

# WELL AWARE



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## In This Issue

- Register For The May 2<sup>nd</sup> Governor's Cup 5K Event
- Important DelaWELL Reward Information
- "Beat The Pack" Program Is Helping Employees Quit Smoking
- Healthy Vending Pilot Update
- EyeMed Vision Care: Smoking, It's Not Good for Your Eyes
- Register For The Upcoming Nutrition and Cancer Seminars
- Delaware State Police Headquarters Shows Support For Heart Health
- Employee Wellness Spotlight – Ellen McDowell
- Fitness Guru – National Nutrition Month® Tips
- National Colorectal Cancer Awareness Month – Remember Nurse24
- Civil Unions – Your Minnesota Life GUL & AD&D Coverage

## Contact DelaWELL

[www.delawell.delaware.gov](http://www.delawell.delaware.gov)  
1-800-556-6106  
EMAIL: [Employee.wellness@state.de.us](mailto:Employee.wellness@state.de.us)

## Alere®

<https://delawell.alerehealth.com>  
1-866-674-9103

## Contact Statewide Benefits Office

[www.ben.omb.delaware.gov](http://www.ben.omb.delaware.gov)  
1-800-489-8933 OR (302) 739-8331



**\*\*Event registration starts March 1<sup>st</sup> and is only open to State of Delaware Employees and Pensioners; Limit of 500 Participants (First Come, First Served).\*\***

On **Wednesday, May 2, 2012**, Governor Jack Markell along with the DelaWELL Health Management Program will be hosting the **2012 Governor's Cup 5K Run/Walk, 1 Mile Noncompetitive Fun Walk and Health Fair** at Woodburn (The Governor's House), 151 Kings Highway Dover, DE 19901. Participants have the option of taking part in either the 5K Run, 5K Walk (*5K is 3.1 miles*) or the 1 Mile Noncompetitive Fun Walk. The Governor's Cup event promotes the importance of physical activity and provides a time of fellowship and activity among State of Delaware employees and retirees. This fun-filled event will be packed with plenty of refreshments, giveaways and awards:

- **FREE** – no entry fee
- Each participant will receive a **DelaWELL Governor's Cup 5K T-Shirt** on the day of the event
- **Health fair** vendors will be onsite, including Alere, Blue Cross Blue Shield of Delaware, Aetna, Delta Dental, Dominion Dental, the American Heart Association, Delaware Comprehensive Cancer Program, EyeMed Vision Care, Employee Assistance Program (HMS), Delaware Department of Transportation (Wally The Work Zone Warrior), Delaware Tobacco Prevention and Control Program, Get Up and Do Something, Delaware Diabetes Prevention and Control Program, Weight Watchers and more
- Shuttles will be offered in select Dover areas, as parking availability around Woodburn will be limited
- **Race Awards** -
  - 5K Run: Top three male and female runners in ten year age groups
  - 5K Walk: Top ten male and female walkers
  - Overall male and female winners
- A Governor's Cup will be awarded to a large and small agency with the most event participants
- A Governor's Cup will be awarded to the agency with the most online Wellness Assessment participants

Times:

**11:00 a.m. – Pre-Event with Health Fair and Race Number Pick-Up**  
**11:45 a.m. – Governor Markell Welcomes Participants**  
**12:00 p.m. – Race Starts**  
**1:00 p.m. – Awards and Refreshments**

**To learn more and/or register for this event, visit [www.delawell.delaware.gov](http://www.delawell.delaware.gov) and click on the "Governor's Cup 5K" link.**

## Important DelaWELL Reward Information

**Complete These Simple Steps by May 31, 2012 and earn a DelaWELL Reward\***  
**Complete Steps 1 and 2 to earn the Silver Level: \$100 DelaWELL Reward**  
**OR**  
**Complete Steps 1 and 2 and 3 to earn the Gold Level: \$200 DelaWELL Reward**

**Step 1: Participate in a free DelaWELL Health Screening.** Screenings are being offered NOW through April 27, 2012 for individuals who have not yet attended a screening for the 2011-2012 DelaWELL Program Year. To register, visit the DelaWELL Health Portal at <https://delawell.alerehealth.com>. Once logged in, click on the links located on the left side of the screen for more information, which will show you a screening schedule and give you the option to sign-up for an appointment.

