



May 9, 2016
Issue

e - Newsletter

Benefits Open Enrollment Starts Today: [View Materials Online](#)



Open Enrollment starts May 9, 2016 and runs through May 26, 2016. Take this important opportunity to review your current benefits coverage and choose the health, dental, vision and supplemental benefits plan (critical illness and accident insurance) that best meets the needs of you and your family.

All of the information you need for a successful Open Enrollment, including a detailed Open Enrollment Booklet, is only a click away on the Statewide Benefits Office (SBO) website.

Call To Action

➔ Get started today by visiting www.ben.omb.delaware.gov/oe. Here you can view the Open Enrollment Booklet to see What's New (Page 3) and follow the 2016 Enrollment Action Checklist (Page 4), check out the New [Consumerism Resource Link](#) for resources on controlling costs and improving your health, refer to the eBenefits & Employee Self-Service Quick Reference Guide for tips on logging in and enrolling, view a listing of upcoming health fairs and more.



Important: Please enroll or make changes at your earliest convenience to ensure they are completed! High volume in [Employee Self-Service](#) could lead to slow response times and delays. If you are unable to log into the system after the second attempt, please try again later. Self-Service Open Enrollment is available 24 hours a day between May 9 and May 26.

You MUST complete a new Spousal Coordination of Benefits (COB) Form online in [Employee Self-Service](#) each year during Open Enrollment, if you cover your spouse on your health (Aetna or Highmark Delaware) plan.

2016 Governor's Cup 5K Run/Walk: Last Day To Register Is May 11

Don't miss your chance to participate in this fun and FREE event exclusively for State of Delaware employees and pensioners (limited to 500 participants (first come, first served)). The event includes a 5K Run/Walk, 1-mile noncompetitive fun walk and health fair at Woodburn (The Governor's Residence) in Dover, DE.

Call To Action

➔ To learn more or to register for this event, visit www.GovernorsCup5K.com.
Have Questions? Call (302) 744-1020 or email govcup5k@healthydelaware.org.

EAP + Work/Life Program: May 2016 HMS (Health Advocate) Newsletter

This month's newsletter topics include:

- Be a Smart Consumer
- De-stress Before Summer
- Master Life's Transitions
- Employee Health and Fitness Month

The free monthly webinar topic is "The Benefits of Mindfulness."

Call To Action

➔ Visit www.ben.omb.delaware.gov/eap to view the May 2016 HMS (Health Advocate) Newsletter.

This newsletter is published by the Delaware Statewide Benefits Office.

To view other SBO e-Newsletters, visit

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

