



September 15, 2015  
Issue

e - Newsletter

## Public Testimony for State Employees Health Plan Task Force: September 17th , 21st & 22nd

In accordance with [Section 73 of House Bill 225](#), the State Employees Health Plan Task Force has been formed to study the State Group Health Plan with the purpose of finding cost savings and efficiencies. The Task Force will meet regularly over the next several months and conclude their work with recommendations to the Governor and General Assembly no later than December 1, 2015.

Employees, retirees and other interested parties are invited to participate in Public Testimony Meetings to provide ideas, suggestions and feedback related to the work of the Task Force. Each Public Testimony Meeting will begin with a brief overview of the purpose and objective of the State Employees Health Plan Task Force. The remainder of each meeting will be used to allow attendees to provide public comment.

### Call To Action

↳ Visit [www.ben.omb.delaware.gov/hptf/](http://www.ben.omb.delaware.gov/hptf/) for more information on the Public Testimony Meetings, [Meeting Schedule](#) and the work of the State Employees Health Plan Task Force.



### Health Tip: Eat more fruits and vegetables.

Fruits and vegetables are nutritious and delicious! They are naturally low in calories, rich in vitamins and minerals and provide fiber that helps fill you up. Eating plenty of them may help lower your risk of many diseases like high blood pressure, heart disease and some cancers.

Looking for motivation and guidance on how to eat better? Being enrolled in a State of Delaware Group Health Plan provided by Highmark or Aetna gives you free, confidential access to a highly trained **Health Coach**, as part of the DelaWELL Health Management Program. Learn more about your wellness benefits at [www.ben.omb.delaware.gov/delawell](http://www.ben.omb.delaware.gov/delawell).

## EAP +Work/Life Program: September 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: Overcoming Life's Speed Bumps, Multigenerational Living and Know the Warning Signs of Suicide. The free webinar topic is "Plan for Long-Term Care."

### Call To Action

↳ Visit [www.ben.omb.delaware.gov/eap](http://www.ben.omb.delaware.gov/eap) to view the September 2015 HMS (Health Advocate) Real-Life Help Newsletter.

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