

Online Benefits Training

Are you interested in learning more about your benefits?

The Statewide Benefits Office offers computer-based training courses that are self-paced and typically take less than 20 minutes to complete. These courses are available online, 24/7, easily accessible via computer, tablet, or mobile device, and compatible with screen reader software.

Health Benefit Courses*

- How to Select a Health Plan
- Choosing the Right Care
- First State Basic Plan
- CDH Gold Plan
- HMO Plan
- Comprehensive PPO Plan

Benefit Policy Courses

- Spousal Coordination of Benefits
- Dependent Coordination of Benefits
- Qualifying Events

Disability Insurance Program Courses*

- Disability Insurance Program (DIP) Overview
- Short Term Disability
- Long Term Disability
- Return to Work

Additional Benefits Courses*

- Accident and Critical Illness Insurance
- Flexible Spending Account (FSA)
- State Group Universal Life (GUL) Insurance



Access the courses at de.gov/statewidebenefits (select *Benefits Training*) or scan the QR code.

*Note, plan options/premiums (rates) may vary for school district employees and participating groups. Contact your organization's HR/Benefits Office for details.