



# BENEFITS MESSENGER

The NMRHCA Newsletter

## EXECUTIVE DIRECTOR MESSAGE

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### NEW ROLE

As I settle into my new leadership role with NMRHCA, I would like to provide a summary of my professional work experience. I am not new to the field of health and life benefits. I have worked many years in benefits, mostly in government. On a personal level, prior to moving to Albuquerque, I was born and raised in Las Vegas, New Mexico where my mother worked as a public-school teacher, and my father operated his own small business. I share their background because it helped shape my thoughts, attitudes and perceptions about the value and differences between public and private service. Given their experience, I recognize the important role this agency plays in the lives and wellbeing of so many New Mexicans who dedicated their careers to public service and who can retire comfortably because of the benefits this program provides. This connection motivates me to serve our members (past, present and future) and ensure the continued viability of our retiree health care benefits.

This organization was forged from the hard work and vision of people who recognized the importance of access to affordable and quality health care in retirement. My goal is to continue building on this commitment and preserving retiree health care benefits for future generations. This includes working with stakeholders, legislators, and the Office of the Governor to meet the strategic goals established by the NMRHCA Board of Directors.

I do not know what tomorrow holds, but I look forward to the challenge of leading this organization, working to support our members, and ensuring the future of NMRHCA. Health care is not a perfect system; more work is needed, but I look forward to pursuing improvements through the organization within the healthcare system. I believe we all can acknowledge the value an organization like NMRHCA brings, and the help it provides.

Neil Kueffer

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## FINANCIAL UPDATE

NMRHCA once again is pleased to announce improvements from the State Investment Council's reports on NMRHCA's Trust Fund Balance. The 2021 year-end report as of December 31, 2021, reported a year end amount of \$1.149 billion which is an increase from December 31, 2020, of \$924 million. NMRHCA has had some growth in investments over the years with overall higher than expected returns, but expectations are now tempered as the current market is showing volatility. Current market conditions will have an effect on the trust fund as shown in the early reports for 2022.

WISE & WELL VIRTUAL HEALTH FAIR



VIRTUAL HEALTH FAIR

April 29 @ 9 am – 1 pm mst



[REGISTER HERE](https://www.nmrhca.org/spring_2022_health_fair)

[www.nmrhca.org/spring\\_2022\\_health\\_fair](https://www.nmrhca.org/spring_2022_health_fair)



SCAN ME



<p><b>Creating the Calm Within</b>                  The Power of Mindfulness Based Stress Reduction                  Michelle DuVal, MA, director of The Mindful Center, as well as the leading provider of Mindfulness Training in the Southwest United States</p>	<p>9:00 - 9:45 a.m.</p>
<p>The Power of Play / Paige Kinucan</p>	<p>10:00 - 10:30 a.m.</p>
<p>Healthy Living for Brain and Body / Kathryn Hull</p>	<p>CHOOSE ONE TO ATTEND</p>
<p>The Key to Longevity and Independence / Silver Sneakers</p>	<p>10:40 - 11:10 a.m.</p>
<p>In-Season and Budget-Friendly Foods / Good Measures</p>	<p>CHOOSE ONE TO ATTEND</p>
<p>Navigating a Polarized World With a Smile On Your Face                  Rick Vinnay, Executive Director, The Solutions Group</p>	<p>11:20 - 11:50 a.m.</p>
<p>Let's Taco 'Bout It - Cook-Along                  Ana Hernandez, Registered Dietitian and Health Coach</p>	<p>Noon - 1:00 p.m.</p>

Door prizes will be awarded throughout the event.  
 All attendees will be mailed a goodie bag after the fair. Be sure to include your correct mailing address in your registration.

LEGISLATIVE SESSION UPDATE

NMRHCA sought three separate special appropriations in pursuit of some of the excess general fund dollars being generated throughout the state; however, our request failed to gain traction. These requests were specific to COVID-19 expenses incurred by the plan, legislative mandates that eliminated cost-sharing for mental and behavioral health, and costs associated with converting certain positions from regular to enhanced status. In addition, NMRHCA's proposal to increase employee and employer contributions that would have helped to improve the organization's solvency, trust fund, and funded status did not move beyond its first committee assignment. NMRHCA will begin to develop a strategy for next year's session.

CONSISTENTLY GOOD IS GOOD ENOUGH – IN FACT IT'S BETTER by Jess Biggs

We are making our way through 2022 with a 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?

Years ago while working on a very important project a colleague said to me, “let’s not screw up good trying to get this perfect.” About a decade later I came up with what has become my mantra as it relates to approaching health, fitness and food.

It’s better to be consistently good than it is to be occasionally perfect.

We often seek perfection when it comes to eating well and exercising. Yet, how often do we achieve it? Make no mistake about it. Every once in a while, we might get pretty close. We don’t miss a single workout and nary a morsel of bad food crosses our lips. But how long does it last? Even more importantly, how frequently do we achieve this state of flow and bliss?

For most but the superhuman it is as rare as ...well, a superhuman!

We get far more mileage out of being good, consistently.

In fact, let’s be crystal clear. CONSISTENCY IS KING! Consistency matters more than any other factor or detail. Do anything consistently, you get good at it. The essence of education is repetition. Said another way, we learn by repeating the same things over and over.

This mindset also removes the overwhelming feeling of needing to be perfect. If we make good food choices 80-90% of the time, our bodies will feel good. If we get in our daily movement 80-90% of the time, our bodies will perform wonderfully. We will get so much further down the road and so much more mileage out of being consistently good than the occasional moment of perfection separated by months or even years of drought in between.

So, let's set our intentions at being consistently good and then watch as we get consistently better!

WHAT ARE NMRHCA MEMBERS SAYING ABOUT HINGE HEALTH?



After only five weeks with the Hinge Health program, the pain that has been in my neck/shoulder/arm for over 15 years is nearly gone!

I have been using Hinge almost daily for 6 weeks and have found it to be a great low impact way to work on improving my overall health.

**FREE Wearable sensors**

**App-Guided Exercise Therapy**

**Personal Care Team**

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](http://www.hingehealth.com/nmrhca22)



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### Insurer Contact Information

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

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