

FY25 Flexible Spending Account (FSA)

Deadlines

The FY25 FSA Plan Year ended on June 30, 2025. If you still have remaining funds in your account, now is the time to use them. You have until **September 15, 2025** to incur eligible expenses for the FY25 FSA Plan Year. All claims must be submitted to ASIFlex no later than **October 15, 2025**. After that, accounts will be closed and any balance remaining will be forfeited to the State of Delaware in accordance with federal regulations.

Not sure what to spend your money on? Check out ASIFlex's [Eligible Expense List](#) to see which of your expenses may be eligible for reimbursement. The list outlines both Health Care and Dependent Care expenses.

Claims can be filed at any time once expenses are incurred.

- File Claims Online: Go to www.asiflex.com Account Detail section, and upload your scanned documentation.
- Go mobile: Snap a picture of your documentation and submit via the ASIFlex Mobile App.
- Fax Claims: 1-877-879-9038
- Mail Claims: PO Box 6044 Columbia, MO 65205-6044

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



State Employee Benefits Committee (SEBC) Corner

At the July 29, 2025 meeting, the SEBC discussed the composition of the SEBC's Request for Proposal (RFP) Proposal Review Committees (PRCs) and received legal guidance from the Delaware Department of Justice.

The Committee also reviewed eight bills that either passed or are still moving through the 153rd General Assembly that impact the SEBC, SBO, or Group Health Insurance Plan (GHIP).

The Committee reviewed and voted to approve the Health Data Warehouse (HDW) RFP which is scheduled to be released at the end of August. The Committee also discussed updates to Aetna's fertility benefits effective January 1, 2026.

Additionally, SEBC consultants, Willis Towers Watson (WTW), provided an update on GHIP financials through June 2025 and the Committee reviewed and approved the recommended Fiscal Year 2026 GHIP trend assumptions.

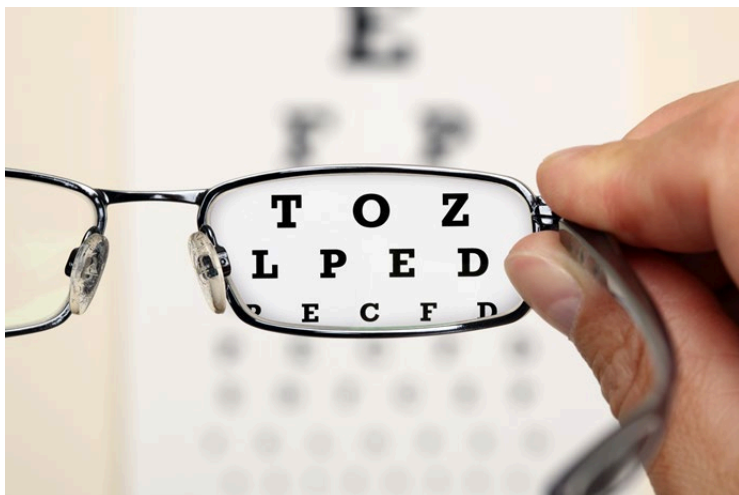
To get the facts on what's being discussed related to the GHIP and actions taken by the SEBC, view SBO's [Get the Facts on What's Happening](#) document of frequently asked questions. SEBC and Subcommittee meetings are open to the public and provide an opportunity for public comment. Visit the [SEBC page](#) for meeting information and more.

National Immunization Awareness Month

August is National Immunization Awareness Month, a time to highlight the importance of staying up to date on vaccinations to protect 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.

National Eye Exam Month

August is also National Eye Exam Month – a great reminder that eye exams can be a beneficial part of your preventive care, even if you don't need glasses or contacts. Annual eye exams can help identify early signs of certain chronic health conditions like high blood pressure, diabetes, heart disease, and high cholesterol. So even if you don't need vision correction, getting your eyes checked every year can be an important part of your overall wellness. Learn more on the [SBO website](#) (select your group, then click the EyeMed tile).



Upcoming Webinars

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

- Don't Forget Your Social Life - [8/20 @ 5pm](#)
- Power in Volunteering - [9/15 @ 5pm](#)

Health Advocate offers [webinars](#) that individuals enrolled in a State of Delaware non-Medicare health plan and their family members can attend. Click on the link below to register:

- Mental Health Awareness in the Workplace – [8/6 @ 2pm](#)
- Raising Resilient Kids – [9/3 @ 10am](#)

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

Tomato and Tomatillo Gazpacho



Ingredients

- ½ pound tomatillos (fresh, husked, rinsed, and quartered)
- 1 ½ pounds tomatoes (chopped, divided)
- ½ cup white onion (divided)
- 1 medium jalapeno pepper (chopped, including seeds)
- 1 clove garlic (quartered)
- 2 tablespoons red wine vinegar
- 2 tablespoons olive oil
- ½ cup cilantro (chopped)

Directions

1. Puree tomatillos, half of tomatoes, and half of onion with hot pepper, garlic, vinegar, and 1 ¼ teaspoons salt in a blender until smooth.
2. Force through a medium-mesh sieve into a bowl, discarding solids.
3. Stir in remaining tomatoes, onion, water, oil, and cilantro.
4. Chill until cold, at least 1 hour and up to 4 hours.

[View the full recipe on nutrition.gov.](#)

Hidden Treasures: Locate the Flexible Spending Account (FSA) page of the SBO website. Once there, find the FSA Eligible Expenses and determine three items that can be purchased with a Health Care FSA. 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, Lynne R-T., from Appoquinimink School District!