

Pain Awareness Month

September is Pain Awareness Month. While everyone has experienced physical pain at some point, some people suffer from chronic pain and other pain conditions that impact many aspects of their life, health, and mental wellbeing. Chronic pain can be caused by disease, injury, or other conditions. Unfortunately, some who experience chronic pain become addicted to opioids or other substances. Ongoing pain science research aims to find safer and more effective treatments for those suffering from pain conditions.

If you are experiencing pain, consult with your healthcare provider. The [Choosing the Right Care](#) page of SBO's website contains information about quality, safety, and patient engagement to help you make the most out of your visit. SBO's [Musculoskeletal Pain Resources](#) page contains strategies that may help you manage your pain, including physical therapy and chiropractic care. If you or someone you know struggles with opioid addiction, resources are available on SBO's [Behavioral Health/Emotional Wellbeing](#) page.



Get Your Flu Vaccine This Fall

Getting your annual flu vaccine this fall helps to protect you, your loved ones, and your community against illness, hospitalization, and death. According to the [Centers for Disease Control and Prevention \(CDC\)](#), everyone six months and older, with rare exceptions, should get their annual flu vaccine. State of Delaware Group Health Insurance Plan members can obtain flu vaccines at **no cost** when using their Highmark Delaware or Aetna health plan or CVS Caremark prescription plan at in-network providers, including local participating pharmacies like Walgreens and CVS. Contact your pharmacy before going, as an appointment may be recommended or required to receive vaccines. Learn more about the flu by visiting the [CDC website](#).

State Employee Benefits Committee (SEBC) Corner

At the September 2, 2025 SEBC meeting, Insurance Commissioner Trinidad Navarro provided an overview of the Department of Insurance's report on GLP-1 Trends Among Delaware Commercially Fully Insured Residents. The Committee also discussed the composition of the SEBC's Request for Proposal (RFP) Proposal Review Committees (PRCs) and the legal guidance from the Delaware Department of Justice. The SBO provided an overview of the recommended path forward for each of the four active RFPs and the Committee voted to proceed with the RFPs as stated in the presentation. Additionally, the Committee reviewed GHIP financials through August 2025 and approved the recommended Fiscal Year 2026 GHIP Budget. Finally, the SBO briefed the Committee on the Fiscal Year 2026 Open Enrollment results. 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.

Cholesterol Education Month

September is National Cholesterol Education Month. Cholesterol is a fat-like substance found in your body and some foods. Having too little HDL ("good" cholesterol) or too much LDL ("bad" cholesterol) can lead to heart disease or stroke.

Heart disease is one of the leading causes of death in the United States. Many other factors contribute to heart disease, such as smoking, lack of physical activity, obesity, and a poor diet.

Here are three things you can do to manage your health: check your numbers; make healthy lifestyle choices, such as making healthier food choices and exercising; and control your cholesterol levels, which may include working with your Primary Care Provider (PCP).

You can find resources to help you prevent or manage heart disease and keep you healthy on the [Heart Health Resources](#) page of SBO's website.

National Recovery Month

September is National Recovery Month. The Substance Abuse and Mental Health Services Administration (SAMHSA) promotes and supports evidence-based treatment and recovery practices. They aim to increase public awareness surrounding mental health and addiction recovery. The key components of recovery include:

- Health – Make healthy choices that support physical and emotional wellbeing.
- Home – A stable and safe place to live.
- Purpose – Conduct meaningful daily activities.
- Community – Relationships and social networks that provide support, friendship, love, and hope.

Learn more and find resources on [SAMHSA's website](#) or SBO's [Behavioral Health/Emotional Wellbeing](#) page.



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.

- Power in Volunteering - [9/15 @ 5pm](#)
- Understanding Personality Types – [9/25 @ 12pm](#)
- Why Cancer Screenings Matter – [10/7 @ 12pm](#)

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:

- Our Aging Parents – [10/1 @ 2pm](#)
- Management and Leadership Skills – [10/8 @ 10am](#)

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)

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:

- **Plan for the unexpected, Protect your financial future 9/18 @ 12pm** – Understanding the types of insurance and planning for the unexpected is an important fundamental for your financial wellness plan.

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



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.

Honey-Herb Chicken

Ingredients

- 4 boneless, skinless chicken breast halves
- Juice of 1 lime (about 2 tablespoons)
- 1-2 tablespoons of fresh coriander, chopped
- 1 tablespoon honey

Directions

1. With a meat tenderizer, pound each breast to about ½ inch thick.
2. Combine lime juice, coriander, and honey in a small bowl. Brush chicken breasts with glaze.
3. Brush grill lightly with olive oil.
4. Grill approximately 5 mins on each side until chicken reaches an internal temperature of 165°.

Find this and other recipes on the [Health Advocate](#) website.

Hidden Treasures: Locate the Musculoskeletal Pain Resources page of the SBO website. Once there, find information on Hinge Health. What is Hinge Health? 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, Larry H., from Dept. of Technology and Information!