

New Plan Year

Making informed decisions regarding your well-being includes understanding your healthcare options. As an engaged consumer, it is important to know where to seek care for you and your family. Our goal at the Statewide Benefits Office (SBO) is to provide education that will give you access to high-quality health care that produces good outcomes at an affordable cost, promotes healthy lifestyles, and gives you peace of mind. To assist with making the best healthcare decisions for you and your family, we encourage you to check out the resources available on the [SBO website](#). In addition, click on the non-Medicare resources below to learn more:

- Not sure where to go for care? View the [Know Where to Go for Care](#) flyer or the resources on the Choosing the Right Care pages through [Highmark Delaware](#) or [Aetna](#).
- [Online courses](#) are available through the Delaware Learning Center (DLC) or the SBO website that provide more detailed information about your chosen health plan, coordination of benefits, additional benefits, and more.
- Review the [2023 Preventive Health Schedule](#) for either Aetna or Highmark Delaware and schedule potentially life-saving appointments such as an annual physical, mammogram, colonoscopy, and more.
- For non-emergent surgeries, consider using [SurgeryPlus](#), a free service available to State of Delaware Aetna or Highmark Delaware non-Medicare health plan members.
- [ComPsych® GuidanceResources®](#) provides you and your family with someone to talk to, as well as various resources for work-life, legal, and financial support when you need them.

State employees should look for an email from the SBO that provides additional details about the benefits you chose during Open Enrollment.

Did You Know?

The State of Delaware's Group Universal Life (GUL) Insurance plan helps to protect your financial wellness. All active State of Delaware and Delaware Solid Waste Authority (DSWA) employees, their spouses, and their dependent children 18 years of age or older have automatic access to the following resources at no cost (enrollment in the GUL plan is **not** required to access these resources):

- Legal, financial, and grief resources
 - Templates for wills and legacy planning
 - Unlimited phone consults with legal, financial, or grief professionals
- Travel assistance
 - Medical relocation
 - Emergency security evacuation
 - Identity theft if your wallet is stolen
- Legacy planning resources
 - Final arrangements for funeral services
 - End-of-life planning

For more information, visit the [Group Universal Life](#) page.

State Employee Benefits Committee (SEBC) Corner

At the June meetings, the Financial and Health Policy & Planning Subcommittees reviewed the April 2023 Fund Report and reporting for primary care and key trends. The Retiree Healthcare Benefits Advisory Subcommittee reviewed their work plan and continued to discuss Other Post-Employment Benefits (OPEB) modeling impacts. The SEBC reviewed updates on 2023 requests for proposal, Highmark Delaware's value-based contracting, and Aetna and Highmark Delaware's care management programs. SEBC and Subcommittee meetings are open to the public and include an opportunity for public comment. Visit the [SEBC page](#) for meeting information and more.

Ultraviolet (UV) Safety Month

July is UV Safety Month. UV rays are the main cause of many skin cancer diagnoses. Certain elements will affect your exposure, such as time of day, the season, cloud coverage, and reflections (think water or even snow). By staying in shaded areas, you can reduce your exposure. However, if the sun is unavoidable, think “Slip, Slop, Slap, and Wrap!”

- Slip on a shirt
- Slop on sunscreen every few hours
- Slap on a wide-brim hat
- Wrap your eyes with sunglasses

For more helpful information, visit the [Cancer Resources](#) page of the SBO website.



Upcoming Webinars

These webinars can be attended by employees, pensioners, and their family members regardless of enrollment in the benefit plan.

[Aetna Webinars](#) – There is no need to register; simply click the link below to attend.

- Staying Connected in Today’s Digital World – [7/7 @ 5pm](#)
- The Science of Goal Setting – [7/26 @ 12pm](#)

[ComPsych® GuidanceResources® Webinars](#) – Click on the links below to register:

- Informed or Informed? Healthy Media Consumption & Social Media Usage - [8/2 @ 12pm](#) or [8/29 @ 5pm](#)

[Delta Dental Webinars](#) – Click the link below to register:

- Oral Health and Wellness – [8/11 @ 1pm](#)

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

Employee Spotlight – Hinge Health

“I love this app! I am very happy I took a second look at the email that DHR sent out and made the decision to give it a try. I have been living with debilitating lower back and hip pain for a long time, caused by sitting for long periods at my desk. When I read the email about the Hinge Health app I was skeptical at first, thinking “can this really help?” I have never personally tried any of the other programs offered by the Statewide Benefits Office, so I thought, “Sure, why not? It can’t hurt.” I was tired of being in pain and willing to try almost anything. Months later, I am still happily using the app. I try to complete one workout every day. I have never enjoyed working out, but this app makes it so easy to fit into my day. While the stretches in the program are very basic, they really make a big difference. Now that I am no longer in pain all of the time, I have more energy and more motivation, so much so, that in addition to the Hinge Health workouts, I also go to the gym or walk daily. Of course, I still have bad days with back pain, but they are becoming fewer and further between as I continue using the Hinge Health app. Thank you to the State Benefits Office for bringing this app/program to State of Delaware employees.”

~ Kate W., Department of Correction

Lobster Roll

Ingredients:

- 4 cups cooked lobster cut into bite-size pieces
- ½ cup low fat mayonnaise
- ¼ cup chopped green onions
- 1 tablespoon chopped celery
- 1 tablespoon fresh lemon juice
- ½ teaspoon salt
- Dash hot sauce
- 4 buns

Directions:

1. Combine the first seven ingredients in a large bowl
2. Spoon into the buns
3. Serve with extra napkins!

[Recipe From Eating Well](#)

Hidden Treasures: Go to the Diabetes Resources page on SBO’s website and locate the CVS Caremark Prescription Plan. Once there, determine the best way to get diabetic medications filled and what a member would pay. Send your answers to sbo.communications@delaware.gov (Subject: Hidden Treasures). A random drawing from all correct responses received by the end of the month will be contacted for a prize. Congratulations to last month’s winner, Leslie H. from DelDOT!