**Step 2: Complete your confidential online Wellness Assessment for 2011-2012,** by logging into the DelaWELL Health Portal at <https://delawell.alerehealth.com>.

**Step 3: Actively participate in a Health Coaching or Condition Care Program this program year and meet minimum participation requirements (See specific requirements in the "Program Descriptions" below).** If you QUALIFY for a Health Coaching or Condition Care Program, you MUST complete either program to meet the Step 3 requirement and earn the \$200 DelaWELL Reward. ONLY those not eligible for Health Coaching or Condition Care can satisfy the Step 3 requirement by completing a 6-week online Healthy Living Program. To find out if you qualify for a Health Coaching or Condition Care Program or to enroll, call the Alere Helpdesk at (866) 674-9103 and speak with a nurse or visit the DelaWELL Health Portal.

**SPECIAL NOTE FOR MEMBERS WHO CURRENTLY PARTICIPATE IN A DELAWELL HEALTH COACHING OR CONDITION CARE PROGRAM:** To satisfy the Step 3 requirement and receive the activity point, you need to complete at least 8 interactions (i.e. phone call, email or online conversation with your coach) within 6 months of enrolling in your health coaching program. Condition Care is an ongoing program. You do not need to "re-enroll" in a Condition Care program – you just have to keep scheduled calls with your Alere nurse care manager.

### Program Descriptions:

**Health Coaching Programs** allow you to work with your own confidential coach via scheduled phone calls, online or e-mail in any of these five key behaviors: Healthy weight maintenance, smoking cessation, physical activity, eating habits/nutrition and managing stress. **To meet the Step 3 requirement for Health Coaching, you must complete at least 8 interactions with your coach within 6 months of enrolling in your health coaching program. Your Health Coach will validate program completion. Activity points are recorded monthly.**

**Condition Care Programs** are specialized education and support programs offered to enrollees in the State's medical plan who have been diagnosed or are receiving treatment for the following conditions: Asthma, congestive heart failure, coronary artery disease, chronic obstructive pulmonary disorder, diabetes, osteoarthritis and back pain. **Activity points will be awarded to participants who keep scheduled phone calls with their Alere nurse care manager throughout the program year to meet the completion criteria. Activity points are recorded quarterly.**

**Online Healthy Living Programs** are 6-week online tutorials on various topics that help you take important steps to reduce risk and improve health. **All members can participate in the Healthy Living Programs; however, ONLY those not eligible for Health Coaching or Condition Care can satisfy the Step 3 requirement by completing a Healthy Living Program.**

Members who meet the requirements for the Silver or Gold Levels will also have a chance to win a FREE 3-month or 1-year YMCA Family Membership (Generously donated by the YMCA of Delaware). Names will be randomly selected by Alere.

*\*DelaWELL Reward amounts will be paid in July 2012. Learn more about the 2011-2012 DelaWELL Program by visiting the DelaWELL Health Portal at <https://delawell.alerehealth.com>. Once logged in, click on the "Program Overview" link located on the left menu.*

## "Beat the Pack" Smoking Cessation Meetings Are Helping Employees Kick The Habit

### Participant Success Story:

*"I have smoked non-stop for 26 years. My target quit date was 2/1 and I have not picked up a cigarette since 1/31 at 11 pm. I attended DelaWELL's 4-week "Beat the Pack" program in January, saw my physician and started Chantix two weeks prior to my quit date. I believe the pre-planning is what has made it a smooth transition/change. I have had moments of 'I want a cigarette,' but I have been able to get through it without picking one up."*

- Amy Fleetwood, Delaware Health and Social Services (DHSS)

The DelaWELL Health Management Program is offering a special, free 4-week program for employees called "Beat the Pack" geared for smokers who are interested in quitting smoking. This program gives you stop-smoking information and a chance to receive support from others.

