



## *Human Resources Department/Insurance & Benefits Division*

*Timothy Keller, Mayor*

April 1, 2023

Hello City of Albuquerque Employees:

The City of Albuquerque is proud to continue providing one of the most comprehensive and reasonably priced benefit package offerings in New Mexico. We are pleased with the addition of a leadership wellness accountability goal to the Core Values of the City Mission. Thousands of employees and dependents have participated in activities over the past few years, which have helped them lose weight, stop smoking, improve their nutrition, and better manage their stress.

Healthy lifestyle choices directly impact our quality of life and affect our individual and family health status. Please join us and all department leaders in actively participating in the variety of health and wellness activities provided by our BetterHealth Wellness Program. You'll be surprised at how much fun you can have, and you'll feel better too! We highly encourage you to visit the NEW BetterHealth Onsite Clinic conveniently located in the basement of City Hall, near the Employee Learning Center.

We also want to encourage everyone to seriously consider participating in one of our Flexible Spending Accounts (FSA). If you have out-of-pocket expenses for a child or dependent care, medical supplies/services, prescriptions, or even parking expenses, you could be saving money by participating in our FSA program. Three (3) separate accounts are available for Medical Expenses, Dependent Care, or Parking/Transit Expenses. Enrollment in this program has continually increased and continues to grow as more employees discover how it can increase your take-home pay by using pre-tax dollars to cover out-of-pocket expenses. Please talk to our Insurance & Benefits team about how a FSA might help you or ask someone you know how the FSA is working for them.

Also, take a moment to review your options for this year's Open Enrollment process. Information can be found at [cabq.gov/benefits](http://cabq.gov/benefits). With the wide variety of benefit offerings available, it is important to take some time to review the choices and options with your family. For additional information regarding the benefit program, we encourage you and your family to attend one of the many enrollment meetings scheduled around the City from May 15, 2023 through June 2, 2023. If at any time you have questions about your Group Health Program or the BetterHealth Wellness Program, please contact the Insurance & Benefits Division of the Human Resources Department at (505) 768-3758.

Best Wishes,

Anthony R. Romero, Director  
Human Resources Department  
City of Albuquerque

Tim Rivera  
Insurance & Benefits Manager  
Human Resources Department