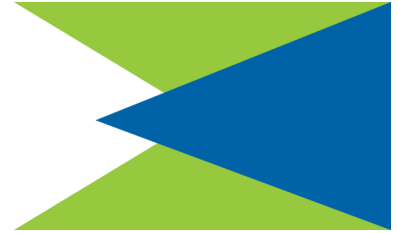




e-Newsletter

January 25, 2019



SBO's NEW Website Coming February 1, 2019

Over the past six months, SBO has been working behind the scenes to streamline our website design, layout and format to make it easier for users to find benefit information that applies to them. We are pleased to announce that our new website will launch on February 1, 2019. The new design is user, mobile and consumer-friendly; contains less text and more icons, images and logos; customizes the user experience by group (for example, State Agency Employees vs. DOE, K12, DTCC & DSU Employees); and provides users with easy access to information to help them be wise health care consumers, save money and stay healthy.

SBO's website address, de.gov/statewidebenefits, will continue to be used. Please note that the pages ben.omb.delaware.gov and de.gov/healthconsumer will no longer be available effective February 1, 2019.

Check out the new website design on February 1 and uncover and explore your benefits!

Start the New Year SMART

SMART goals are **S**pecific, **M**easurable, **A**ttainable, **R**ealistic and **T**imely. Think about the goals you have for your health and the positive results you hope to achieve in 2019. Integrate some of the SMART goals below that can help you reach those results:

- Pack a healthy lunch for work three days each week.
- Walk for 15 minutes of your lunch break five days each week.
- Designate two evenings each week to be screen-free time.

For more ways to break down your goals into smaller SMART goals, view Health Advocate's January [member newsletter](#).

Safety Matters: Snow Shoveling

Follow these guidelines when you shovel snow:

- Dress in layers.
- Eat lightly before shoveling.
- Warm up with some light stretching and movement.
- Don't smoke! You are going to need all the oxygen your body can get.
- Take your time when shoveling. Plan to stop shoveling frequently. Go in and get warm.

View January's [Safety Matters](#) newsletter, published by the Insurance Coverage Office (ICO), for more snow shoveling tips as well as items you should include in your car's emergency kit.

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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