

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 14, 2018

2019 FSA Open Enrollment: Last Day To Enroll Is November 16, 2018



Flexible Spending Account (FSA) Open Enrollment 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.

Healthy Autumn Activities For The Whole Family

Fall is a great time to create healthy routines and get active with your family! Healthy habits start in the home, and exercising as a family can be a fun way to spend time together and create special memories.


Start your morning with a brisk walk or run. Not only does this rev up your metabolism for the rest of the day, it also gives you time to clear your mind and focus on the day ahead.

It's apple season! Take the family to a local orchard for a day of apple picking, or hit up your local farmers' market as a family. This can also be a great way to learn about new fruits and vegetables.

View Health Advocate's November [member newsletter](#) for more simple ideas.



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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