

2022 Open Enrollment Starts Today

Benefit-eligible employees have an opportunity during Open Enrollment to review and make changes to their benefits for the upcoming plan year. Per legislation, employees of the State of Delaware, which includes all State Agencies, K12 (School Districts and Charter Schools), DTCC, and DSU, are **required to actively participate** in the Open Enrollment process each year. Employees who *Navigate Open Enrollment* and actively participate between May 2 - 18, 2022 by completing three simple steps (view the [Enrollment Action Checklist](#) to learn more) will meet the requirements to actively participate. Be sure to visit the [SBO website](#) for helpful resources including self-service guides, plan rates and comparison charts, benefit vendor videos, FAQs and more.

What If I Have No Changes?

Even if you do not want to make any changes to your benefits and just keep what you currently have (or continue to waive coverage), during Open Enrollment you must look at the Benefits Enrollment tab in [State of Delaware Employee Self-Service](#), select “**I Confirm My Selections**” and **click Submit** to send your final benefit choices for the July 1, 2022 plan year. Also, employees who wish to continue to cover their spouse on their non-Medicare Highmark Delaware or Aetna health plan effective July 1, 2022 must complete the online Spousal Coordination of Benefits Form during Open Enrollment.



Check Out Additional Benefits

In addition to reviewing your options for health, dental, and vision coverage, be sure to check out the additional benefits available during Open Enrollment:

- [Accident and/or Critical Illness Insurance](#)
- [State Group Universal Life Insurance](#)
- [Flexible Spending Account \(FSA\) Plan](#)

Have Open Enrollment Questions/Issues?

View the [2022 Open Enrollment Help Desk Support Chart](#) for guidance on who to contact with specific questions/issues during Open Enrollment.

Employee Spotlight

“A representative from Highmark contacted me shortly after I started my current job. She went over several of the additional benefits. After an assessment of what my needs are/were, she had other representatives contact me. I enrolled in the Blue 365 Discount Program, made a purchase, and joined a local gym at a nicely discounted price! It’s been about a year since I spoke to those very patient people, but I remember their concern and assistance.”

~Julie C., Delaware Technical Community College



National High Blood Pressure Education Month

May is National High Blood Pressure Education Month. During this month, we would like to remind you of the importance of checking your blood pressure. Your doctor will look at your systolic and diastolic numbers to determine if your blood pressure is low, high, or normal. Individuals with high blood pressure are at greater risk of having a stroke or heart attack. By working with your doctor and making lifestyle changes, you can start to control your blood pressure. Steps you can take now include:

- Eat healthy meals and snacks that are low in sodium
- Reduce your alcohol intake
- Exercise
- Manage stress
- Quit smoking
- Ensure you are taking your medication correctly

For more information on managing your blood pressure, visit the [SBO website](#), select your group, and click the icon for your health plan vendor - Aetna or Highmark Delaware.

New Resource - Advisor Connection

Advisor Connection is offered through Securian Financial to assist members with planning for their financial future. They offer webinars and resources designed to assist members with the following:

- Personal Finance
- Retirement Savings
- Education Strategies
- Retirement Income
- Social Security

If you would like to explore your options for current or future finances, attend a webinar. Information about the next webinar is in the article below.

Upcoming Webinars and Classes

Aetna offers monthly [webinars](#) that employees, pensioners and their family members can attend, regardless of enrollment in a State health plan. There is no need to register, simply click a link below to attend.

- Healthy Aging - [May 10, 2022 @ 5:00pm](#)
- Sun Protection - [May 19, 2022 @ 12:00pm](#)
- Children and Stress - [June 6, 2022 @ 12:00pm](#)
- Today's Family: Challenges and Changes - [June 23, 2022 @ 5:00pm](#)

ComPsych® GuidanceResources® is offering a webinar that employees, pensioners and their family members can attend, regardless of enrollment in a State health plan. Click on the link below to register:

- Stress: A Way of Life or a Fact of Life - [June 7, 2022 @ 1:00pm](#)

Advisor Connection will be holding a Personal Finance Seminar on two different days. View the Advisor Connection [flyer](#) to learn more about the events and register for the date and time that works best for you.

The webinars above will be recorded and posted to the website if you are unable to attend.

Behavioral Health / Emotional Wellbeing



Mental health conditions, including depression, anxiety, eating or substance disorders affect many people. Behavioral

health and emotional wellbeing are essential components of our overall wellness. Finding strategies to help manage your overall wellness can improve your quality of life, interpersonal relationships, and physical health outcomes. If you or a family member are experiencing a mental health condition, we want you to know there is help available. Both Highmark Delaware and Aetna have programs designed to help you live your best life. In addition, [ComPsych® Guidance Resources®](#) offers someone to talk to and resources to consult (such as articles and webinars) whenever and wherever you need them. Click here to learn more about [mental health](#) resources.

Strawberry Orange Smoothie

Ingredients:

- 10 frozen, unsweetened strawberries
- 1 cup fat-free, plain yogurt
- 1/2 cup 100% orange juice
- 1/2 teaspoon stevia sweetener or 1 packet



Directions:

In a food processor or blender process all the ingredients until smooth.

Recipe adapted from [The American Heart Association](#).

Hidden Treasures: Review the information about Flexible Spending Accounts on the ASIFlex page of SBO's website and email four qualified expenses for a Health Care FSA 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, Adam D. from the Delaware Emergency Management Agency!