



EMPLOYEE CONSENT CAMPAIGN - PARTICIPATE AND BE PLACED INTO A RANDOM DRAWING TO WIN AN IPAD MINI OR A \$50 VISA GIFT CARD

Employees currently enrolled in a State of Delaware health plan (administered by Aetna or Highmark Delaware) who complete the steps to receive their Open Enrollment (OE) information online as outlined in the “**Call To Action**” section below, will be automatically placed into a random drawing to **win an iPad Mini or a \$50 Visa Gift Card**.

Call To Action

➔ All benefit-eligible State of Delaware employees are **strongly encouraged** to access Employee Self-Service at <http://www.employeeselfservice.omb.delaware.gov> and complete these two simple steps **by March 31, 2015**:

1. Consent to receive your Open Enrollment (OE) materials, notices and other benefits information online

AND

2. Confirm your personal contact information - Make updates as needed.

This campaign only lasts two more weeks, so complete the steps today!

“UNDERSTANDING FOOD AND NUTRITION” SEMINARS

With complex and conflicting information about nutrition being reported almost daily, it can be difficult to understand which foods are good or healthy for us and which are not. The DelaWELL Health Management Program has partnered with HMS (Health Advocate) to offer “Understanding Food and Nutrition” seminars in April 2015. This **free seminar topic** helps participants navigate the myriad of nutritional information available and weed through the myths and facts to create a sensible and healthy eating plan. Seminars are offered from 12:00pm - 1:00pm and 4:00pm - 5:00 pm at various locations throughout the state.

Call To Action

➔ Registration is currently open for this seminar topic (first-come, first-served). Visit http://delawell.delaware.gov/Seminar_Registration/Semi_Reg.asp to learn more and sign-up today!

This newsletter is published by the Delaware Statewide Benefits Office.

To view other SBO e-newsletters, visit

<http://ben.omb.delaware.gov/communication.shtml>.