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 stevia sweetener 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!