



Moonrise over the Sandia Mountains

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CABQ Insurance & Benefits

BRINGING BENEFITS TO YOU!

A FIVE-MINUTE ORAL CANCER SCREENING CAN SAVE YOUR LIFE

A routine visit to the dentist can save your life.

Nearly 50,000 Americans will be diagnosed with oral cancer this year; only about half will be alive five years after diagnosis, according to the Oral Cancer Foundation.

If found in the early stages, oral cancer patients have an 80 to 90 percent survival rate, but the majority of patients are diagnosed in later stages of the disease, often after the cancer has spread, according to the foundation. One Dentist says, "For a dentist, there's no higher calling, we improve patients' smiles, self-esteem and general health, and that's great. But saving a life is something you don't get to do every day — there's nothing more noble than that."



TOTAL COMPENSATION STATEMENTS

The Human Resources Department recently sent employees our annual employee Total Compensation Statements. This document details your annual compensation which includes salary plus City of Albuquerque paid employee benefits and tax savings.

The City of Albuquerque contributes 80% of the premium for Medical, Dental and Vision insurance and 100% of the premium of employee Basic Life insurance.

Please verify your dependents and beneficiaries are accurate. Call the Benefits Office at (505) 768-3758 for any inconsistencies.

PREBYTERIAN GYM MEMBERSHIP

All regular employees are eligible to enroll in a Presbyterian plan with a gym membership. If you are enrolled in the gym benefit and are not using the gym benefits, you will have received an informational packet from Presbyterian detailing information on how and where to access the gym membership. As February is American Heart Month. We encourage you to access this excellent benefit and invest in yourself and your health by exercising regularly.

AFFORDABLE HEALTH CARE ACT (ACA) 1095-C CONSENT

Affordable Care Act 1095-C forms are ready! If you had consented to receive ONLY an electronic copy (and have a City email account) then you should have received an email January 26th letting you know it is available. There is a link to the form on the PeopleSoft Home Page.

Otherwise, the forms will be printed and mailed to employee homes in early February. This form should not be submitted to the IRS with your tax return. However, some tax preparers want to see it to make sure they are completing a tax return accurately.

If you were enrolled in the City's health insurance plan last year then Presbyterian Health Plan will be sending you a form detailing who was covered and for which months in calendar year 2017. Those forms will be mailed out by the end of January. If you have questions about that form please contact Presbyterian at 923-7787.

Contact Information



Tel: 505-768-3758
 E-mail:
 employeebenefits@cabq.gov

**We are on the
 Web!
 www.cabq.gov**



**FLEXIBLE MEDICAL SPENDING
 ACCOUNT BALANCES**

Do you have a balance in your FLEXIBLE MEDICAL SPENDING ACCOUNT (FLEX)?

If you elected not to contribute to your medical FSA this year, but had a rollover balance from prior years, then you may have money to spend! Check your balance on Basic's website: https://www.basiconline.com/account_access/account_access_2/; use the mobile app or call 800-444-1922. If your debit card has not expired then you can use it for qualified medical expenses.

Please review your FLEX account balance and access your benefit funds. FLEX dollars can be used to pay for medical, dental and vision copayments. This is an excellent way to pay for pharmacy copayments as well.

The City of Albuquerque pays administrative fees for employees with active balances including rollover balances of low dollar amounts. We are asking all employees with rollover balances to review their accounts and exhaust the funds to help alleviate administrative costs for the program.

Please do your part!



**WELLNESS CHALLENGE: SET YOUR
 GOALS IN FEBRUARY!**

The Power of Passionate Goal Setting is a skill builder designed to guide benefits-eligible CABQ employees, spouses, and domestic partners in setting and reaching their wellness goals. Identifying the things you absolutely love to do in life is the single best thing you can do to find your passion and purpose. Better health can enhance your passion and purpose. Setting goals can help you stay motivated on your journey to better health. Beginning February 1, find the Power of Passionate Goal Setting on eweb at <http://eweb.cabq.gov>. Submit the form by email to wellness@phs.org by Wednesday, February 28, 2018. You could receive a prize for submitting your form! We will raffle five \$25 Amazon Gift Cards!

**AMERICAN HEART MONTH:
 FEBRUARY 2018**

One out of every four deaths in the United States can be attributed to some form of heart disease. Blood pressure can wreak havoc on the heart, arteries and other organs without exhibiting any symptoms.

What is high blood pressure?

Blood pressure is the force of blood against your artery walls as it circulates through your body. Blood pressure normally rises and falls throughout the day, but it can cause problems if it stays high for a long time. High blood pressure can lead to heart disease and stroke—leading causes of death in the United States.

**Blood Pressure Categories Redefined in New Guidelines to
 Detect, Prevent, Manage and Treat High Blood Pressure**

Published in the American Heart Association journal, *Hypertension*, and the *Journal of the American College of Cardiology* November 13, 2017.

Call to Action!

- ◆ Awareness and Monitor your Blood Pressure
- ◆ Diet and Exercise
- ◆ Consult Your Physician

Blood Pressure Category	Systolic mm Hg (upper number)		Diastolic mm Hg (lower number)
Normal	Less than 120	and	Less than 80
Elevated	120 - 129	and	Less than 80
High Blood Pressure (Hypertension) Stage 1	130 -139	or	80 - 89
High Blood Pressure (Hypertension) Stage 2	140 Or Higher	or	90 Or Higher
Hypertensive Crisis (Consult your doctor immediately)	Higher than 180	and/or	Higher than 120