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8:00AM TO 5:00PM
 MONDAY-FRIDAY



PLEASE VISIT US ONLINE
 AT WWW.NMRHCA.ORG

CONTACT YOUR HEALTHCARE PROVIDERS DIRECTLY

BCBSNM	800.788.1792	www.bcbsnm.com
BCBSNM Medicare Advantage	877.299.1008	www.bcbsnm.com
Express Scripts Medicare	800.551.1866	www.express-scripts.com
Express Scripts Non-Medicare	800.501.0987	www.express-scripts.com
Presbyterian Health Plan	888.275.7737	www.phs.org
Presbyterian Medicare Advantage	800.797.5343	www.phs.org
United Healthcare	866.622.8014	www.uhcretiree.com
United Concordia Companies	888.898.0370	www.ucci.com
Delta Dental	877.998.7555	www.deltadentalnm.com
Davis Vision	800.999.5431	www.davisvision.com
Standard Insurance	888.609.9763	www.standard.com/mybenefits/newmexico_rhca

your

BENEFIT MESSENGER

THE NMRHCA'S QUARTERLY NEWSLETTER



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Quarterly News Letter - Summer Edition

NMRHCA SANTA FE OFFICE MOVING TO PERA BUILDING

The New Mexico Retiree Health Care Authority is excited to announce it is moving its Santa Fe office to the new PERA building located at 33 Plaza La Prensa near the Santa Fe New Mexican newspaper office.

This move is intended to reduce our operating costs and provide members retiring from a Public Employee's Retirement Association-affiliated employer group with the opportunity to fill out all of their retirement- and health-care related paperwork in one location.

Additionally, this move will provide improved physical access to NMRHCA customer-service representatives as the PERA office provides ample parking space and ADA-compliant facilities.

This move is expected to occur at the end of August or beginning of September in advance of our annual switch enrollment period. Notice of this move including a specific time frame will be placed in the Santa Fe office and posted on our website.

If you have any questions in the meantime about how the move might affect you and your coverage, please contact the Santa Fe NMRHCA Office at 505-476-7340.

LET'S QUIT SMOKING TOGETHER IN 2015 UPDATE

The good news: I haven't had a cigarette in 159 days. Saying 3,816 hours seems to make it sound longer, so let's go with that. The bad news: I still want one.

My wife and I have both made it through the first few months of our smoking-cessation journey. I would like to thank all of you who sent me personal messages of encouragement after the last newsletter — it has really helped having that support.

It was tough starting out and that didn't surprise me. Quitting a 30-year habit was always going to be a challenge. What surprises me is the degree to which I still think about and want to smoke. It's long past the time where I have withdrawn from the nicotine addiction and yet it's still nagging at me. I'm hoping a little more time will help.

I haven't made use of any of the formal programs through Presbyterian (www.phs.org), Blue Cross (www.bcbsnm.com) or the State of New Mexico's Department of Health (nmtupac.com) yet.

Please see *LET'S* on Page 2

COLONOSCOPY TESTING: WHEN YOU NEED IT – AND WHEN YOU DON'T

Colonoscopy is the most accurate test for cancer of the colon and rectum, proven to detect the disease early and save lives. But even a very good test can be done too often. Here's when you need it, and when you might not.

Having a colonoscopy more than once every five or 10 years usually isn't necessary

A grape-like growth, or polyp, in the colon or rectum is common in adults and usually harmless. But some polyps—known as adenomas—may eventually turn into cancer. Doctors can spot and remove polyps during a colonoscopy, which uses a flexible, lighted tube to examine the colon and rectum. If the test doesn't find adenomas or cancer and you don't have risk factors for the disease, your chance of developing it is low for the next 10 years. That's because the test misses very few adenomas, and colorectal cancer grows slowly. Even if one or two small, low-risk adenomas are removed, you're unlikely to develop cancer for at least five years, and repeating the test sooner provides little benefit. So most people need the exam just once a decade, and only a few with larger, more serious polyps may need it more often than every five years.

The test can pose risks

Colonoscopy is a safe procedure. But occasionally it can cause heavy bleeding, tears in the colon, inflammation or infection of pouches in the colon known as diverticulitis, severe abdominal pain, and problems in people with heart or blood vessel disease. Some complications can lead to blood transfusions, surgery, hospitalization, or rarely, death. The test also has inconveniences. You have to restrict your diet and take laxatives beforehand. And because the exam requires sedation, someone has to drive you home and you may miss a day of work. So you don't want to have the test more often than necessary.

It can be expensive

A colonoscopy typically costs about \$1,100 and with polyp removal, about \$1,500, according to healthcarebluebook.com. Medicare and many health plans cover the exam, but they may not if you have it more often than necessary. You may also be responsible for charges related to polyp removal and anesthesia.

