

## Planning Dependent Care Flexible Spending Account (FSA) Expenses

Enrolling children in quality summer care can begin as early as March each year. With Open Enrollment (May 4 – 15, 2026) just around the corner, March and April offer a great planning window when considering Dependent Care FSA pre-tax savings for the New Plan Year, beginning July 1, 2026. But, what type of care is considered an FSA [eligible expense](#)?

### **Eligible**

As outlined in the [Dependent Care FSA Plan Booklet](#), FSA dollars can be used to pay for daycare, before/after school care, and babysitters, including in-home babysitters, so that you and your spouse (if married) can be gainfully employed.

### **It Depends**

Sport day camps are not generally considered eligible. However, if the primary purpose of these camps is for the care and well-being of your child while you and/or your spouse are gainfully employed, these expenses may qualify. Supporting documentation is required by ASIFlex to verify the reason for care.

### **NOT Eligible**

- Overnight camps
- Summer school and tutoring programs

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



## State Employee Benefits Committee (SEBC) Corner

At the February 13, 2026 SEBC meeting, the Committee voted to approve the vision benefit Request for Proposal (RFP) award recommendation, changes to the Lantern Surgeons of Excellence incentive structure effective July 1, 2026, and the proposal review process for the four 2026 SEBC procurements. The Committee reviewed the Flexible Spending Account (FSA) dependent care contributions max increase, the November and December fund reports, and the medical third-party administrator RFP. The Committee also further discussed coverage of weight loss medications. The February 23, 2026 SEBC meeting was cancelled due to inclement weather.

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 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](#).

## National Nutrition Month®

The Academy of Nutrition and Dietetics sponsors the annual National Nutrition Month® campaign every March to promote the importance of making informed food choices and developing stable eating and physical fitness habits.

The 2026 theme for National Nutrition Month® is "[Discover the Power of Nutrition](#)" which includes weekly messages to promote areas of focus on nutrition, building healthy habits, locating community resources, and incorporating physical activity within your routine.

National Nutrition Month® is a great way for individuals to start learning about the importance of each food group, proper food planning, and physical fitness.

Learn more at the [Academy of Nutrition and Dietetics: eatright.org](#).

## 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:** Bright screens strain 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.

Learn more at [eyesitewellness.com](http://eyesitewellness.com).

## 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:

- Healthy Living – Self-Care Right Now – [3/11 @ 12pm](#)
- Healthy Living – The Gut-Brain Connections – [3/24 @ 5pm](#)
- Healthy Living – Why Cancer Screenings Matter – [4/16 @ 5pm](#)

**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:

- Mindfulness: An Experiential Workshop – [3/4 @ 2pm](#)
- Finding Balance in Busy Lives – [3/17 @ 10am](#)

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 4 – 15, 2026**) by making sure you can access [Employee Self-Service](#) through [my.delaware.gov](http://my.delaware.gov). Reset your password (if necessary) and confirm your contact information.

## Financial Wellness Webinars from the Office of the State Treasurer

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:

- **Setting up an emergency fund:** Discover the importance of having an emergency savings fund for unexpected expenses, learn how much you should save, and get some tips to make it happen.
  - [3/10 @ 10am and 2pm](#)
  - [3/24 @ 12pm and 3pm](#)
- **Retirement planning for women:** Discover the challenges women face in planning for retirement and get tips to overcome them, including saving strategies, health care options, and considerations for where you are in life.
  - [3/24 @ 10am and 2pm](#)

The webinar recording will be posted to the Office of the State Treasurer's website for those unable to attend. **Have questions? Contact OST at [daniel.kimmel@delaware.gov](mailto:daniel.kimmel@delaware.gov).**



**Hidden Treasures: Locate the Flexible Spending Account (FSA) page. What is the primary requirement for dependent care expenses to qualify for Dependent Care FSA? 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, Susan B., Department of Health and Social Services!**