



## *Human Resources Department Insurance & Benefits Division*

*Richard J. Berry, Mayor*

**TO: To City Employees**  
**FROM: Mark A. Saiz, Human Resources Manager**  
**SUBJECT: Open Enrollment 2015**

Thank you for participating in the City of Albuquerque group benefit program. You may notice this year our benefits packet and book are online. This is part of the City's dedication to technical advancements that provide better customer service to our employees. The booklet can be viewed by clicking on "View the 2015-16 City Employee Group Benefit Book" link. Another process improvement is that now you will make benefit elections and changes on any Internet connected computer or mobile device through PeopleSoft Employee Self Service (ESS.) More information is provided on this webpage along with links to additional information and ESS.

The City is pleased to provide our employees with a comprehensive benefit program at a reasonable cost to all, including wellness benefits through our BetterHealth Wellness Program. Your continued awareness and participation in the programs offered to you as a City employee have a direct impact on the premiums we pay, but also provide you some tools to help enhance your personal quality of life, health and wellbeing.

**RATES** - This year we are excited to announce there are no premium rate increases for the upcoming fiscal year and there are no additional out of pocket costs for any of our benefit plans. All of our (employee & family) participation in programs such as BetterHealth have helped to keep our healthcare expenses in check. To help maintain these expenses and keep rates as low as possible, we encourage all of our members to receive their recommended preventive care & screenings. In addition, participating in programs such as our BetterHealth Program, learning more about our health and the healthcare we receive are other ways we can increase the value of healthcare, and more importantly provide you resources to lead a healthier life. One of our goals this year will be to provide you and your family the information needed to help you make an informed decision on the healthcare you receive. Visit our website at <http://www.cabq.gov/humanresources/employee-benefits/healthcareresources> to learn more about the tools and resources dedicated to help make you a smarter consumer of healthcare.

**BENEFITS YOU HAVE** - Proper nutrition, regular physical activity and living tobacco free are the goals of our BetterHealth Wellness Program. In the past year, thousands of City of Albuquerque employees and their family members took advantage of smoking cessation programs, personal fitness programs, celebrity cooking demonstrations and nutrition challenges all at **NO COST** to them! The BetterHealth program is designed for you and your family to pursue a healthy lifestyle not just now, but for a lifetime. Visit our website to learn how the BetterHealth Wellness Program can help you and your families lead a healthier life.

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**MORE EXCLUSIVE BENEFITS FOR YOU AND FAMILY** - The Mobile Health Center is now available three days a week in downtown Albuquerque at City Hall. All services through the Mobile Health Center are provided at **NO CO-PAY**. Services are available for annual physical exams, lab tests, ongoing screenings for A1C, cholesterol, blood glucose, blood pressure and many more services INCLUDING Urgent Care. Please call (505) 220-6562 to make an appointment or visit our website for Mobile Health Center locations.

**HOW TO ENROLL FOR JULY 2015** -Insurance and Benefits is going paperless! **Please note - If you are satisfied with your current coverage AND do not need to make changes, then no action is necessary on your part.** However, we invite you to go online and see how it works even if you do not plan to make changes. Verify the dependents you have covered, check who is the beneficiary on your life insurance or how much coverage you have. If you need to make changes to your insurance coverage, re-enroll in a Flexible Spending Account or change your beneficiaries you can make these selections from your home computer or any mobile device. *Instructions are attached to this letter. Please note - For those of you enrolling in Medical or Dependent Care Flexible Spending Accounts, you must re-enroll every year.*

**NEED MORE INFORMATION?** - Plan to attend one of the Benefit Open Enrollment meetings (schedule is enclosed) to learn more about Video Visits with Presbyterian Health Plan, the contribution increase and \$500 carryover for Medical Flexible Spending Accounts. Again this year, The Hartford is offering you the opportunity to increase your supplemental life insurance by \$10,000 up to \$250,000 without evidence of insurability if you are already enrolled. During open enrollment, computers will be available to you at worksites and in Human Resources and the Benefits Office in City Hall (7<sup>th</sup> Floor Room 702). All departments have designated personnel to help employees navigate open enrollment in PeopleSoft.

If you have any questions about your benefit program, please contact our office at (505) 768-3758 or visit us on the web at <http://www.cabq.gov/humanresources/employee-benefits/insurance-benefits>