



HUMAN  
RESOURCES

# UNM at Work

YOUR MONTHLY HUMAN RESOURCE

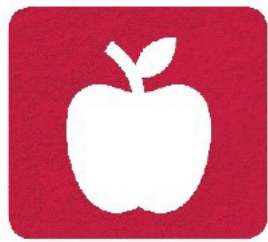
November 2022

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# YOUR BENEFITS & WELLNESS

## UNM WELL-BEING EXPO 2022



**Wellness is more than just working out or eating clean.  
There are many dimensions to a balanced, healthy life.**

The UNM Well-Being Expo 2022 offers you 18 educational workshops to support and enhance your physical, mental, emotional, and financial growth. Well-being sessions will be available live via Zoom on **Tuesday and Wednesday, November 15 and 16, from 10 a.m. to 2 p.m.**, and exclusive UNM QPR Gatekeeper Training on **Thursday, November 17, at 10 a.m. to 11:30 a.m. and/or noon to 1:30 p.m.** QPR Gatekeeper Training has a maximum of 25 seats available.

Here are just a few of the topics that will be offered:

- Learn about our newest wellness platform, Burnalong.
- Spend time with mindfulness practices.
- Hone your emotional intelligence with education from Employee and Organizational Development Consultants.
- Gain information on Medical Student Loan for Service.
- Discover the many campus wellness resources for faculty and staff.
- Realize the importance of health care for the LGBTQAI Community.
- Identify ways to reframe conflict in interpersonal relationships.
- Understand more about your financial situation with the help of our UNM financial partners, and more...

All sessions run between 10 a.m. &+ 2 p.m. in 45-minute blocks.

The Expo, sponsored by UNM Benefits & Employee Wellness and HSC Wellness, is virtual and open to UNM faculty, staff, retirees, alumni, and students.

Check the [Well-Being Expo website](#) for updates and to **register for the virtual sessions!**





# HR NEWS

**A UNM Public Forum on:**  
**The National Academies Action Collaborative on  
Preventing Sexual Harassment in Higher Education**

**WEDNESDAY, NOVEMBER 2, 2022**  
**3 p.m. - 4:30 p.m.**  
**SUB Ballroom C & Zoom (use QR code)**

Free registration and event  
information available at:

[https://goto.unm.edu/2022-  
action-collaborative-forum](https://goto.unm.edu/2022-action-collaborative-forum)



ASL interpreters  
provided

In 2018, the National Academies of Sciences, Engineering, and Medicine released the report Sexual Harassment of Women: Climate, Culture, and Consequences in Academic Sciences, Engineering, and Medicine, which provides a research-based summary of what sexual harassment is, how it impacts individuals and communities, and what factors predict harassment and enable it to thrive. In this presentation, Dr. Frazier Benya and Ms. Jeena Thomas will review the relevant research findings that support recommendations for how higher education should make system-wide changes to prevent and address sexual harassment. The presentation will also provide examples of work developed since 2018 that demonstrate how higher education institutions are moving beyond basic legal compliance toward evidence-based policies and practices, and share resources that have been compiled by members of the National Academies Action Collaborative on Preventing Sexual Harassment in Higher Education.

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#### Featured Speakers:

Dr. Frazier Benya, Senior Program Officer, and Jeena Thomas, Program Officer, with  
The National Academies Committee on Women in Science, Engineering and Medicine.

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**UNM  
GIVES**

**TOGETHER  
STRONGER THAN EVER**

**2022 UNM GIVES**  
**October 1 - November 30**  
Visit [unmgives.unm.edu](https://unmgives.unm.edu) for details.

**LIVE UNITED™**

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## GO Bonds on November 8 ballot

The November 8 ballot will include GO Bond 3 for Higher Education which will help provide New Mexico's colleges, universities, and specialty schools with the ability to ensure students have the tools and resources necessary to be successful. GO Bond 3 will provide more than \$215 million in higher education funding, including \$89.2 million for The University of New Mexico and its branch campuses.

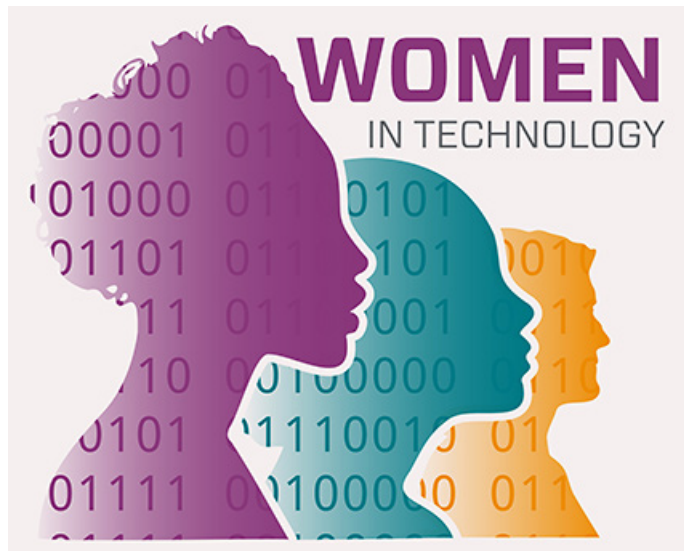
The passing of GO Bond 3 will not only provide more than 33 colleges and universities with access to the latest in training and teaching tools but will also create more than 2,000 new jobs in 20 communities throughout the state without raising taxes. To see the project that will be funded through this bond, go to [bonds.unm.edu](https://bonds.unm.edu).



