



Benefits Bulletin

August 5, 2026

FY26 Flexible Spending Account (FSA)

Deadlines

The FY26 FSA Plan Year ended on June 30, 2026. If you still have remaining funds in your account, now is the time to use them. **September 15, 2026** is the latest FY26 FSA Plan Year expenses can be incurred. Claims must be filed with ASIFlex no later than **October 15, 2026**. 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: Login to [Employee Self-Service](#), accessible through [my.delaware.gov](#). Navigate to *Benefits>Benefits Websites>ASIFlex Account Detail* 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.

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).

State Employee Benefits Committee (SEBC) Corner

At the July 27, 2026 SEBC meeting, the Committee approved the report that is required under Senate Joint Resolution 7 to be submitted by August 1, 2026 to the Governor; the President Pro Tempore of the Senate and Speaker of the House of Representatives, for distribution to all members of the General Assembly; the Director and the Librarian of the Division of Legislative Services; and the Public Archives. The Committee also reviewed the April-June 2026 Fund Report and Financial Update, the FY27 GHIP Trend Assumptions and the FY27 GHIP Budget. It is anticipated that the Committee will vote on the Trend Assumption and Budget at the August 24, 2026 meeting. The Committee continued discussion of the proposed SEBC subcommittee structure and will review subcommittee resolutions at the August meeting. The SBO provided an overview of proposed revisions to the Spousal Coordination of Benefits (SCOB) policy and the proposed new Pensioner Coordination of Benefits (PCOB) policy. It is anticipated that the Committee will vote on the Coordination of Benefits policies at the August meeting.

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.

Group Universal Life (GUL) Insurance Coverage Increase

As outlined in the FY27 Budget Act, a mass salary increase was approved for eligible State employees. It will begin being applied to paychecks starting August 7, 2026. As a result of the salary increase, employees enrolled in the GUL plan may also see an increase in their coverage amounts. This will occur automatically, up to the plan maximum of \$500,000.

Following the salary increase, Securian will send out a letter to affected members outlining changes in their GUL coverage and if proof of good health is required. Proof of good health may be required for those who have been previously declined. If Securian requests proof of good health, but the member does not provide it, then coverage will remain at the previously approved amount.

If you have any questions regarding employee coverage, please contact Securian at 1-877-215-1489.

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.

- Work – Unplugging to Recharge: Strategies for Combating Technostress – [8/12 @ 5pm](#)
- Health Living – Healthy Kids – [8/24 @ 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:

- How Volunteering Helps You and the Cause – [8/18 @ 2pm](#)
- Suicide Prevention – What to Know and How to Help – [9/2 @ 2pm](#)

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

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:

- Foundations of Financial Wellness –
 - [8/11 @ 10am and 2pm](#)
 - [8/25 @ 12pm and 3pm](#)
- Debt management and budgeting strategies -
 - [8/25 @ 10am and 2pm](#)

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

Protein Balls Recipe

Ingredients:

- 1/4 cup uncooked rolled oats
- 1/4 cup chopped raw almonds
- 1/4 cup chopped raw walnuts
- 1/4 cup chopped raw pecans
- 1/4 cup sunflower seeds
- 2 tbsp unsweetened cocoa powder
- 3 tbsp honey
- 1/2 cup peanut or almond butter
- 1/4 cup mini chocolate chips

Directions:

- Using a sharp knife, finely chop almonds, walnuts, and pecans.
- Combine all ingredients in a bowl.
- Using a spoon, mix ingredients together well. You may need to add extra honey to hold it all together.
- Once you've finished mixing all ingredients together, line a cookie sheet with parchment or wax paper.

Read the entire recipe on the [EyeMed](#) website.

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, Barbara A., from the Office of Management and Budget!