(s)

There are many more Wellness tools and Workshops on the
Stay Well Wellness Portal

For more information visit www.mybenefitsnm.com/staywell.htm

Click on the Stay Well Wellness Program at the top right of the page

Available to ALL SoNM/LPB Employees, Spouses/Domestic Partners covered under a state medical plan.



Schedule Your Biometric Screening Today and Take Control of Your Health!

This Free biometric screening can give you valuable insight into your overall health...

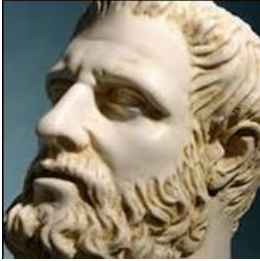


7.19.17	City of Las Vegas (Public Works Bldg., 1700 N. Grand Ave.)
7.20.17	Clayton Civic Center (124. N. Front St.) Council Chambers Rms.
7.21.17	Corrections (4337 NM Hwy14, SF)
7.25.17	State Engineer (130 S. Capitol, SF) Ortiz Pino Bldg., Conf. Rm. B&C - Basement
7.26.17	State Engineer (5550 San Antonio Dr., NE, ABQ) ISC Lg. Conf. Rm., Main Floor
7.27.17	Education Retirement Board (701 Camino De Los Marquez, SF)
8.02.17	11 th Judicial Dist. Court (103 S. Oliver Dr., Aztec) Multi-Purpose Rm.
8.03.17	State Land Office (310 Old SF Trail) Morgan Auditorium
8.08.17	DOT – Dist. 6 (1919 Pinon St., Milan) Auditorium
8.09.17	WNMCF (2111 N. Lobo Canyon Rd., Grants) Gym
8.15.17	HSD – Admin. (1474 Rodeo Rd., SF) Large Conference Rm
8.16.17	Town of Taos, Town Hall (400 Camino de la Placita, Taos) Training Rm.

To schedule your appointment go to <http://mybenefitsnm.com/staywell.htm>

Look for links at bottom of page

"ALL DISEASE
BEGINS IN
THE GUT!"
-HIPPOCRATES



How Much Do You Know About The Bacteria In Your Gut?

The human body is full of bacteria, most of which is in our gut. These microorganisms work to keep our immune system as well as inflammation in balance. Research shows that the nervous system and the digestive system are closely connected, hence your state of mind affects your gut and vice versa. Therefore, working on keeping your gastrointestinal tract healthy and balanced should be one of the most important things we can do to improve our health and wellness.

Gastrointestinal health can be the root cause for many other health issues including brain (mental) health. With so many triggers in our daily lives that create havoc on our digestive systems (food toxins, environmental toxins, stress, etc.), getting our gut balanced and healthy may seem impossible.

The good news is that it is entirely possible to restore the full health of your gastrointestinal system, which can have major effects on your entire body, mood, memory and more, proving gut health is extremely important to overall well-being. Not only is beneficial bacteria in your digestive system largely responsible for the critical functions of the body's digestive and immune system, but it also affects vitamin and mineral absorbency, hormone regulation, immune response, toxin elimination and overall mental health which are all linked to the "second brain".

What can you do to start healing the gut? Hippocrates, who's considered the father of medicine said, "Let food be thy medicine" and experts agree, the focus should be on the food you eat. Eliminate any offenders that may be potentially causing damage. Like what? Well, inflammatory foods: refined sugar, gluten, dairy, soy, corn, and of course, processed foods. Sugars feed the negative bacteria and deplete the positive bacteria causing the unhealthy imbalance. Eating plenty of fresh vegetables, dark leafy greens, low sugar fresh fruit, easy-to-digest grains (quinoa, millet, buckwheat grouts. Soaking first makes it much easier to digest.).

To replenishing the good bacteria you would consume foods like kefir, miso, sauerkraut and kimchi. Also, raw asparagus, garlic, onion, leeks, banana and dandelion greens.

Deep sleep promotes the healing of digestive organs, allowing them to repair and replenish. During sleep the body detoxifies itself and eliminates the waste. Experts suggest 7 to 8 hours of sleep a night for most people.

One more important aspect to healing is stress management. Lifestyles today contain high levels of stress which triggers the sympathetic nervous system. This creates the fight-or-flight response which inhibits your digestion. The goal is to rest, repair and heal... so engaging in calming activities such as walking, deep breathing, restorative yoga and meditation can also aid the healing process.

References:

Whole Health Chicago: <http://wholehealthchicago.com/2015/04/20/understanding-leaky-gut/>; Science Daily: <http://www.sciencedaily.com/releases/2015/04/150409143045.htm>
Johns Hopkins Medicine: http://www.hopkinsmedicine.org/health/healthy_aging/healthy_body/the-brain-gut-connection
CNN: <http://www.cnn.com/2015/05/06/business/brain-food/>; Dr. David Perlmutter: <http://www.drperlmutter.com/about/brain-maker-by-david-perlmutter-md/>
Jay Pasricha, M.D., Director of John Hopkins Ctr. For Neurogastroenterology;
Dr. Natasha Campbell-McBride <http://articles.mercola.com/sites/articles/archive/2011/07/31/dr-natasha-campbell-mcbride-on-gaps-nutritional-program.aspx>

It's time again for the Dept. of Transportation's annual
WELLNESS FAIR

August 23, 2017, from 10:00 a.m. to 1:00 p.m.
at DOT's Service Center (1120 Cerrillos Road)
under the canopies.

Come participate in the biggest SoNM Health Fair.
SoNM Benefit providers will be in attendance.



Health
Observances

July

UV Safety
Ntl. Park & Recreation
July 28th, World
Hepatitis Day



Photo: WagenaarHoes