



## Human Resource Services

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Date: July 2, 2020  
To: Benefit Eligible Employees  
From: Celeste Martinez, Director, Benefit Services *CM*  
Subject: FY21 Insurance Premiums & Information

**Medical and Dental Insurance Premium Increase Cancelled:** NMSU Benefit Services is pleased to announce the State of NM has cancelled the scheduled 3% premium rate increase in employee and employer premiums for medical and dental coverage. The increase was scheduled to take effect July 1, 2020. Participating NMSU employees will not see a change to their medical or dental insurance premium rates July 1, 2020-June 30, 2021.

**New Employee Assistance Program (EAP) Provider:** In addition to the EAP offered through the Aggie Health & Wellness Center, the State of NM offers an EAP to all employees, their dependents, and those living in the employee's household. Effective July 1, 2020, the new EAP provider is Well-Being Solutions. The Well-Being Solutions (EAP) offers many helpful benefits, all FREE, confidential, and available 24/7/365.

If you are currently receiving services with The Solutions Group, you will have until July 31, 2020 to complete your care. Starting July 1, 2020, all new care requests will be handled through the new Well-Being Solutions. Explore the website or schedule your 5 FREE sessions at:

Well-Being Solutions Program  
833.515.0771 (toll free)

[www.guidanceresources.com](http://www.guidanceresources.com) Use WEB ID: SONMEAP

When registering, the system will prompt you to create a username and password.

**Life & Disability Insurance Premiums:** NMSU has also renewed the group insurance programs with BCBSNM (Dearborn Life Insurance Company) resulting in no change to the existing rates and coverage. Our premium rates for group life, voluntary life for employees and their covered dependents, accidental death and dismemberment and long term disability insurances are guaranteed until July 1, 2023.

**Vision Plan Extra Savings:** NMSU vision insurance premiums with VSP continue to be guaranteed until July 1, 2023. Starting September 1, NMSU employees, and their covered dependents, enrolled in NMSU's VSP Choice Plan will receive guaranteed pricing on ALL lens enhancements, such as polarized lenses and high-index lenses. That's an average savings of 30% out-of-pocket, with no increase in premiums. For information regarding your VSP vision plan, please visit [www.vsp.com](http://www.vsp.com) or contact VSP at 800-877-7195.

**Premium Reminder:** Remember to carefully review your pay advice to confirm that you have the correct benefit coverages. If your deduction does not look correct, please contact Benefit Services as soon as possible.

Questions about benefits should be directed to [benefits@nmsu.edu](mailto:benefits@nmsu.edu) or 575-646-8000.