As a result of the additional health plan rate and design changes effective September 1, 2015, members who are currently enrolled in a non-Medicare health plan in the State of Delaware Group Health Insurance Program are being provided with an opportunity to change their health plan election. During this special enrollment period, you have the option of changing coverage to a different health plan or dropping coverage for yourself and/or your spouse and/or your dependents. You are not allowed to enroll a spouse or dependents not covered as of July 1, 2015 during this special health plan enrollment opportunity. If you experience a qualifying event, such as marriage or the birth of a child, at any time during the plan year, contact your organization’s Human Resources/Benefits Office within 30 days of the event to make changes in your coverage. You are not allowed to make any changes to dental, vision or blood bank elections during this special health plan enrollment opportunity. Information regarding this special health plan enrollment opportunity was mailed to employees and non-Medicare pensioners the week of June 22, 2015.

Visit www.ben.omb.delaware.gov/eap to view the July 2015 HMS (Health Advocate) Real-Life Help Newsletter.

**EAP + Work/Life Program: July 2015 HMS (Health Advocate) Real-Life Help Newsletter**

The HMS (Health Advocate) Real-Life Help Newsletter provides helpful information and resources for personal, family and work issues. This month’s newsletter topics include: Help Build Self-Reliance, Raising Self-Reliant Children, Monitor Teen Movie Watching and Stand Up for Your Legal Rights. The free webinar topic is “Banish Bullying.”

**Call To Action**

Visit www.ben.omb.delaware.gov/eap to view the July 2015 HMS (Health Advocate) Real-Life Help Newsletter.