Benefits Bulletin

November 4, 2026

National Diabetes Month

November is National Diabetes Month. Diabetes is a chronic disease that affects how the body uses food for energy. If left untreated, diabetes can lead to heart disease, stroke, kidney disease, blindness, and more. Fortunately, type 2 diabetes can often be prevented through basic steps like eating a healthy diet, regular physical activity, and losing weight. Sounds easy, right? If you are like many of us, you may know what you should do, but where do you start?

The State of Delaware, along with Aetna, Highmark Delaware, CVS Caremark, Dominion National, EyeMed, and Health Advocate, have resources to assist with leading a healthy lifestyle and controlling diabetes. Here are some of the resources available to you and your family:

- YMCA – Diabetes Prevention Program (DPP) – Access to small group sessions with a Lifestyle Coach.
- Aetna – Solera DPP, Transform Diabetes Care, Aetna One Advisor, and more.
- Highmark Delaware – Noom DPP, Livongo (Teladoc) Diabetes Monitoring Program, Custom Care Management Unit (CCMU) Health Coaches, and more.
- CVS Caremark – Diabetic Medications & Supplies Savings Program.
- Dominion National – An additional (third) annual routine cleaning is available to members diagnosed with diabetes.
- EyeMed – Diabetic Vision Care Services are covered once every six months.
- Health Advocate – Access to articles, webinars, and counselors.

To learn more, visit SBO's Diabetes Resources page.





Flexible Spending Account (FSA) Claims Processing

The State of Delaware is partnered with ASIFlex to administer Flexible Spending Account (FSA) benefits for its employees. One of the functions ASIFlex oversees is claims processing.

FSA participants may submit claims in a variety of ways. This includes submission through the ASIFlex online portal, accessible through Employee Self-Service, the ASIFlex Mobile App, fax or by mail.

For those FSA participants ready to submit an eligible claim, it's important that all documentation is accounted for. Documentation must contain the information below for ASIFlex to issue payment.

- the name of the provider of the service;
- the name of the person obtaining care;
- the date(s) of service;
- the amount charged for the service; and
- an itemized description of each service provided.

For manual submission of a claim the FSA claim form is located on SBO's FSA page for reference.

Employees using their ASIFlex debit card for health care expenses may not have to submit additional documentation to ASIFlex, however the card **does not** eliminate paperwork. Employees should regularly check their accounts online to ensure all details of a claim are on file with ASIFlex so that it can be processed timely.

Please contact ASIFlex at 1-800-659-3035 for any claim-related questions or concerns.

State Employee Benefits Committee (SEBC) Corner

At the October 26, 2026 SEBC meeting, the Committee entered into Executive Session pursuant to 29 Del. C. §10004(b)(6), for the purposes of discussing a Level IV Appeal and the Pharmacy Benefit Management Request for Proposals Proposal Evaluation Team (PET) recommendation. The vote to approve the PET recommendation did not pass and the Committee will reconvene to vote on the PBM RFP award at a specially scheduled meeting on November 2, 2026.

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.

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 links below to attend.

- *Healthy Living – Diabetes* – 11/4 @ 12pm
- *Family and Friends – Don't Forget Your Social Life!* – 11/17 @ 5pm

Health Advocate offers webinars to individuals enrolled in a State of Delaware non-Medicare health plan and their family members can attend. Click on the links below to register:

- *Managing Holiday Stress* – 11/17 @ 10am
- *Retirement Planning: An Emotional Perspective* – 12/2 @ 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 links below to register:

- *Oral Health and Menopause* – 11/18 @ 1pm

Lung Cancer Awareness Month

November is Lung Cancer Awareness Month. Lung cancer is the third most common cancer in the United States and has a higher mortality rate than any other types of cancer. The leading cause of lung cancer is smoking, so avoiding cigarettes and vapes is one of the most effective strategies to prevent lung cancer. For non-smokers, minimizing exposure to secondhand smoke is crucial. Additionally, maintaining a healthy lifestyle through regular exercise, a balanced diet, and managing environmental exposures, such as air pollution, can further lower the risk.

Regular health screenings, especially for individuals at higher risk, can aid in early detection and treatment. Educating yourself about the disease and its risk factors is essential for proactive prevention and the overall wellbeing of you and your family. Learn more about lung cancer from the American Cancer Society and contact your primary care provider with any questions about your personal health.

Leapfrog's Ambulatory Surgery Center (ASC) Ratings

The *new* Leapfrog Ambulatory Surgery Center (ASC) Public Reporting Program vastly increases access to safety and quality ratings available to consumers as they decide where to seek surgery. ASC ratings are derived from three sources: Centers for Medicare & Medicaid Services (CMS) data, voluntarily uploaded and verified accreditation information submitted by facilities, and voluntary reporting through the 2026 Leapfrog ASC Survey 2.0.

Results are publicly reported on Leapfrog's Hospital and Surgery Center Ratings website and available to the public free of charge. Visit the website today to view and compare ASCs near you. You can search for facilities by name, city, state, or ZIP code; search by procedure; and select up to three facilities to compare side by side, including direct comparisons between ASCs and hospital outpatient departments. For more information on healthcare quality, patient safety, and understanding your care options, visit SBO's Choosing the Right Care page.

Hidden Treasures: Locate the Diabetes Resources page on the SBO website. What Diabetes Prevention Program (DPP) does Highmark and Aetna offer? 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, Samantha A. from Caesar Rodney School District!