

## Flexible Spending Account (FSA) Deadlines

The FY23 FSA Plan year (July 1, 2022-June 30, 2023) has ended. If you still have unspent funds, now's the time to use them. The deadline to incur expenses for the FY23 FSA Plan Year is **September 15, 2023**. The claim submission deadline is **October 15, 2023**.

If you're looking for eligible expenses to spend your remaining funds on, ASIFlex has several resources that you may find helpful:

- Consider reviewing ASIFlex's [Eligible Expense List](#). The list outlines both Health Care and Dependent Care expenses and lets you know whether an item or service may be covered.
- ASIFlex also provides access to the [FSA Store](#) where you can choose from thousands of over-the-counter eligible healthcare products. ASIFlex and the FSA Store have teamed up to offer a cardless pay option. Check out the latest [FSA Store Coupon Code](#) on the SBO website for even more opportunities to save!

For questions on FSA-eligible items and the FSA store, please contact ASIFlex at 1-800-659-3035.

## Children's Eye Health and Safety Month

August is Children's Eye Health and Safety Month. EyeMed's [Eye Site on Wellness](#) website provides State of Delaware members with access to helpful, healthy vision resources for kids and adults.

The website provides:

- Tips for safe driving
- Vision information categorized by age
- Information on early detection of myopia
- Nutritional information
- Tips for preparing kids for going back to school
- Videos on vision health
- Interactive tools and much more

Get the most out of your vision benefits! Be sure to take a look!

## Back to School

School will be back in session soon. Thinking about the upcoming school year can be both exciting and nerve-wracking for students, parents, and education employees. The Statewide Benefits Office is here to support you and your family as you navigate the transition.

Back-to-school shopping on a budget? Be sure to check out member discounts available through the Highmark Delaware [Blue 365 Discount Program](#) or [Aetna member website](#). Additional discounts and resources are available to State of Delaware employees through the [Department of Human Resources Financial Wellness](#) page.

Back-to-school jitters? The Employee Assistance Program through [ComPsych® GuidanceResources®](#) offers a back-to-school digital toolkit for families, as well as work/life balance solutions for employees. Set yourself up for success this school year!



## National Immunization Month

August is National Immunization Awareness Month. It is important for people of all ages to be vaccinated against serious, sometimes deadly, diseases. You can learn more about National Immunization Awareness Month on the [Centers for Disease Control and Prevention \(CDC\)](#) website. Members of a State of Delaware non-Medicare health plan can also check out immunizations and other preventive services covered at 100% on the [Preventive Care](#) page.

## Share Your Experience

Our priority at SBO is simple: to not only deliver high-quality benefits, but also to educate our members. Knowing that experience can be the best teacher, we want to ask our members to share their stories. Have you or a family member contacted ComPsych® for support? Have you used any of the discounts offered through Highmark Delaware or Aetna? Have you scheduled surgery through SurgeryPlus? We would love to help you share your story! We will gladly accept written testimonials or interview you. Together we can face change and make it easier for our co-workers, friends, and neighbors to navigate better health and well-being. [Email SBO](#) to share your story.



## 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.

- Overcoming Work Fatigue – [8/10 @ 12pm](#)
- Nonverbal Communication – [8/21 @ 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? Healthy Media Consumption and Social Media Usage – [8/2 @ 12pm](#) & [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 – [8/11 @ 1pm](#)

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

## State Employee Benefits Committee (SEBC) Corner

At the May 22, 2023 and June 20, 2023 meetings, the SEBC voted on increases effective January 1, 2024 for Medicare-eligible pensioners regarding prescription plan copays and Highmark Special Medicfill Plan rates.

At the July meetings, the Financial and Health Policy & Planning Subcommittees reviewed the May 2023 Fund Report and reporting for key trends. The Retiree Healthcare Benefits Advisory Subcommittee continued to review and discuss options to reduce the Other Post-Employment Benefits (OPEB) liability. The SEBC reviewed the May 2023 Fund Report and discussed Group Health Insurance Plan (GHIP) trends and the GHIP Strategic Framework.

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.

## Frozen Fruit Pops



### **Ingredients:**

- Fruit (such as kiwi, watermelon, strawberries, and blueberries)
- 100% fruit juice of your choice
- 5-oz. paper cups (or popsicle mold)
- Wooden craft sticks

### **Directions:**

1. Cut up the fruit into small pieces and combine in a bowl.
2. Fill each cup with fruit, and place a craft stick in the middle.
3. Pour fruit juice into each cup.
4. Place the cups in the freezer for two hours or until frozen.

[Recipe from Delta Dental](#)

**Hidden Treasures:** Locate the Gym Discounts page of the SBO website, then name a gym near you that offers a discount to State of Delaware employees and their families. Send your answer to [sbo.communications@delaware.gov](mailto: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, Janet N. from Kent County Family Court!