So when is it warranted?

Colon cancer screening should begin at age 50 for most

people. If a colonoscopy doesn't find adenomas or cancer and you don't have risk factors, the next test should be in 10 years. If one or two small, low-risk adenomas are removed, the exam should be repeated in five to 10 years. Ask your doctor when and how often to have a colonoscopy if you have inflammatory bowel disease; a history of multiple, large, or high-risk adenomas; or a parent, sibling, or child who had colorectal cancer or adenomas. Routine checks usually aren't needed after age 75.

USING THIS INFORMATION

This information is provided for you to use in discussions with your health care provider. The content is for educational use only and is not a substitute for professional medical advice, diagnosis, or treatment.

ABOUT CHOOSINGWISELY.ORG

Choosing Wisely aims to promote conversations between clinicians and patients by helping patients choose care that is:

- Supported by evidence
- Not duplicative of other tests or procedures already received
- Free from harm
- Truly necessary

 **Choosing Wisely**[®]

An initiative of the ABIM Foundation

In response to this challenge, national organizations representing medical specialists asked their providers to “choose wisely” by identifying tests or procedures commonly used in their field whose necessity should be questioned and discussed. The resulting lists of “Things Providers and Patients Should Question” will spark discussion about the need—or lack thereof—for many frequently ordered tests or treatments.

*To help patients engage their health care provider in these conversations and empower them to ask questions about what tests and procedures are right for them, **Consumer Reports** has developed patient-friendly materials based on the specialty societies' lists of recommendations. These materials are disseminated through the campaign's consumer partners.*

LET'S QUIT TOGETHER IN 2015 UPDATE (Continued from Page 1)

But I know they are there if I need them. I will continue to keep you posted through the year as the journey continues, and I strongly encourage those who still smoke to consider joining me.

Regards,
Mark Tyndall, NMRHCA Executive Director

QUICK TIPS FOR STAYING ACTIVE AS YOU GET OLDER

Physical activity is good for people of all ages. Staying active can help:

- Lower your risk of heart disease, stroke, type 2 diabetes, and some types of cancer.
- Improve your strength and balance so you can prevent injuries and stay independent.
- Reduce symptoms of depression.
- Improve your ability to think, learn, and make decisions.

Before you start...

If you have a health problem like heart disease, diabetes, or obesity, talk to your doctor about the types and amounts of physical activity that are right for you.

Aim for 2 hours and 30 minutes per week of moderate aerobic activities.

- If you weren't exercising before, start slowly. Begin with 10 minutes of aerobic activity and gradually build up to doing 30 minutes at a time.
- Aim for 30 minutes of aerobic activity on most days of the week.
- Choose aerobic activities – activities that make your heart beat faster – like walking fast, dancing, swimming, or raking leaves.

- Tell your doctor if you have shortness of breath, chest pain, or unplanned weight loss.

Do strengthening activities 2 days a week.

- Try using exercise bands or lifting hand weights. You can also use cans of food as weights.
- Breathe out as you lift the weight, and breathe in as you lower it. Don't hold your breath – holding your breath can cause changes in your blood pressure.



Do balance activities 3 or more days a week.

- Practice standing on one foot (hold onto a chair if you need to at first).
- Stand up from a sitting position without using your hands.
- Learn tai chi (“ty chee”), a Chinese mind-body exercise that involves moving the body slowly and gently.
- Sign up for a yoga class, or try following a yoga video at home

healthfinder.gov

NMRHCA COMMUNITY BULLETIN

Wellness Incentive Program To Be Announced

NMRHCA members, we have listened to your wishes and we are finalizing our wellness incentive for 2016, giving you a chance to earn rewards for taking charge of your health care. Watch for our fall newsletter for complete details.

Annual Open/Switch Enrollment Approaching

The annual switch enrollment period for 2015 will take place from Oct. 1-Nov. 6. Presentations will be held in various locations across the state beginning Oct. 5. Exact meeting times and locations will be announced via postcard in late August/early September. This information will also be made available on our website.

Member Survey Research Results

The New Mexico Retiree Health Care Authority conducted a member research survey in April. Research & Polling Inc., contacted randomly selected participants by telephone to take a brief survey to help NMRHCA better understand the needs of our participants.

According to the survey, “The NMRHCA can feel confident that the majority of members (78%) say they are satisfied with its programs and services, with 51% who are very satisfied.” We intend to use the survey results to implement plans and programs designed to further assist the needs of our more than 57,000 members.

For complete results of the survey, please visit our website, www.nmrhca.org, and look under the Announcements section of our home page.