

SPRING 2021

Benefit Messenger

The NMRHCA Newsletter



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Message from the Executive Director

Let me begin by thanking you for reading the latest edition of our newsletter. I hope this message finds everyone with a renewed sense of optimism as days grow longer, temperatures become warmer, and COVID-19 case numbers decline.

For your safety and ours, the resumption of our pre-COVID-19 business practices including in person dealings, health fairs, switch enrollment meetings and pre-retirement seminars remains dependent on the continued decline in the number of new cases, as well as the vaccination of employees and members. However, we are optimistic that the doors to our office locations in Santa Fe and Albuquerque will soon open and welcome members.

Until then, I respectfully ask folks to remain patient and continue working through the snail mail and virtual channels we have developed over the course of the past year. I would encourage you to visit our website regularly in search of an announcement about reopening our doors. In the meantime, I hope everyone's spring season is off to a good start.

Sincerely,
David Archuleta

Financial Updates

NMRHCA is pleased to announce that the State Investment Council reported improvements in the NMRHCA Trust Fund Balances.

As of December 31, 2020, NMRHCA's Trust Fund Balance hit an all-time high of \$924 million, up from \$190.7 million in December 2010.

Total liabilities as of June 30, 2020 exceed \$5 billion, according to the Governmental Accounting Standards Board.

Investment Performance through December 31, 2020						
	QTD	1-Year	3-Year	5-Year	7-Year	10-Year
NMRHCA Gross	8.78	9.88	7.12	9.31	7.13	7.47
Fund Benchmark	8.83	10.34	7.38	9.45	7.28	7.56
Difference	-0.05	-0.46	-0.26	-0.14	-0.15	-0.09
NMRHCA Net	8.77	9.83	7.06	9.23	7.02	7.35
Fund Benchmark	8.83	10.34	7.38	9.45	7.28	7.56
Difference	-0.06	-0.51	-0.32	-0.22	-0.26	-0.21



Mark Your Calendar Spring Wise and Well Event

NMRHCA welcomes you to join our first ever virtual wellness event on April 22, 2021 and April 23, 2021.

This event is packed with some incredible learning opportunities, insightful information and classes designed to help our members improve their health through diet and exercise. Over the course of two morning sessions members will have the chance to listen to presentations specifically designed to help keep them Wise and Well.

Featured topics at this event include: Managing Stress, Anxiety and Depression, Yoga, Positive Psychology, Tai Chi, Managing Diabetes, Nutrition for Aging and Medication and Vaccines Best Practices, Silver Sneakers.

We welcome your participation and encourage you to register for the event by visiting our website: <https://www.nmrhca.org/wellnessfair2021/>. We hope this event will affirm what some of our members already know about their personal health and wellness, teach others what they need to know and help others get back on track with their own health care goals.

2021 Legislative Success

NMRHCA is pleased to announce passage of Senate Bill 21, which provides much needed updates to the Retiree Health Care Act ("the Act") to clarify certain eligibility requirements and eliminate an obsolete program affixed to the agency. These changes were necessary to eliminate conflict between the Act and Federal Law regarding dependent children covered by the plan. The bill also eliminated reference and requirements associated with the Senior Prescription Discount Program, which became obsolete at the beginning of the last decade.

In conclusion, we would like to express our sincerest appreciation and gratitude to Senator Roberto "Bobby" Gonzales and Representative Natalie Figueroa for their sponsorship and support of Senate Bill 21. Also, a very special thanks to our members who participated in support of this legislation by address the various committees to which this bill was assigned. The bill was hardly controversial, but not without opposition, so we greatly appreciate the kind co-sponsors efforts to ensure its passage.

NMRHCA is also excited to announce the inclusion of a \$100 thousand special appropriation included in this year's General Appropriation Act that will be used to develop a web-portal for members to make updates and changes to their accounts without having to call or submit something to us in writing. In anticipation of its support, NMRHCA staff has already begun working to develop the plans for this portal aimed to increase convenience and improve retiree satisfaction.

Virtual Coffee Talk

Please join us for one of the upcoming virtual Coffee Talk events hosted by our partners through Blue Cross and Blue Shield. This event held the third Wednesday of each month from 10:00 AM -10:30AM and is led by Marlene Mier, Wellness Coordinator. These sessions are designed to help members focus on writing a new story in our health journeys and talk about why it's so hard to change something. To join, please go to: <https://global.gotomeeting.com/join/820118789> to join the meeting or call: 1-646-749-3122 and use access code: 820-118-789.



**BlueCross BlueShield
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Livongo For Diabetes

Last August, NMRHCA announced the availability of Livongo for Diabetes Program for our pre-Medicare Plan participants. This program is designed to help members suffering from Type II diabetes better manage their blood glucose levels and lowering their HbA1c through personalized interventions that help reduce health care costs and more importantly, help our members lead healthier lives. We have received a lot of positive feedback about the program and encourage members suffering from Type II diabetes to find out more about Livongo and the service they provide, please visit <https://enjoy.livongo.com/NMRHCA> or call 800-945-4355



NMRHCA Rule Changes Go Into Effect July 31, 2021

As many of you are aware, the NMRHCA Board of Directors adopted several changes to the eligibility and participation requirements for members retiring after July 2021. This includes establishing a minimum age requirement of 55 in order to begin receiving a subsidy from the program. Additionally, the years-of-service requirements needed to receive the maximum subsidy have moved from 20 to 25 years.



These changes DO NOT affect members of an enhanced retirement plan (police, fire, correctional officers, and judges) or anyone who retires before July 2021.

Dinner with a Dietitian

Diabetes Edition and Blood Pressure Edition

Healthy Eating Online Video Course This four-week email video course will help individuals with diabetes, hypertension, and caregivers cook to meet the needs of life with diabetes or hypertension. Each week participants will receive a new instructional video, recipe, and grocery list for the meal of the week, and additional educational handouts that correspond with the weekly topic. Participants will receive emails with video links and additional materials each week. Each month is a new topic. Don't miss out. Some of the topics include, blood pressure basics, gut health, vitamin D and even a grocery store tour. Find each month's webinar on NMRHCA.org.





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Insurer Contact Information

Blue Cross Blue Shield (BCBS) www.bcbsnm.com/nmrhca	800-788-1792	Presbyterian Health Plan www.phs.org	888-275-7737
BCBS Medicare Advantage www.bcbsnm.com/nmrhca	877-299-1008	Presbyterian Medicare Advantage www.phs.org	800-797-5343
Express Scripts Medicare www.express-scripts.com	800-551-1866	Express Scripts Non-Medicare www.express-scripts.com	800-501-0987
Humana Medicare Advantage https://ourhumana.com/nmrhca	866-396-8810	UnitedHealthcare www.uhcretiree.com/nmrhca	866-622-8014
Delta Dental www.deltadentalnm.com	877-395-9420	Davis Vision www.davisvision.com	800-999-5431
Standard Insurance www.standard.com/mybenefits/newmexico_rhca	888-609-9763		

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