

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

November 1, 2018

2019 Flexible Spending Account (FSA) Open Enrollment Starts Today



FSA Open Enrollment begins November 1, 2018 and will end at 11:59 pm (Eastern Time) on Friday, November 16, 2018. Do not miss out on an opportunity to save as much as 25% on out-of-pocket health and dependent child care expenses!

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 and enroll.

H&R Block Tax Talks

Worried about Tax Reform and whether or not it will impact you negatively? Would you like to see if there is a way for you to increase your paycheck each week?

H&R Block is offering **FREE** Tax Reform Educational Seminars for State of Delaware employees from 5:30 pm - 7:00 pm on:

- November 6 & 15, 2018 in Seaford, DE; and
- November 8 & 13, 2018 in Wilmington, DE

Unable to make it to a seminar? No problem, you can attend virtually.

[Register today](#) to reserve your spot and view additional details!


Safety Matters: Safe Lifting

Protect your back by following safe lifting techniques:

- Always use both hands when lifting a heavy or cumbersome object.
- Adopt a proper stance for lifting and put the strain on your legs, not your back.
- Move your feet, not your back, when you want to travel or turn while carrying a heavy load.
- If your load is too heavy for you to handle alone, don't be shy—ask for help!

View November's [Safety Matters](#) newsletter, published by the Insurance Coverage Office (ICO), for more safe lifting reminders as well as Thanksgiving safe food handling 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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