

5 Things You Should Know About Your ASIFlex Debit Card

If you are enrolled in the Health Care Flexible Spending Account (FSA) and have the ASIFlex Debit Card, here are some helpful tips to get the most out of your benefit.

1. You can use the card only for [qualifying expenses](#), and you must submit back-up documentation when requested. If documentation is required, ASIFlex will notify you through messages in your Account Detail. Access [Employee Self-Service](#) through my.delaware.gov. Navigation: *Benefits > Benefits Website > ASIFlex Account Detail*.
2. Healthcare providers that accept VISA typically accept the ASIFlex card. [Retail merchants](#) with an inventory system (IIAS) which identifies health care products can also accept the card.
3. Do not use the ASIFlex card at the point of service for expenses that may be covered by insurance. Wait until you receive the Explanation of Benefits (EOB) form from your insurer, and you can use the card to pay the balance at that time, provided it is within the same plan year.
4. For eligible services not covered by your insurance, present your card for payment and request an itemized statement. The statement must include the provider name/address, patient name, date of service, description of the service/product, and the dollar amount owed.
5. If you try to use the card for an amount that exceeds your available balance, it will be declined. Be sure to check your balance! Use the ASIFlex Mobile App or go online at asiflex.com to check your balance from anywhere, anytime.

For further information on the ASIFlex Debit Card, visit SBO's [FSA page](#).

State Employee Benefits Committee (SEBC) Corner

The SEBC held their first meeting of the year on February 21, 2025. Agenda items included an introduction of all Committee members and/or their designees, a review of the SEBC structure and membership, and an overview of Committee member responsibilities. The Committee voted to elect State Treasurer Colleen Davis as Vice-Chair of the SEBC, serving alongside SEBC Chair and Office of Management and Budget (OMB) Director, Brian Maxwell.

Presentations covered the statewide financial overview, Group Health Insurance Plan (GHIP) Fiscal Year 2025 experience through January 2025, and an overview of SEBC contracting and Request for Proposals (RFP) processes.

To get the facts on what's being discussed related to the GHIP 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.

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

Take a step towards building a more secure tomorrow by joining the upcoming hour-long financial wellness webinar brought to you by the Office of the State Treasurer (OST) Delaware Retirement Savings Plan (DEFER) and hosted by Voya Financial. Click on the link below to register:

- **Start With A Budget – 3/12 @ 12pm**
Utilizing the budgeting process to help organize your financial life is a great first step on your journey towards financial wellness.

The webinar recording will be posted to the [OST website](#) for those unable to attend. **Have questions? Contact OST at daniel.kimmel@delaware.gov.**



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Workplace Eye Wellness Month

March is Workplace Eye Wellness month – a great time to focus on protecting your vision at work. Prolonged screen time can cause blurry vision, headaches, or achy, tired eyes that become dry or red. Here are a few ideas for eye health in the workplace:

1. **Blink Breaks:** Studies show we blink less while using computers and other devices. Make a conscious effort to blink more often.
2. **Ergonomic Workstation:** Monitors should be about an arm's length away and the top of the monitor should be at or slightly below eye level.
3. **Eye-Friendly Screens:** If your screen glows brighter than your surroundings, it strains your eyes. Adjust the screen brightness to match the light in your workspace and increase your screens contrast. Also, consider screen filters for blue light.
4. **Stay Hydrated:** Dehydration can make chronic dry eye symptoms worse. Take the steps necessary to refresh your eyes.
5. **20-20-20 Rule:** Every 20 minutes, look at an object at least 20 feet away for at least 20 seconds to give your eyes a break.

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.

- Healthy Aging - [3/11 @ 5:00pm](#)
- Sleep Basics - [3/27 @ 12:00pm](#)

ComPsych® GuidanceResources® offers [webinars](#) that individuals enrolled in a State of Delaware non-Medicare health plan can attend. Click on the link below to register:

- Emotional Eating: The Connection Between Mood and Food - [3/5 @ 2:00pm](#)
- Breathing Techniques To Relieve Stress & Improve Health - [4/2 @ 2:00pm](#)
- Supporting Employee Well-being: What Can You Do As A Manager? - [4/10 @ 10:00am](#)

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

Act Now – Make Sure You Can Access Employee Self-Service

Get ready for Open Enrollment (**May 1 – 16, 2025**) by making sure you can access [Employee Self-Service](#) through [my.delaware.gov](#). Reset your password (if necessary) and confirm your contact information.

Egg “Muffin” Cups



Ingredients:

- Cooking spray
- ½ tablespoon canola or corn oil
- 1 onion, finely chopped
- 1 package sliced white mushrooms
- 16.4 oz package frozen, cooked, nitrate-free turkey sausage links, thawed
- 1 ¾ cup liquid egg substitute
- ¼ cup fat-free milk
- ¼ teaspoon pepper
- 1 cup shredded fat-free cheddar cheese

Directions:

1. Preheat the oven to 350°. Lightly spray a 12-cup muffin pan with cooking spray.
2. In a medium nonstick pan, heat the oil over medium-high heat. Cook the onions and mushrooms for 10 mins, stirring occasionally.
3. Warm the turkey sausage according to package directions and chop into bite-size pieces. Stir into onion mixture. Spoon mixture into the muffin cups.
4. In a small bowl, whisk together the egg substitute, milk, and pepper. Pour into the muffin cups and top with cheese.
5. Bake for 25 mins, or until eggs are set. Let cool slightly before serving.

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

Hidden Treasures: Go to the FSA page on SBO's website. How can you apply for the ASIFlex Debit Card? 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, Jeff N., Department of Health and Social Services!