



The Benefits Bulletin

Statewide Benefits Office

November 9, 2020

Diabetes Awareness Month

Did you know that approximately 34.2 million Americans are currently living with either type 1 or type 2 diabetes? Diabetes does not discriminate, it can be diagnosed at any age and spans across all races. The good news is that you can manage your condition by working with your doctor, eating healthy and incorporating exercise into your daily routine. The Statewide Benefits Office along with our benefit vendors are here to assist you and your family with managing diabetes. Visit the [Diabetes Resources page](#) to view helpful information including:



- Services offered through your health plan
- Diabetes Prevention Program
- Services offered through the Express Scripts Prescription plan
- Livongo® diabetes monitoring program
- Other community resources

Managing Your Health

During these unprecedented times, you are probably like most people - staying home, socially distancing from friends and family and altering the way you are shopping. Over the past several months, have you cancelled or postponed your doctor appointments due to COVID-19 concerns? If you or a family member are suffering from a chronic condition such as cancer, diabetes or heart disease, now more than ever, you need to continue managing your health. You have the option to see your doctor in person or through telemedicine. Whether you have a chronic condition, are pregnant or need preventive care, you should work with your providers to schedule appointments. In addition, if you are dealing with stress or depression, we encourage you to seek assistance. Your mental and physical wellness are important, so schedule time now to care for yourself. There are several resources available on the [Healing & Wellness Resources page](#) to assist you and your family with managing your overall health.



Hidden Treasures

Find the hidden code on the Diabetes Resources page on our website and email the code to sbo.communications@delaware.gov (Subject: Hidden Treasures). A random drawing from all correct responses received by the end of the month will be conducted for a prize. Congratulations to last month's winner, Amanda O., Dept. of Justice!

Rethink Provides Family Support

To help employees and their families navigate the challenges brought on by COVID-19, members enrolled in a State of Delaware health plan (Highmark Delaware or Aetna) have access to [Rethink](#) through December 31, 2020. Rethink is provided at no cost, completely confidential and offers family support – for parents, caregivers and students – in areas such as school (including virtual school), fostering independence, establishing schedules and routines, managing screen time, sibling interaction, self-help, behavior and much more. Rethink also provides specialized support to those caring for children with learning differences or behavioral challenges. To make the most of your time and Rethink's resources, we encourage you to start by enrolling and scheduling a free consultation (available 24/7) with a learning and behavior expert. No preparation is required, and Rethink is ready to provide recommendations and troubleshooting tailored to your family's needs.

Get started today by visiting the [Rethink](#) website with code **DErethink**. Rethink is hosting a free webinar "A Parent's Introduction To Rethink" on November 10 and December 8 at 1:00 pm. [Sign-up](#) for a webinar and learn more about this benefit.

Coming 2021: ComPsych®

Effective January 1, 2021, the State of Delaware's Employee Assistance Program (EAP) will be provided through ComPsych® GuidanceResources®. This free program is being offered to employees and non-Medicare pensioners who are enrolled in a State of Delaware Group Health Plans as well as their immediate family members. Visit the [ComPsych® GuidanceResources® page](#) on SBO's website for additional information on their services including:

- Short-term counseling
- Financial resources
- Legal resources
- Help with family and work-life challenges
- Computerized Cognitive Behavioral Therapy (CCBT)