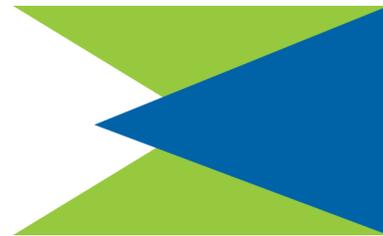


NOTE: The FSA article applies to benefit-eligible State Agency, K12, DTCC and DSU employees. It does not apply to Participating Groups, including Delaware Transit Corporation employees.



e-Newsletter

October 17, 2018



FSA Open Enrollment: 11/1 - 11/16

Mark your calendars! The 2019 Flexible Spending Account (FSA) Open Enrollment is November 1 - 16, 2018.

What if there was a way you could save as much as 25% on out-of-pocket health and dependent child care expenses? Flexible Spending Accounts allow you to save money on: Medical, Vision, Dental and Prescription Expenses for you and your family; and Dependent Child Care Expenses like daycare, before and after school care and babysitters.

IMPORTANT: You **MUST ENROLL EACH YEAR** during FSA Open Enrollment to continue participation in the FSA Program. FSA elections **DO NOT** rollover to the next plan year automatically.

Visit the [SBO website](#) to learn more.

Prescription Drugs: Safe Usage

Protect against drug misuse or abuse. One way is to never give your medication to someone else. Also, store medications safely in their original containers. Many teen overdoses arise from easy access to their parents' medications.

View Health Advocate's October [member newsletter](#) for more safe usage tips.

Prevent Flu: Get Your Flu Shot

Flu viruses are most common during the fall and winter. According to the [Centers for Disease Control and Prevention \(CDC\)](#), the best way to prevent seasonal flu is to get vaccinated every year. And the good news is, State of Delaware members can receive one flu shot annually at **NO COST** through their health plan (Highmark Delaware or Aetna) and Express Scripts prescription plan. Visit your Doctor's Office or any participating retail pharmacy to receive your flu shot.

You are also encouraged to take everyday preventive actions to stop the spread of germs. For example, wash your hands often with soap and water. If soap and water are not available, use an alcohol-based hand sanitizer.

Safety Matters: Fire Prevention

October is Fire Prevention Month. It is important to maintain fire safety in the workplace. For example, keep your workplace as clutter-free as possible and ensure equipment and other materials are properly stored. Clutter not only provides fuel for fires, but also prevents access to exits and emergency equipment.

View October's [Safety Matters](#) newsletter, published by the Insurance Coverage Office (ICO), for more fire safety tips.

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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