

## Holiday Health

As the holiday season approaches, you may begin to feel stressed and overwhelmed as your calendar starts to fill up, your to-do list gets longer, and you realize you have to attend multiple family gatherings, all while dealing with daily life. It's crucial to prioritize your mental health and give yourself grace during this time of the year. To help manage your mental and emotional well-being, SBO wants to remind you of the available resources:

- The [ComPsych® GuidanceResources®](#) program provides Employee Assistance Program (EAP) services at no cost to employees, non-Medicare pensioners, and their dependents.
- If you are enrolled in a State of Delaware Highmark or Aetna non-Medicare health plan, you may be eligible to receive services from their behavioral health programs. Visit the SBO's [Behavioral Health/Emotional Wellbeing](#) page to learn more.
- Meru Health's [Behavioral Health](#) campaign is a 12-week, therapist-guided mental health program available at no cost to you and your covered dependents over age 18 who are enrolled in a State of Delaware Highmark or Aetna non-Medicare health plan. During the holiday season, Meru Health is focusing on ways to beat holiday stress and burnout, while preserving your well-being.

## Leapfrog Hospital Safety Grade

Do you know that the [Leapfrog Hospital Safety Grade](#), focuses exclusively on hospital safety. Its "A," "B," "C," "D," or "F" letter grades are an easy way for consumers to choose the safest hospitals to seek care. These Safety Grades are based on a peer-reviewed methodology, calculated by top patient safety experts, and are 100% transparent and free to the public. The Safety Grade uses over 30 measures, including rates of injuries, infections, and medical errors, and whether hospitals have effective systems in place to prevent them. The majority of data used to calculate the Safety Grade comes from the Centers for Medicare & Medicaid Services (CMS). Safety Grades are updated in the fall and spring.

Learn more about quality and patient safety by visiting SBO's [Choosing the Right Care](#) page. Here you can access tools to compare doctors and hospitals, as well as resources on medical errors, medication safety, hospital stays, and more.

## State Employee Benefits Committee (SEBC) Corner

At the November meetings, the Subcommittees discussed proposed revisions to the Group Health Insurance Plan (GHIP) Eligibility and Enrollment Rules effective January 1, 2024. Discussions also continued on the inclusive benefits review and revisions to the GHIP Strategic Framework. The Retiree Healthcare Benefits Advisory Subcommittee put forth recommendations that will go to the SEBC and General Assembly/Governor for consideration. The SEBC voted on and approved revisions to the GHIP Eligibility and Enrollment Rules. For facts on what's being discussed related to the GHIP at the meetings and actions taken by the SEBC, view [SBO's Get the Facts on What's Happening](#) document of frequently asked questions.

SEBC and Subcommittee meetings are open to the public and provide an opportunity for public comment. Visit the [SEBC page](#) for meeting information and more.

## New ComPsych® Platform in 2024!

In January 2024, ComPsych® Guidance Resources® will be replacing the current computerized cognitive behavioral therapy (CCBT) platform myStrength with a new and improved interactive digital platform called Koa Foundations. Koa Foundations is a wellness digital device designed to enhance your mental health journey.

Koa will offer a more streamlined and effective approach to self-care, with strategies to help you manage stress, sleep, and depression, while improving resilience to foster a healthier work-life balance and prioritize your self-care. You will have access to a variety of interactive tools, including guided meditations, stress management techniques, self-assessment quizzes, and much more.

Starting January 2024, individuals can register on the [ComPsych® Guidance Resources®](#) website. Once registered, they will be able to download the Koa App on their mobile devices.

## Employee Spotlight

*"I wanted to take a moment to express my deepest gratitude for the incredible impact the Hinge Health program has had on my life. The transformation I've experienced in my back health is nothing short of remarkable, and I owe it all to the Hinge Health program, along with my coach Jaya, who pushes me through each session with encouragement.*

*Before I started the program, I struggled with simple tasks like bending over. Now, I perform these movements effortlessly, and it's all thanks to the tailored exercises, guidance, and support this program provided. The Hinge Health platform not only improved my physical well-being, but also empowered me mentally and emotionally.*

*I am truly grateful for the dedication and expertise of the Hinge Health team. The positive, encouraging environment they've created, made every step of this journey achievable. This program didn't just enhance my flexibility; it gave me back the freedom to fully engage in life without the limitations I once faced.*

*Your program is more than just exercises; it's a life-changing experience, and I am living proof of its effectiveness. I will continue to recommend Hinge Health to everyone I know because I believe in the power of what it offers."*

~Stef P., University of Delaware

## Upcoming Webinars

**Aetna** offers monthly [webinars](#) that employees, pensioners, and their family members can attend, regardless of your enrollment status in a State health plan. There is no need to register; simply click the link below to attend.

- Grocery Shopping – [12/14 @ 12pm](#)

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

- Financial Planning for Life – [12/14 @ 3pm](#)

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

## Choosing Wisely

The State of Delaware encourages State of Delaware Group Health Plan non-Medicare members and their dependents to get the best value out of their benefits by choosing the right care! This includes understanding your care options, where to go for services, how much services cost, and making informed decisions to ensure you and your family receive the highest quality, safe, and affordable care you deserve. Below are some helpful resources:

- [Highmark Delaware](#) or [Aetna](#) – Know where to go and the cost before seeking care.
- [SurgeryPlus](#) for non-emergent surgeries **and** bariatric surgeries.
- [Compare Doctors & Hospitals](#) – Research the quality and patient safety ratings of a provider or facility before your visit.
- [Where should you go?](#) (primary care provider, telemedicine, emergency room, or urgent care)

Visit SBO's [Choosing the Right Care](#) page to learn more.

## Salmon with Honey & Balsamic Glaze

Ingredients:

- Cooking Spray
- 1 ½ tablespoon mayonnaise
- 1 ½ tablespoon balsamic vinegar
- 1 tablespoon honey
- 1 ½ teaspoon sesame seeds
- ¾ teaspoon dried oregano, crumble
- ¾ teaspoon olive oil
- 1 medium garlic clove, minced.
- 4 salmon fillets (about 4 oz each)

Directions:

1. Preheat oven to 375°.
2. Lightly spray a baking dish with cooking spray.
3. In a small bowl, whisk the mayonnaise and vinegar until smooth. Whisk in the remainder of the ingredients (except the salmon).
4. Place fish in baking dish and lightly spread the mixture on top and sides of salmon.
5. Bake 15 – 20 minutes.

Recipe from the [American Heart Association](#).

**Hidden Treasures: Locate the Choosing the Right Care page. Once there find View Preventive Care Services & Meds. Then determine how often you should schedule a routine exam for your age group. 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, Shakiera N., from the Department of Health and Social Services!**