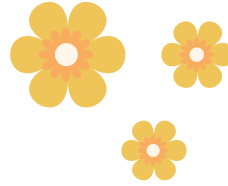


Spring Newsletter

New Mexico
Medical Insurance Pool



It's Allergy Season Again — Here's How to Find Relief

What You Need to Know

As the seasons change, many people experience sneezing, itchy eyes, congestion, and fatigue. These symptoms are often caused by seasonal allergies, also known as hay fever. Seasonal allergies occur when the immune system reacts to airborne allergens such as pollen from trees, grasses, weeds, and mold spores.

Common Symptoms

Sneezing, a runny or stuffy nose, itchy eyes, postnasal drip, and sinus pressure. Unlike a cold, allergy symptoms usually last for weeks and do not cause fever.

Tips to Reduce Allergy Symptoms

- Check daily pollen counts and limit outdoor activities when levels are high.
- Keep windows closed and use air filters to reduce indoor allergens.
- Shower and change clothes after spending time outdoors.
- Consider over-the-counter antihistamines or saline nasal rinses for relief.

If symptoms become severe or interfere with daily life, a healthcare provider can recommend additional treatments or allergy testing. With a few preventative steps, you can better manage seasonal allergies and enjoy the changing seasons with greater comfort.

Change of Address?

Please ensure we have your most up-to-date address to guarantee you receive all important documents, including your monthly statement.

NMMIP_CustomerService@90degreebenefits.com

or call

866-306-1882



May is Mental Health Awareness Month

Taking care of your mental health is just as important as your physical health. Consider requesting a mental health screening from your doctor, speaking with a counselor, practicing stress-relief techniques, or connecting with a local support group. Find resources through NAMI New Mexico <https://naminewmexico.org>

NMMIP members can see a mental health provider at no cost, anytime.

Contact Care Coordinators at Ensemble Health:

(505) 522-4401 or **(800) 385-8356**.

Important Information Regarding Premium Payments

Premium payments are due no later than the last day of the month prior to the month of coverage. Payments must be received in full each month to avoid any disruption of coverage. Any balance due, as shown on your monthly statement, must also be paid to maintain coverage.

Payments by check or money order should be made payable prior to the due date to the New Mexico Medical Insurance Pool. Please include your member ID, and mail payment to **P.O. Box 27745 Albuquerque, NM 87125**

Signing up for automatic payments (ACH) alleviates worry about your premium payment being received. You can access the automatic payment form on the NMMIP website. Submit this form by mail, email, or fax:

New Mexico Medical Insurance Pool (NMMIP)

Mail: PO Box 780548, San Antonio, TX 78278

Email: NMMIP_Eligibility@90degreebenefits.com.

Fax: 210-239-8449

