



NEW MEXICO
GENERAL SERVICES DEPARTMENT

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Employee Benefits Bureau
Risk Management Division
Questions/Comments?
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August

Health Awareness Month

- Children's Eye Health Care Safety Month
- National Breastfeeding Month
- Psoriasis Awareness Month
- Gastroparesis Awareness Month
- National Immunization Awareness
- National Health Center Week
- Contact Lens Health Week

GETTING READY FOR OPEN/SWITCH ENROLLMENT



STATE OF NEW MEXICO

2017 Annual Benefits Open Enrollment

It's not too early to start preparing for the 2017 Annual Benefits Open Enrollment for Calendar Year 2018 (January 1 – December 31)



- Not sure what coverage you currently have?
- Have you or a covered dependent had a:
 - change of address
 - change in marital status

Use the URL below to access the **SHARE Employee Self-Service** Instruction Guide. This Guide will show you how to update personal information (Pg.31); i.e., address for you and/or your dependent(s), update personal information for you and/or your dependent(s), and review your current benefit elections (Pg. 51) - including who is covered.

https://www.mybenefitsnm.com/documents/SHARE_Introduction%20to%20Employee%20Self%20Service.pdf

This year's OE requirements:

You are required to submit an enrollment form during the enrollment window **ONLY** if you would like to:

- Change your benefits elections for Calendar Year 2018
 - Add or remove medical, dental, vision or disability coverage
 - Add or remove dependents from coverage
- Elect a flexible spending account (FSA)
- Change your premiums deductions from pre-tax to post-tax deduction - POP

Please see Page 2 for Open/Switch Enrollment Event Schedule

It is important to attend an event or webinar in order to ensure full understanding of all benefits as well as be fully informed of any changes made to those benefits.

General Services Department
Risk Management
Division



Employee Benefits
Bureau

**Open/Switch Enrollment Fall 2017
For New Benefits Plan Year CY18 (Jan 1 - Dec 31, 2018)**

DATE	TIME	CITY	LOCATION
10/3/17	8:30-10:30 AM 1:30-3:30 PM	Santa Fe	Harold Runnels Bldg. 1190 St. Francis Dr. 87505
10/5/17	<u>WEBINARS**</u> 9:30-11:30AM 1:30-3:30 PM	<u>Via Internet</u> Host site: Erisa/ABQ (interactive Q&A ability)	Go to: www.mybenefitsnm.com for details
10/10/17	8:30-10:30 AM 1:30-3:30 PM	Albuquerque	DOH/Scientific Labs 1101 Camino de Salud NE 87102 Secure Bldg., PICTURE ID REQUIRED
10/17/17	<u>WEBINARS**</u> 9:30-11:30am 1:30-3:30pm	<u>Via Internet</u> Host site: Erisa/ABQ (interactive Q&A ability)	Go to: www.mybenefitsnm.com for details
10/19/17	8:30-10:30am 1:30-3:30pm	Santa Fe	SPO Willie Ortiz Bldg. 2600 Cerrillos Rd., 87505
10/24/17	8:30-10:30am 1:30-3:30pm	Santa Fe	Old PERA 1120 Paseo de Peralta 87501
10/26/17	8:30-10:30am 1:30-3:30pm	Albuquerque	African American Cultural Ctr 310 San Pedro NE 87108

**Recorded Webinars can be accessed at www.mybenefitsnm.com

Sign language interpreter available for live events. Contact Employee Benefits Bureau at [505.476.2199](tel:505.476.2199) to ensure placement

Cauliflower

Super Delicious AND Super Nutritious!

If your kids are anything like mine were, it's hard to get them to eat certain vegetables. Because of the way cauliflower smelled, they wouldn't go near it.

But since it's considered to be a "super food", and is packed with phytochemicals, anti-inflammatory compounds, and the ability to ward off cancer, heart disease, brain disease and obesity. Now that's pretty incredible, I was determined to get cauliflower on their plates. Telling them that it's a good source of antioxidants, essential vitamins, carotenoids, fiber, soluble sugars, minerals, and phenolic compounds didn't seem to convince them, so I started to explore other options. (1)

The great news is that it's so easy to incorporate this healthy veggie into your diet. It can be a substitute for bread, crust, rice, pasta, potato, and chips; as well as used for soups, casseroles, sauces, salads, and can even be used to make hummus!

