

Did You Complete Your Spousal Coordination Of Benefits Form As Required For The FY2017 Plan Year That Begins On July 1, 2016? **If Not, You Need To Complete The Form ASAP**

If you will cover your spouse on your Aetna or Highmark Delaware health plan for the plan year that begins July 1, 2016, you are **REQUIRED** to complete a new Spousal Coordination of Benefits (COB) Form online in [Employee Self-Service](#). If you did not complete the form during Open Enrollment or since as a result of receiving a reminder from your employing organization, please do so as soon as possible. The completed form is used to determine a spouse's eligibility to receive primary coverage through the State of Delaware health plans. **Failure to complete the form will result in your spouse's coverage under your State of Delaware health plan to be sanctioned and reduced to 20% of the normal coverage beginning July 1, 2016.**

Call To Action

↳ For those employees who did not complete the Spousal COB Form as described above, you must do so **as soon as possible** to avoid having your spouse's coverage sanctioned and benefits reduced effective July 2016. Visit www.ben.omb.delaware.gov/documents/cob to view the Quick Reference Guide for helpful tips and access the Electronic Form.

2016 Summer Blood Challenge (Now through September 24)

The Summer Blood Challenge is a fun and easy way to help others in the community by giving blood. Give blood on behalf of the State of Delaware and help put us in the running for the title of "Top Lifesaving Employer." Employees, pensioners, spouses, friends and neighbors can earn points for our organization. Participants in the challenge will be entered into a drawing to win exciting prizes such as passes to the **2017 Firefly Festival at the Woodlands of Dover** plus a \$1,000 gift card OR \$2,000 gift card.

Call To Action

↳ For more information and to get involved, visit www.ben.omb.delaware.gov/blood.

New Highmark Customer Service Phone Number For State Of Delaware Members

Have questions about your Highmark Delaware health plan? Call their new customer service phone number at 1-844-459-6452. The new number directly routes members to the State of Delaware dedicated customer service unit.

Train And Complete Your First 5K Race With The Help Of Running 101

Train to be a runner with Running 101, a free 10-week physical activity program that provides online tools and support to help you train and complete your first 5K race. The program is available to Highmark members and non-members alike.

Call To Action

↳ Visit <http://ben.omb.delaware.gov/delawell/highmark.shtml> to learn more.

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

This month's newsletter topics include: Chronic Condition Risks; Stay Healthy on Vacation; Take Leisure Seriously; and National Men's Health Month - Healthy Tips for Men. The free monthly webinar topic is "Bringing more balance into your life."

Call To Action

↳ Visit www.ben.omb.delaware.gov/eap to view the June 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>.