



e - Newsletter

NEW Consumerism Resource Link -

Learn How To:

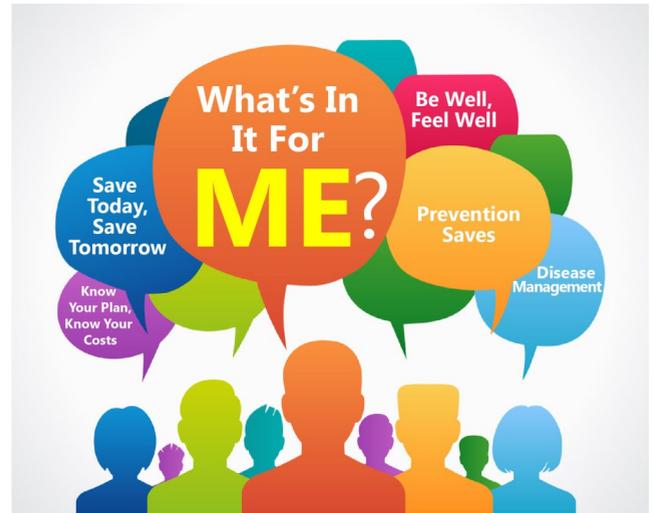
- Save Both You And The State Money
- Improve Your Health

Health Care Consumerism

You have the power to make health care choices that will help control and reduce insurance costs and improve your health and well-being.

Call To Action

Visit the **Consumerism Resource Link** at www.ben.omb.delaware.gov/consumerism to access helpful online tools and resources. See below for a glimpse of what you will find.



Save Today, Save Tomorrow

- 24/7 Nurse Line
- Urgent Care Centers
- Telemedicine Information
- Freestanding Outpatient Locations - Lab and Imaging



Know Your Plan, Know Your Costs

- Health Insurance 101 - Commonly used terms
- Covered benefits, plan design and providers
- Online Care Cost Estimators



Prevention Saves

- Covered preventive services and medications (**most is covered at 100% which means no charge to you**)
- Find out which services and vaccinations are right for you and your family



Be Well, Feel Well

- Wellness Benefits (Gym Discounts, etc.)
- Classes and Events
- Achieve Your Goals - Lose weight, increase physical activity, eat better, manage stress, quit tobacco, get more sleep and have a healthy pregnancy



Disease Management - What You Need To Know

- Disease Management Benefits (Health Coaching, etc.)
- Diabetes Risk Test
- View Classes and Events throughout the State

This newsletter is published by the Delaware Statewide Benefits Office.
To view other SBO e-Newsletters, visit
<http://ben.omb.delaware.gov/communication.shtml>.