Attention Deficit Hyperactivity Disorder (ADHD) Awareness Month

October is Attention Deficit Hyperactivity Disorder (ADHD) Awareness Month. ADHD is a treatable, neurodevelopmental disorder that may be displayed as hyperactivity, easily distracted, or impulsive behaviors. ADHD can affect children, teenagers and adults. If you notice that you or a family member displays some or all symptoms of ADHD, it is important to schedule an appointment with a well-qualified provider who will determine if they have ADHD or perhaps another disorder. Parents raising children or teens that have been diagnosed with ADHD can find it challenging to find the right treatment and the skills needed to manage the behavior(s). For some, finding the right medication may be all that is needed. However, for others they may need a combination of medication and therapy. Everyone’s needs and responses to treatment are different, so it is important to work with your primary care provider to find the right combination of treatment(s). In addition, it can be helpful for parents and caregivers to attend counseling sessions, where they can learn various techniques to assist with behavior disruptions.

Adults that are managing their own ADHD can improve their symptoms by taking the right medication. These medications are used to assist with organizing your life to make things easier. It is also recommended that you plan your activities in advance so that you can manage restlessness, for example, taking notes in a meeting to keep yourself busy.

You can find more helpful tips and resources on the ComPsych® GuidanceResources® page and Behavioral Health/Emotional Wellbeing page (under Aetna Resources and Highmark Delaware Resources).

SurgeryPlus

Individuals enrolled in a State of Delaware Aetna or Highmark Delaware non-Medicare health plan are automatically enrolled in this FREE benefit. SurgeryPlus provides an alternative to using your health plan for a planned surgical procedure that is not an emergency. Members will not have to pay a copay, deductible, or coinsurance for any services through SurgeryPlus. In addition, it comes with a concierge service (Care Advocate), travel benefits, and financial incentives! Single Sign-On (SSO) access for SurgeryPlus is now available in Employee Self Service through my.delaware.gov. Navigation once logged in to my.delaware.gov: Employee Self Service > Benefits > Benefit Websites. Here you can learn more about SurgeryPlus and contact a Care Advocate to see if this service is right for your non-emergent surgery.

Breast Cancer Awareness

During October we rally for the people we love who may be survivors or newly diagnosed cancer patients. We would like to remind you that your routine mammogram could turn out to be the most important healthcare visit you get each year. A mammogram can alert your healthcare provider of any concerns, and if caught early, you may have access to more treatment options. It is important to know that some patients develop symptoms while others may not until the disease has progressed. Here are some helpful tips to follow:

- Complete monthly self-breast exams
- Know your family history
- Exercise at least 30 minutes a day
- Stop smoking
- Maintain a healthy weight
- Limit your alcohol
- Discuss your mammogram options with your provider

Visit the Cancer Resources page on the SBO website for more information.

New Hearing Loss Resources Page

Hearing loss can be stressful and affects people of all ages. Factors such as aging, noise, disease, and heredity can contribute to hearing loss. Employees can learn more about hearing loss and view resources for prevention, treatments and hearing care discounts that are offered through the State of Delaware.
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.

- **Understanding Personality Types** - October 12 @ 12:00 pm
- **Creating Positive Work Environments** - October 27 @ 5:00 pm

**Delta Dental** offers webinars addressing good oral health that employees, pensioners, and their family members can attend, regardless of enrollment in a Delta Dental plan.

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

**Advisor Connection** will be holding a Personal Finance Seminar. View the Advisor Connection flyer to learn more about the event and register to attend.

Vegetarian Bean and Cheese Taquitos

**Ingredients:**
- 1 can of black beans (15oz)
- ½ cup of frozen corn
- 1 cup grated cheese
- 1 teaspoon cumin
- ¼ teaspoon garlic powder
- ¼ teaspoon salt
- Corn tortillas

**Instructions:**
Preheat the oven to 400 degrees. Mix the beans, corn, cheese, cumin, garlic powder and salt in a bowl. Heat up tortillas in the microwave, placing them between damp paper towels to maintain their flexibility. Fill each tortilla with a few tablespoons of the mixture and roll up tightly. If needed, secure with a toothpick. Place taquitos on a baking tray covered with foil. Spritz taquitos with olive oil. Cook until golden brown (10 to 15 minute).

Recipe from Delta Dental