

## American Heart Month

February is American Heart Month. For more than 100 years, the American Heart Association (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

The January 26, 2026 SEBC meeting was cancelled due to inclement weather and has been rescheduled for February 13, 2026 from 2:30-4:30 PM. The Get the Facts resource document for the rescheduled meeting and the normally scheduled meeting in February will be included in the March Benefits Bulletin.

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. Members who would like to make public comment are encouraged to review the [SEBC Public Comment Protocol](#).

## Health and Wellness Benefit

If you are enrolled in [Group Accident and/or Critical Illness Insurance](#) through Securian Financial, you have an annual health and wellness benefit available to you from each policy. You, as well as your spouse and any eligible dependents are eligible for a \$50 payment under both plans 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 a Health and Wellness claim doesn't take long. Go to [Employee Self-Service](#), accessible through my.delaware.gov. Once logged in, follow the navigation to the Securian website: Benefits > Benefits Websites > Securian.

- Select "Start a new claim"
- Answer all questions to the best of your ability with your claim

For further information on the Health and Wellness Benefit, to check the status of your claim, or to file a claim over the phone, call Securian Financial at 1-877-215-1489.

## SBO's New Website Design

The [SBO website](#) has been updated with a new design. The refreshed layout is cleaner and easier for visitors to find the information they need. The pages are mobile friendly and utilize accessible features to ensure that everyone can engage with the site comfortably. We encourage you to explore the new design. Information that is applicable to all users can be accessed on the homepage. To find information that is specific to you, select your group on the homepage and on your landing page, you can access information about your specific benefits.

## Financial Wellness Webinars from the Office of the State Treasurer (OST)

Take a step towards building a more secure future by joining an upcoming one-hour financial wellness webinar brought to you by the Office of the State Treasurer (OST) Delaware Retirement Savings Plan (DEFER) and hosted by Voya Financial. Use the links below to select a session and register:

- **Building a Budget:** Learn the benefits of creating a budget and how you can stick to it, while also gaining an understanding of good vs. bad debt.
  - [2/10 @ 10am and 2pm](#)
  - [2/19 @ 12pm and 3pm](#)
- **Setting up other financial goals:** Learn ways in which you can save to cover both short- and long-term financial goals
  - [2/19 @ 10am and 2pm](#)

The webinar recordings will be posted on [Voya's website](#) for those unable to attend. **Have questions? Contact OST** at [daniel.kimmel@delaware.gov](mailto:daniel.kimmel@delaware.gov).



## 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 link below to attend:

- Health Living – Move Well, Live Well: Everyday Strategies for Musculoskeletal Health – [2/10 @ 5pm](#)
- Health Living – Nutrition Navigator – [2/25 @ 12pm](#)

**Health Advocate** 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:

- Maximizing Your Life by Minimizing Worry – [2/4 @ 10am](#)
- Avoiding Burnout – [2/17 @ 2pm](#)
- Managers and Supervisors EAP Orientation – Communication Strategies for Leaders – [2/18 @ 11am](#)
- Employee EAP Orientation – [2/19 @ 11am](#)

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.



## Spanakopita

### Ingredients:

- 1 medium onion
- 1 clove fresh, minced garlic
- ½ cup fat-free ricotta cheese
- 2 large eggs
- ¼ cup fat-free feta cheese
- 2 tbsp dillweed
- 1/8 tsp black pepper
- 5 – 9x14-inch sheets frozen phyllo, thawed in refrigerator
- 2 lbs fresh baby spinach

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

**Hidden Treasures:** What percentage of the allowable charge is covered for most preventive care screenings under the Aetna and Highmark health plans when performed in-network? Hint: locate the Cancer Resources page on the SBO website. Send your answer to [sbo.communications@delaware.gov](mailto: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, Kim D., from the Department of Human Resources!