



Benefits Made Easy

e-Newsletter

July 11, 2018

Blood Bank's Summer Blood Drive



Make giving blood a part of your summer plans by participating in the [Summer Blood Drive!](#) Give blood between May 21 and September 11, 2018 and earn chances to win a trip for four to Disney World.

Do You Need A Digital Detox?

Continually checking your email, texting, surfing the web or playing online games can be as destructive as other types of addictions like substance abuse or gambling. A digital preoccupation can become unhealthy if it starts affecting your real-life relationships. View Health Advocate's July [member newsletter](#) to learn if you may have a digital dependency and get tips to help you curb your use.

Safety Matters

Being active while in the summer heat requires water and pacing yourself and the activities you are involved in. When the day is hot, it's time to take precautions at work and home.

View July's [Safety Matters](#) newsletter, published by the Insurance Coverage Office (ICO), for heat, grilling and beach safety tips.

Be Sun-Smart

Long-term exposure to ultraviolet (UVA and UVB) radiation damages your skin's top layer and increases your chance of developing skin cancer. Protecting your skin is easy. Using a water-resistant sunscreen with UVA and UVB protection, and broad-spectrum SPF of 30 or higher, is just one simple way.

Find out more [smart ways to block the rays](#).

BLAST Lyme Disease



People get tick bites and tick-borne diseases more often during spring and summer months than any other time of the year. The most common disease spread by ticks in Delaware is Lyme disease. The Delaware Division of Public Health (DPH) reminds you to follow the [BLAST steps](#) (**B**athe, **L**ook, **A**pply, **S**pray and **T**reat) to help protect yourself from Lyme and other tick-borne diseases. If you find a tick on yourself or a family member, [safely remove it](#).

This newsletter is published by the State of Delaware Statewide Benefits Office (SBO), Department of Human Resources (DHR). Click [SBO e-Newsletters](#) to view other issues.

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