

American Heart Month

February is American Heart Month. For more than 100 years, the AHA has been dedicated to educating people on how to prevent and treat heart-related issues. Heart disease is one of the leading causes of death, but the good news is it's preventable. Simple lifestyle changes can make a big difference. These include:

- Quitting smoking
- Increasing your physical activity
- Improving your diet
- Scheduling your annual physical exam **and** talking to your healthcare provider about a diet and exercise plan

Check out the resources available on SBO's [Heart Health Resources](#) page.

State Employee Benefits Committee (SEBC) Corner

There were no SEBC or SEBC Subcommittee meetings in January. This was due to the re-structuring of the SEBC per recent changes to [Title 29, Chapter 96](#) of Delaware Code, as well as changes in administrative leadership and Committee membership.

SEBC meetings are expected to resume in February 2025. All SEBC and Subcommittee meetings are posted to the [Public Meetings Calendar](#), as well as to the [SEBC page](#). Meeting locations, virtual links, and agendas are posted at least seven days in advance.

Once SEBC and Subcommittee meetings resume, be sure to review what's being discussed related to the GHIP and actions taken by the SEBC by viewing the 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 information on Committee membership, meeting materials, and more.

Health and Wellness Benefit

Securian Financial offers an annual Health and Wellness Benefit for employees enrolled in Group Accident and/or Critical Illness Insurance (A&CI) . You, your spouse, and a maximum of one eligible dependent child can each receive a \$50 payment per policy, per plan year for several types of wellness screenings. This includes an annual physical exam, cancer screening, mammogram, and more. A full list of Health and Wellness screenings is available in your certificate of insurance, which can be viewed at Securian.com/Delaware-insurance.

Filing your Health and Wellness benefit doesn't take long. Visit securian.com/benefits:

1. Select "Employer" under Report a New Claim
2. Select "Start a new claim"
3. Answer all questions to the best of your ability

Please note, separate claims must be filed for yourself, your spouse, and your child each plan year.

Donate Blood

There is still a blood shortage in our region. Consider scheduling an appointment to donate blood today. Visit the [Blood Bank of Delmarva](#) website or call 1-888-825-6638.



Hinge Health

Hinge Health is a no cost virtual exercise therapy program available to State of Delaware Aetna and Highmark Delaware non-Medicare health plan members and their spouses/dependents over the age of 18. Hinge Health combines gentle exercise with one-on-one expert support to reduce pain and allow you to move with confidence. Virtual exercise therapy programs are available for the treatment of neck and back pain, joint pain, pelvic floor health, and more!

If you struggle with everyday joint and muscle pain, start the new year off right by accessing your Hinge Health benefit for expert level care at no cost to you.

For more information and to sign-up, visit hingehealth.com/stateofdelaware or call 1-855-902-2777.

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.

- Your Healthy Heart - [2/10 @ 12:00pm](#)
- All You Need to Know About Cholesterol - [2/25 @ 5:00pm](#)

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:

- The Joy of Movement - [2/5 @ 10:00am](#)
- Emotional Eating: The Connection Between Mood and Food - [3/5 @ 2:00pm](#)

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

National Cancer Prevention Month

Facing a cancer diagnosis can be overwhelming. It may leave you with questions about how to navigate life with this diagnosis. Some patients develop symptoms, while others may not show symptoms until the disease has progressed.

Screenings can detect breast, cervical, and colon cancers early when treatment is likely to work best. As we begin a new year, the Statewide Benefits Office wants to remind you to schedule those life-saving appointments. You can also reduce your risk of developing cancer by making healthy choices like being physically active, maintaining a healthy weight, avoiding tobacco, protecting your skin, and limiting the amount of alcohol you drink. To learn more, visit SBO's [Cancer Resources](#) page.

Stuffed Peppers



Ingredients:

- 4 bell peppers (any color)
- ¾ lb. lean, ground turkey
- ½ medium onion chopped
- ½ cup uncooked brown rice
- 14.5 oz canned, no-salt-added, diced tomatoes
- 1 clove fresh, minced garlic
- 1 tsp reduced-sodium Italian seasoning
- ¼ tsp crushed red pepper flakes (optional)
- 8 oz canned, no-salt-added tomato sauce

To see the full recipe, visit the [American Heart Association](#).

Hidden Treasures: Go to the Heart Health Resources page on SBO's website and find a resource that is provided through your health plan. 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, Ashley F., from Smyrna School District!