

New Year, New You

The Statewide Benefits Office would like to wish you a safe, healthy, and prosperous New Year. Let 2024 give you a fresh perspective on opportunities and challenges. Instead of resolutions, consider making simple changes one at a time that can have a lasting impact.

Here are some easy ways to get you started - [Weight Management](#): The best way you can lose weight is by making a few basic changes to your nutrition and physical activity.

- Reduce your daily calories by eating smaller portions
- Drink at least 8 glasses of water and/or reduce sugary sodas and juices
- Add 20 minutes of exercise to your day – park farther away or take the stairs
- Ensure you are getting enough sleep
- Work with a nutritional Counselor through Aetna or Highmark Delaware
- Find a local fitness center and check out the [gym discounts](#)

Finances: Learning more about your personal finances can help you to plan and save for your future. Here are some strategies to start with:

- Financial check- up – Check out your policies to see if they fit your needs (property and life insurance)
- Legal – Is your will and/or power of attorney current?
- Budgeting – Where can you cut spending?

You can reach your financial goals by starting here: [DHR Financial Wellness](#), [Securian Financial](#) and [ComPsych® Guidance Resources®](#).

[Behavioral Health / Emotional Wellbeing](#): Behavioral health and emotional wellbeing are essential components of overall wellness. Finding strategies to help control your overall wellness can improve your quality of life, interpersonal relationships, and physical health outcomes. Check out the resources available through the State’s EAP program. [ComPsych® Guidance Resources®](#) offers webinars, articles, and counseling sessions to assist you and your family.

Family Building Resources

Building a family can be both a wonderful and stressful time. It may leave you with many questions and/or feeling overwhelmed. We’ve put together the following family building support resources to further assist you and your family.

Highmark Delaware –

- Baby BluePrints Maternity Education
- Breast Pumps
- Wellcare for Women

Aetna –

- Enhanced Maternity Program
- Enhanced Fertility Benefits
- Wellcare for Women

ComPsych® Guidance Resources –

- Balancing work and family strategies
- Professional Counseling
- Financial Counseling

For more information, visit the [Family Building Resources](#) page on SBO’s website.



Hinge Health

With the new year, you may be looking for ways to improve your health and address persistent joint and muscle pains. The good news is that if you are enrolled in one of the State of Delaware non-Medicare Highmark or Aetna health plans, you have access to Hinge Health (a no cost, virtual exercise therapy program). Hinge Health combines gentle exercise with 1-on-1 expert support to reduce your pain and allow you to move with confidence using a customized care program developed to best suite your needs. The best thing is you can access your virtual sessions anytime from your smartphone. To learn more, visit the [Musculoskeletal Pain Resources](#) page on SBO’s website and select “Hinge Health Resources” or call 1-855-902-2777.

State Employee Benefits Committee (SEBC Corner)

At the December meetings, the Subcommittees reviewed dashboard reporting and continued discussions on the inclusive benefits review. The Retiree Healthcare Benefits Advisory Subcommittee finalized their report of recommendations that will go to the SEBC and General Assembly/Governor for consideration. The SEBC voted on and approved revisions to the [GHIP Strategic Framework](#), as well as the recommendation for the Disability Insurance Program (DIP) request for proposal. 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.

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 links below to attend.

- Healthy Living – Eating Right for Life - [1/10 @ 12pm](#)
- Healthy Living – Be Positive – [1/22 @ 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 link below to register:

- Talking to Kids About Violent Events with Widespread Media Coverage – [1/31 @ 10am](#)

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. Click on the links below to register:

- Oral Health and Wellness – [1/18 @ 12pm](#)

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

Financial Wellness Webinar from the Office of the State Treasurer (OST)

The Office of the State Treasurer's Delaware Retirement Savings Plan (**DEFER**), in partnership with Voya, is offering a financial wellness webinar on 1/24 at 11am titled "*Seasonal Financial Tips - Building a Solid Foundation.*" Here you will learn useful strategies to take control of your finances, including how to create a realistic budget that aligns with your saving goals, look for places to trim excess spending, develop a plan to pay down debt, build up an emergency fund, and discover creative ways to save for the future. [Click here to register](#). The webinar recording will be posted to the [OST website](#) for those unable to attend. *Have questions about DEFER, would like to get enrolled or speak with a local advisor, or have questions about the webinar?* Contact the local [Delaware advisor team](#).

Black Bean and Salsa Soup



Ingredients:

- 2 cans black beans (15 ounces each)
- 2 cups vegetable or chicken broth
- 1 cup chunky salsa
- 1 teaspoon ground cumin
- 1 green onion
- Sour cream
- Salt and pepper to taste

Directions:

1. Thinly slice the green onions, set aside
2. Drain and rinse black beans
3. Pour half into a blender or food processor and set the other half aside
4. Blend with broth, salsa, and cumin
5. Pour the blended mixture and unblended beans into a saucepan, and cook over medium heat for about 10 minutes, or until thoroughly heated
6. Serve with sour cream and sliced green onions

Recipe from [Delta Dental](#).

Hidden Treasures: Locate the ComPsych® GuidanceResources® page on the SBO website. Name three of the services offered to State of Delaware employees through this benefit. 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, Elizabeth I. from Delaware Technical Community College!