

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 in-person physical therapy, no cost virtual physical therapy through Hinge Health, 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 August 24, 2026 SEBC meeting, the Committee reviewed two draft Resolutions to establish new subcommittees: the Financial & Vendor Strategy Subcommittee and the Health Outcomes and Data Insights Subcommittee. The Committee also received an overview of legislation that was passed in the 153rd General Assembly that impacts the Group Health Insurance Plan (GHIP), the SBO and/or the SEBC. The Committee received a briefing on the projected fiscal impact of Senate Substitute 2 for Senate Bill 1. Finally, the Committee voted to approve changes to the Spousal Coordination of Benefits policy and approved a new Pensioner Coordination of Benefits policy.

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.

- Parenting – Back to School Success: Helping Children Thrive at Every Age – [9/16 @ 12pm](#)
- Healthy Living – Journey to Healthy Habits – [9/28 @ 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 links below to register:

- Finding the Time & Energy to be both a Parent and a Professional – [9/15 @ 10am](#)
- Strategies to Manage Stress and Uncertainty – [10/7 @ 10am](#)

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

Delta Dental offers [webinars](#) addressing good oral health that employees, pensioners, and their family members can attend, regardless of enrollment in a Delta Dental plan. Click on the link below to register:

- Oral Health and Wellness – [9/16 @ 2pm](#)

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

Take a step towards building a more secure future by joining an 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. Use the links below to select a session and register:

- Protection –
 - [9/10 @ 10am and 2pm](#)
 - [9/22 @ 12pm and 3pm](#)
- Starting Out In Your Career –
 - [9/22 @ 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.

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.

Employee Spotlight

I am writing to thank you for providing Hinge Health. I have been dealing with shoulder pain for a while and was going to ask my primary care physician to refer me to physical therapy. Fortunately, I remembered about the State's Hinge Health benefit and decided to give it a try. I am happy to report that my symptoms are feeling much better. I can't believe that 10 minutes a day several times a week is making a big difference. I tell everyone about this application. A friend recently started this program for knee pain and is experiencing great results also.

~ Sandy B., Retired State Employee



Hidden Treasures: Locate the Heart Health Resources page of the SBO website. Name one tip or resource provided by Aetna and Highmark that supports heart 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, Lisa R., from DNREC!