## Fall 2022 Kindness Award

The Provost Committee for Staff (PCS) announces that nominations for the Fall 2022 Kindness Award are now **open through October 28!** Any staff, faculty or student can nominate a UNM staff member for the award.

Visit [pcs.unm.edu](https://pcs.unm.edu) for more information on the award and to submit your nomination!



### Join us for the Fall WIT Speaker and Training sessions

On **November 9**, 3-5 p.m., Tracey Ragan will discuss “Women Owned Business in the Tech Industry.”

WIT’s Speaker and Training Series is your opportunity to network and learn best practices with your peers, gain insights into what others are doing in the technology field, and much more!

[Click here to learn more and register for our upcoming WIT events!](#)

## HR CALENDAR

**Oct. 1 - Nov. 30**

**UNM Gives Campaign**

**Nov. 2**

**UNM Public Forum:  
Preventing Sexual  
Harassment in Higher Ed**

**Nov. 8**

**Election Day**

**Nov. 9**

**Women in Technology -  
Women Owned Businesses**

**Nov. 15 - 17**

**Well-Being Expo 2022**

**Nov. 24-25**

**Thanksgiving Break**

**Dec. 1**

**Annual Training Due**

**Dec. 23 - Jan. 2**

**Winter Break**

**Contact us!**

**[HRInfo@unm.edu](mailto:HRInfo@unm.edu)**

## Purchasing launches UNM Travel

UNM Travel is The University of New Mexico’s travel management program providing UNM business travelers convenience, safety, value and a multitude of booking options both domestically and internationally.

The [UNM Travel website](#) is a central location for information related to all areas of travel and the tools that have been established for your convenience and use. The Purchasing Department manages this new initiative and tool.

Southwest Airlines® is proud to partner with The University of New Mexico. Make the most of our partnership by joining Rapid Rewards® and earning points on qualifying flights. As a Rapid Rewards member, you have access to The University of New Mexico Special “Tier Experience Promotion.” You can get all the benefits of A-List status for 90 days.

Register and, if qualified, you can extend your status for an additional 12 months by traveling between Sept. 1, 2022 and Nov. 30, 2022. All Rapid Rewards® rules and regulations apply. Enroll in Rapid Rewards and the promotion [here](#).

## Opt in for electronic W-2/1095-C

Nobody wants to think about tax season just yet, but taking the time now to opt in to receive your W-2 and 1095-C forms electronically will be a helpful step toward making tax time stress free!

As an active UNM employee, selecting the electronic option via LoboWeb improves your online experience with easy and early access, further protects your personal data, and achieves efficiency by reducing paper use, printing, and mailing costs.

Deadline to complete your electronic consent is **Friday, Jan. 13, 2023**, at 11:59 p.m.

**Opted in already?** You do not need to complete your eConsent again, but we do encourage you to review your preferences in LoboWeb to confirm that you opted in for electronic delivery.

Electronic distribution is **NOT** required, but you must provide consent for UNM to provide forms to you electronically. If you consent to receive your 2022 form(s) electronically, it's important to remember that you will not receive paper copies.

### Benefits of receiving W-2 and 1095-C electronically

- Eliminates the chance that your forms, containing your social security number, could be stolen from your mailbox, lost, or delayed.
- Earlier access, bypassing mail time.
- Regular access from anywhere you have an internet connection.

After opting in, both tax forms will be available through LoboWeb on **Jan. 31, 2023**.

If you do not provide your eConsent, paper W-2 and 1095-C forms will be mailed via U.S. Postal Service to your home address on record no later than Jan. 31, 2023.

### How do I complete the “Electronic Regulatory Consent” election?

1. Login to [MyUNM](#)
2. Click on the “Enter LoboWeb” button
3. Click on the “Tax Forms” link under the Employee tab
4. Login using the Multi-Factor Authentication process
5. Select “Electronic Regulatory Consent”

If you want access to your 2022 forms electronically going forward, click on the “My Choice” check boxes for both W-2 and 1095-C and “Submit.” You will receive an email notification in 2023 when your forms are accessible.

### What if I want to receive my tax forms via U.S. Mail?

If you have previously opted in and want to change to paper, follow steps one through five above and deselect “My Choice” checkboxes, and click “Submit.” If you have not yet opted in and want to receive your forms via mail, you do not have to do anything other than verifying your mailing address on file is correct.

Active employees and retirees can update their address through [Demographic Self Service](#).

Questions? Contact [Payroll](#) or [Benefits & Employee Wellness](#).