Not matter how you decide to use it, do yourself and your family a favor... put cauliflower on your plate!



Cauliflower continued: As everyone knows, eating veggies (most foods) raw is the best way to get the most nutritional value from what we eat. Raw fruits, vegetables, nuts, seeds, and sprouted grains can be prepared in numerous ways so that you won't get bored with the same thing while getting the MOST of nutrition. The more of these raw foods you can incorporate into your daily intake, the more health you put into your body. But what is the best way to cook cauliflower? Studies show, the best way to cook this super veggie in order to preserve its health benefits is to gently sauté or stir fry with a bit of water, lemon juice, broth, or a healthy source of fat which can make its nutrients more absorbable. (2) But what we really want is something our family will eat. Try this amazing [Roasted Cauliflower recipe](#) (one of my favorites). It's great on the plate or in a bowl while watching a movie. The best part is you can add any type of flavor you want. Get creative and enjoy!

ROASTED CAULIFLOWER

- 1 head cauliflower
- 3 cloves garlic, minced
- 2Tbl lemon juice
- ½ cup coconut oil or olive oil
- 1tsp onion powder

- Preheat oven on broil
- Chop cauliflower into florets
- In a large bowl toss all ingredients together
- Spread single layer on lined cookie sheet(s)
- Broil for 20 minutes, tossing after 10 minutes (cook time varies with each oven)
- Allow to cool, then they're ready to eat!

You can also add other veggies (broccoli, beets, carrots, onions, Brussel sprouts, etc.), herbs, or other spices. I often melt butter with herbs, spices or chili and toss with the roasted vegetables before serving. Y.U.M.!

**Upcoming STAY WELL HEALTH CENTER
LUNCH AND LEARN!**

**IT'S IMPORTANT TO
KNOW YOUR NUMBERS**



Knowing your numbers by getting your blood pressure checked regularly is the first step toward improving your blood pressure.

Check with the Health Center for tips, recipes, and help with monitoring and improving your blood pressure.

DO YOU KNOW YOUR NUMBERS?

Make your 10-minute appointment at the Health Center to learn about your numbers today.

Learn about Blood Pressure basics by joining our Lunch and Learn on

Wednesday, August 30th from 12-1 pm at the Toney Anaya Bldg., Rio Grande Rm.

Bring your lunch and learn how to improve your numbers.

All participants will be entered to win a **HOME BLOOD PRESSURE MONITOR!**



Questions?

Please contact the Stay Well Health Center at 827.2485

Researchers suggest that eating blueberries can improve night vision.

Read more here:

http://www.naturalnews.com/047905_blueberries_antioxidants_eyesight.html

**SPORTS
EYE
SAFETY**



With school starting up again, we need to think about eye safety and how to better care for them. Each sport has its own unique risks of eye injury and requires its own type of protective eyewear, which is why the American Society for Testing and Materials (ASTM) sets the standard for sports eye protection. Polycarbonate lenses offer the best protection for many sports because the material is thin, lightweight and impact-resistant. These are available without/with (most) prescriptions.

Baseball

Baseball has the highest eye injury rate, as players run a greater risk of being hit in the face by a fast-moving ball. Look for faceguards and protective eyewear that meet the ASTM F910 standards before stepping up to home plate.

Basketball

Basketball players can receive eye injuries caused by the impact of another player's fingers or elbows. Protective goggles are available to decrease the chance of injury and are available with and without a prescription.

Tennis

Tennis, racquetball and badminton are also known to have high eye injury rates. Serves can range up to 200 miles per hour, making goggles or safety glasses essential in avoiding severe injury.

Sports eye injuries are not uncommon and can be serious; however, they are easily preventable. If you are not sure which type of eyewear is best for the sport that you or your child participates in, please contact your eye care provider.



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

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



9.6.17 DOH (1170 North Solano Dr., Las Cruces) Conf. Room #1101

9.7.17 CYFD (10015 Robert Larson Blvd., Las Cruces) Taylor Hall Mtg. Rm.

To schedule your appointment go to mybenefitsnm.com/staywell.htm

Look for links at bottom of page