

ASIFlex Account Detail & Mobile App

Do you need help keeping track of the funds in your Flexible Spending Account (FSA)? Do you find yourself forgetting which claims you've submitted require substantiating documentation? One way for State employees to stay organized is by regularly viewing their ASIFlex account. You can view your account online via the ASIFlex Account Detail, accessible in [Employee Self-Service](#) through my.delaware.gov, or via phone through the ASIFlex App.

The ASIFlex Account Detail and mobile app allow FSA members to manage their accounts anytime, anywhere. Members can remain actively involved in multiple ways.

- Sign up for email and text alerts*
- Sign up for direct deposit reimbursement*
- Access your account statement and balance
- Read secure messages sent to you from ASIFlex
- Submit claims

**Not accessible through the ASIFlex App.*

You can register to view your Account Detail by accessing [Employee Self-Service](#) through my.delaware.gov. Once logged in, click on Benefits > Benefits Website > ASIFlex Account Detail. The ASIFlex App is available on Google Play and in the App Store. Search ASIFlex Self Service and download it today! For questions regarding your FSA, please contact ASIFlex at 1-800-659-3035.

PTSD Awareness Month

June is Post-Traumatic Stress Disorder (PTSD) Awareness Month. People that suffer from this mental illness have either been involved in or witnessed a traumatic event. Some of the symptoms may include:

- Flashbacks
- Nightmares
- Severe anxiety

If you or a family member is living with PTSD, the Statewide Benefits Office would like to remind you that there are resources available. On SBO's [Behavioral Health/Emotional Wellbeing](#) page you can find resources to help manage your quality of life, interpersonal relationships, and physical health outcomes.

Check Your Mail for New ID Cards

Depending on your situation, you may receive ID cards in the mail in June for the new plan year beginning July 1, 2023, unless otherwise noted:

- **Health:** Only *NEW* subscribers/contract holders, and those changing health plans, will receive new ID cards.
- **Prescription:** Only *NEW* subscribers/contract holders who enroll, or change enrollment, in a State of Delaware non-Medicare health plan will receive new ID cards.
- **SurgeryPlus:** *ALL* subscribers/contract holders enrolled in a State of Delaware non-Medicare health plan will receive new ID cards.
- **State Dental:**
 - **Delta Dental:** Only *NEW* subscribers/contract holders that were never previously enrolled will receive new ID cards.
 - **Dominion National:** Only *NEW* subscribers/contract holders will receive new ID cards.
- **State Vision:** Only *NEW* subscribers/contract holders that were never previously enrolled, or subscribers/contract holders who switch plans (for the first time), will receive new ID cards.



- **Flexible Spending Account (FSA):** ID cards are **not** issued. However, ASIFlex will send a confirmation enrollment statement to State employees.
- **Accident & Critical Illness Insurance:** ID cards are **not** issued. However, Securian Financial will send a Certificate of Insurance and a profile page to State employees who newly enroll after the application has been processed. For existing insureds requesting a coverage change, Securian Financial will send an updated profile page after the application has been processed. Applications are typically processed within 3 to 5 business days.

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Leapfrog Hospital Safety Grades

Being admitted into the hospital can be stressful, but one thing you should not have to worry about is the safety of the facility that you or a loved one is admitted to. The Leapfrog Hospital Safety Grade is an “A,” “B,” “C,” “D,” or “F” assigned to nearly 3,000 general hospitals in the U.S., rating how safe they are for their patients. The grade is based on over 30 measures of patient safety, including rates of preventable errors, injuries, infections, and whether hospitals have systems in place to prevent them. The Safety Grades, updated in the fall and spring, are based on a peer-reviewed methodology, calculated by top patient safety experts, and are 100% transparent and free to the public.

Learn more about quality and patient safety on the [Choosing the Right Care](#) page of the SBO website. The website provides tools such as Leapfrog, Healthgrades, and CMS which allow you to compare hospitals and/or doctors, and learn tips to prevent medical errors, take medications safely, and stay safe while in the hospital.

Upcoming Webinars

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 the link below to attend.

- Creating a Great Place to Work in Ten Easy Steps – [6/14 @ 12pm](#)
- Sun Protection – [6/26 @ 5pm](#)

ComPsych® GuidanceResources® offers [webinars](#) that employees, pensioners, and their family members can attend, regardless of enrollment in a State health plan. Click on the links below to register:

- Informed or Informed? - [8/2 @ 12pm](#) or [8/29 @ 5pm](#)

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.

- Oral Health and Wellness – [6/15 @ 4pm](#)

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

Check Your Mail for New ID Cards (continued)

- **State Group Universal Life (GUL) Insurance:** ID cards are **not** issued. However, Securian Financial will send a Certificate of Insurance and a profile page to employees who newly enroll after the application has been processed. For existing insureds requesting a coverage change, Securian Financial will send an updated profile page after the application has been processed. Applications are typically processed within 3 to 5 business days.

Cheesy Barbecue Chicken Zucchini

Boats



Ingredients:

- 4 medium zucchini, sliced in half lengthwise
- 1½ tablespoons olive oil
- 2 cloves of minced garlic
- ½ red onion, diced
- 1 pound chicken breast, cooked and shredded
- 1 cup low-sugar barbecue sauce
- 1¼ cups shredded sharp cheddar cheese

Directions:

1. Preheat oven to 400 F. Grease a 9x13 pan with olive oil.
2. Scoop out centers from zucchini, leaving a ¼ -inch rim to create boats. Place zucchini in pan and brush with a tablespoon of olive oil.
3. Add ½ tablespoon of olive oil to skillet and place over medium heat. Add garlic and onions; sauté for 3 to 4 minutes.
4. Transfer to a large bowl and stir in cooked chicken, ½ cup barbecue sauce and ½ cup cheese. Spoon mixture evenly into zucchini boats.
5. Top each with 1 tablespoon barbecue sauce and 1½ tablespoons cheese.
6. Cover with foil and bake for 35 to 45 minutes or until cheese has melted and zucchini is tender.

[Recipe from Delta Dental](#)

Hidden Treasures: Go to the [Choosing the Right Care](#) page on SBO’s website. Once there, determine the Spring 2023 Leapfrog Hospital Safety Grade of your nearest hospital. Send your answer 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, Barbara A. from the Office of Management and Budget!