

BENEFITS MESSENGER

The NMRHCA Newsletter

EXECUTIVE DIRECTOR MESSAGE

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MOVING ON

As we embrace change in 2022, please join me in embracing change in leadership for the New Mexico Retiree Health Care Authority. After serving as Executive Director for 4 ½ years, it is time for me to leave the organization and take on new professional challenges. The accomplishments during my tenure are a testament to the abilities of the NMRHCA Board and tireless dedication of the NMRHCA staff.

Although I am leaving, NMRHCA is in good hands. On Jan 8, 2022, Neil Kueffer will take over as acting Executive Director. Neil has been with NMRHCA for 7 years and currently serves as Deputy Director. He is deeply involved in every aspect of NMRHCA, understands the responsibilities that come with leading this organization, and will continue providing the respect, service, and care members have come to expect. I am confident in Neil and I wish him the best of luck.

Sincerely,

David Archuleta

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HELPFUL TIP

Each year, NMRHCA encourages its members to review the benefits and programs made available to members (internally and externally) to meet your health care needs within your personal budget. However, specific to Medicare, within the last year the number of folks who either willingly or unknowingly sign up for a Medicare Advantage Plan outside of NMRHCA has grown. Often, people are either confused or believe that they are simply getting an “extra layer of coverage” or that the additional insurance will support services not covered by our plans. **THIS IS NOT THE CASE.** This mistake is typically discovered when someone goes to pick up their prescription and they’ve been disenrolled from our plan because Medicare does not allow enrollment in multiple plans.

Our suggestion is, if you decide to enroll in a Medicare Advantage Plan outside of NMRHCA, even if it’s free, be sure to disenroll from our plan. Otherwise, the possibility for disruption or delay in services is likely to occur and cannot be fixed quickly.

COLON CANCER SCREEN

STRUGGLING WITH BACK OR JOINT PAIN?

Colorectal cancer is the second leading cause of cancer death in men and women in the US. That is really sad because it is one of the most preventable cancers. Regular screening for early detection is the critical key. It's simple, painless and FREE. So, why wouldn't you save your life by getting screened regularly?

If you are a NMRHCA member on a Blue Cross Blue Shield Pre-Medicare plan (Value or Premier) you may qualify for a FREE AT-HOME colon cancer screening kit. Call 1-800-442-5650 to determine your eligibility.

Have an injury you need physical therapy for? Trying to avoid back or joint surgery? Join Hinge Health now! It won't cost you a penny and it's from the comfort of your home.

FREE Wearable sensors

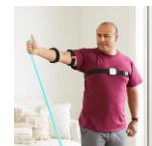
Sensors give you live feedback and teach you to do exercises correctly

App-Guided Exercise Therapy

App guides you through therapy sessions

Personal Care Team

Get personal guidance from physical therapists and health coaches any time



Your Hinge Health care plan can be done from anywhere, and whenever works best for your schedule in our convenient app. That means never rushing to an appointment or worrying about copays!

Retirees and dependents 18+ enrolled in a Blue Cross Blue Shield NM pre-Medicare plan through New Mexico Retiree Health Care Authority are eligible.

Call 855-902-2777, or apply at www.hingehealth.com/nmrhca22



GASB

The New Mexico Retiree Health Care Authority reports continued improvements to the financial well-being of the program as measured by the Governmental Account Standards Board (GASB) Statements 74 Actuarial Valuation and Review of Other Postemployment Benefits (OPEB) as of June 30, 2021. Key valuation results are as follows:

| | |
|---------------------------------------------------------------------|-----------------|
| Total OPEB Liability | \$4,409,849,335 |
| Plan Fiduciary Net Position (Assets) | \$1,119,499,545 |
| Net OPEB Liability | \$3,290,349,790 |
| Plan Fiduciary Net Position as a Percentage of total OPEB Liability | 25.39% |

This report represents an improvement compared to 2020 as assets grew by nearly \$300 million which reflects a combination of investment earnings and contributions to the trust fund. However, it should be noted that the actuarial valuation does not attempt to measure the direct or indirect impact of COVID-19 on long-term health plan costs.

NEW YEAR, NEW YOU?

JOIN FACEBOOK

January 1st has fallen upon us and you've made your list of resolutions. You know that "get fit" and "eat right" are on it. AGAIN! You vow you will never eat anything bad, ever again, and you will never miss a workout, ever again. Let me ask you a question. How's that working out for you?

NMRHCA has a Facebook page! You should follow the page. Why? You can get all the updates about what is going on, register for events, replay past events and connect with others.

And don't forget to LIKE the page!



SCAN ME

www.facebook.com/nmrhca



Ever wondr if there is a better way? Ever wondr why that resolution rarely sticks? Well, wondr no longer. Just join WONDR.

Take the pressure off the New Year by joining the digital weight loss program built on behavioral science for results that last. Block out the New Year diet trends with a program, offered by NMRHCA, backed by science, and taught by renowned experts.

Apply today:

www.wondrhealth.com/NMRHCA

*Members and dependent spouses enrolled in a NMRHCA Pre-Medicare or Medicare Supplement plan are eligible to apply. Some medical conditions or body mass indexes (BMIs) may prevent you from participating in the program.



SCAN ME

LEGISLATIVE SESSION

NMRHCA has submitted a request for three special appropriations (one-time monies) related to COVID-19 expenses incurred by the plan, legislative changes that eliminated cost-sharing for mental and behavioral health, and the costs associated with converting certain positions from regular to enhanced status.

LIVE BETTER, PAY NOTHING

Do you have diabetes AND believe you can be healthy? You're correct! You can have BOTH! Livongo is easy, it's 100% covered and has been proven to help manage diabetes so that you can live a healthy life.

WHAT YOU GET

- An advanced blood glucose meter
- UNLIMITED strips and lancets
- Automatic uploads, no more paper logbooks
- Certified Diabetes Educator Coaching

If you are on a NMRHCA Pre-Medicare plan AND you have diabetes, you need to be in the Livongo program. It can change your life.

Register today:

www.join.livongo.com/NMRHCA/register



SCAN ME



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US POSTAGE PAID
ABQ., NM
PERMIT #1645

Insurer Contact Information

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|-----------------------------------------------------------------------------------------------------------------------------------------------------|--------------|--------------------------------------------------------------------------------------------------------------|--------------|
| Blue Cross Blue Shield (BCBS) Non-Medicare & Medicare Supplement www.bcbsnm.com/nmrhca | 800-788-1792 | Presbyterian Health Non-Medicare 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 Medicare www.uhcretiree.com/nmrhca | 866-622-8014 |
| Delta Dental www.deltadentalnm.com | 877-395-9420 | Davis Vision www.davisvision.com | 800-999-5431 |
| Standard Life Insurance www.standard.com/mybenefits/newmexico_rhca | 888-609-9763 | | |

NMRHCA Contact Information

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