# YOUR BENEFITS & WELLNESS

## Beat chicken fatigue

Chicken is a great healthy lean protein choice. It's full of nutrients and can [build strong muscles while helping prevent heart disease](#). But eating chicken too often can lead to a common affliction – chicken fatigue!

It's easy to tire of eating chicken. It can be bland, and boring, and dries out easily when overcooked (especially chicken breast). But don't give up on your healthy eating goals – we can solve chicken fatigue! Check out these ideas to add some excitement to your meals.

### Stop eating chicken (so much)

Chicken is not the only [healthy protein choice](#) we can eat. A little variety might be all you need. Mix up your meals with seafood, beans, tofu, lentils, eggs, low-fat dairy, or even [lean cuts of beef](#). Try out recipes like [grilled halibut and strawberry guacamole](#), [lentil Bolognese](#), or [chipotle tofu and pineapple skewers](#).

### Add flavor

Chicken flavor is pretty mild on its own. Adding a sauce, marinade, or spice rub can go a long way toward kicking the flavor up a notch. Give your taste buds a treat and try one of these [6 simple chicken marinades](#), pick up one of these [10 flavorful store-bought sauces](#), or use your air fryer for these [juicy dry rub chicken breasts](#).

### Focus on your sides

Do your meals focus on the protein? Try making some tasty side dishes. This can ramp up the flavor of the entire meal, and the chicken won't seem so boring. Some fun sides to experiment with are any of these [15 healthy side dishes for chicken](#).

So, if you find your chicken getting a little boring, try some of these ideas and see what works for you. You'll get over your chicken fatigue in no time!



## Supporting the UNM Lobo Food Pantry

As advocates and voices for health and wellness at The University of New Mexico, we at Benefits & Employee Wellness are constantly striving to support those who provide essential services to UNM and the greater Albuquerque and New Mexico communities. Benefits & Employee Wellness is creating a call-to-action for the Lobo Food Pantry whose vital food resources have run bare in recent weeks.



According to the CDC, [New Mexico ranks second](#) in highest rates of food insecurity in the United States. Many communities within New Mexico and Albuquerque are at considerable risk for health-related diseases, including significant rates of heart disease and diabetes. Inequities in food access contribute to disproportionately high rates of health issues for Black, Indigenous, and Hispanic/Latino communities (Center for Disease Control and Prevention). The Food and Agriculture Organization Food Price Index indicates that food prices have risen almost 8% since August 2021. These drastic changes in cost are seen on both a local and global scale.

[President Stokes](#) recently acknowledged the record usage of the Lobo Food Pantry. We need the support of the UNM community to ensure that vital resources are available for those in need. In order to bridge the gap between food access and thus, public wellness, we rely on our communities to support one another.

[The Lobo Food Pantry](#) provides free groceries to students, employees, and the greater UNM community during our monthly mobile food pantry. Your donation will support the costs associated with running the food pantry and help support people who need access to food. This program is a collaboration between the Dean of Students Office, Office of Student Affairs, and Roadrunner Food Bank. With the holiday season quickly approaching, it's important that the UNM community support the Lobo Food Pantry. If you can help, please consider contributing [food](#) or [monetary](#) donations.

# YOUR BENEFITS & WELLNESS

## Understand your credit score & credit reports

So, what is a credit score and how is it determined?

Let's start with your FICO score, a score created by the [Fair Isaac Corporation](#) and used by over 90% of top lenders when making lending decisions. FICO scores are the industry standard for lenders to make more accurate and fair decisions about your creditworthiness.

FICO scores are determined using many sources of data from your credit report, including payment history (35%), dollar amounts owed (30%), length of credit history (15%), new credit (10%), and mix of credit types (10%). Positive and negative information in your credit report influences your score. For example, late payments will lower your score but having or rebuilding a good track record of making payments on time will raise your credit score.



### What Goes Into FICO Scores

Every lender decides for themselves what a good FICO score is and how it will be combined with other information about you to approve your loan or credit score. And even a good score can be improved with time and effort. Many lenders view scores above 670 as good creditworthiness. The higher your score, the lower the risk to the lender, and the more likely it will be that a creditor will lend to you and give you their best interest rate.

The FICO score ranges can give you an idea of where your score is currently, and help you set goals for improving your score. [Click here](#) for rating ranges and more information. The good news is, even if your FICO score is in the poor or fair range, you can improve your score over time. Repairing bad credit or building a credit rating for the first time takes time, patience, and commitment.

A good first step is to **request copies of your credit report** from the three major [credit bureaus](#), Equifax, Experian, and TransUnion, to see if there are errors that can be disputed. Dispute any inaccurate or missing information by contacting the credit reporting bureau and the lender. Learn more about [disputing errors on your credit report](#).

Free copies of your credit reports can be obtained every 12 months from each bureau at [AnnualCreditReport.com](#).

It's important to remember that checking your own credit report or FICO score will not impact your score. This important habit will help you get started toward building the highest score possible over time.







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PUBLISHED BY THE UNM DIVISION OF HUMAN RESOURCES

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## Questions? Contact Us!

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Employee Wellness

 @UNMEmployeeWellness