Each week, participants are required to attend one group meeting, for a total of four sessions in a given month:

- Week 1: Program Launch/ Reasons to Quit
- Week 2: Coping With the Urge to Smoke
- Week 3: Long-Term Benefits of Quitting Cigarette Smoking
- Week 4: Staying Quit

**To register for the 4-weekly "Beat the Pack" meetings at a location convenient for you,** please visit [www.delawell.delaware.gov](http://www.delawell.delaware.gov) and click on the "DelaWELL University Onsite Health Seminars" link.

DelaWELL is providing the "Beat the Pack" program at these upcoming sites:

- Division of Child Support and Enforcement- Churchman's Corp. Center (New Castle, DE)  
Meeting Dates: April 5, 12, 19 and 30 from 12-1pm
- Thurman Adams State Service Center (Georgetown, DE)  
Meeting Dates: May 3, 9, 16 and 23 from 12-1pm
- Department of Labor- Fox Valley Annex Building (Wilmington, DE)  
Meeting Dates: June 8, 15, 22 and 29 from 12-1pm



## Snacking Healthy Supports National Nutrition Month® - Healthy Vending Pilot Program Update

Healthy snack items during the workday can include baked chips, pretzels, trail mix, granola bars, water, diet soda or 100% no-sugar added fruit juice. Healthy snacks as part of the Delaware Health and Social Services (DHSS) healthy vending pilot program at Thurman Adams State Service Center, Jesse Cooper Building and Herman Holloway Main Administration Building contain:

- ✓ 200 calories or less
- ✓ 200 milligrams of sodium or less
- ✓ No trans fat
- ✓ No more than 35% of calories from total fat (except for nuts or seeds)
- ✓ No more than 10% of calories from saturated fat
- ✓ No more than 35% of calories from sugar
- ✓ At least 3 grams of dietary fiber per serving (for grain products)

Look for the green "spirals" to identify healthier products. Try the new vending machine offerings and learn how making a healthy choice can also be a tasty one!

Rob Bacon from Canteen Vending stocks the Herman Holloway Main Administration Building machine with healthier snack options



## Smoking: Research Shows It's Not Good for Your Eyes

### But it's never too late to quit.

Most people—even smokers themselves—understand that cigarette smoking puts them at greater risk for cancer, heart disease and life-threatening respiratory problems. But you may not realize there's a host of medical research that shows smoking can also be a factor in causing a number of serious eye diseases.

### Smoking, Nutrition and Eye Health

Even if a person who smokes eats a diet full of vitamins, minerals and antioxidants, he or she may have a lower blood concentration of these important nutrients than nonsmokers. Therefore, smoking may reduce eye health antioxidants such as vitamins A, C and E as well as zinc, beta-carotene, lutein and zeaxanthin (which help maintain sharp, central vision and protect the eye from free radicals).

### Lighting Up Can Put Your Vision at Risk

In addition to a loss of eye health nutrients, people who smoke are at risk for several eye health conditions, including:

**Cataracts** - Cigarette smokers are at increased risk for developing cataracts, a clouding of the naturally clear lens of the eye. Cataracts cause a variety of vision problems, including blurry distance vision, sensitivity to glare, loss of contrast and difficulty seeing colors.

**Diabetic retinopathy** - In people with high blood-sugar levels, some studies suggest that smoking may be linked to diabetic retinopathy, which includes damage to the blood vessels in the retina as well as other complications.

**Optic nerve problems** - the optic nerve is also susceptible to damage from smoking. Optic nerve problems such as Leber's hereditary optic neuropathy (worsening of retinal ganglion cells, which may lead to central loss of vision) and glaucoma (group of eye diseases that develop when increased fluid pressure damages nerve fibers in the optic nerve and retina) may be genetic, but people with this condition who smoke have increased risk of vision loss.

**Vision loss associated with Graves' disease** - in some patients with a thyroid problem called Graves' disease, smoking can cause the eyes to become worse, with vision loss possible.

**Dry eye** - People who don't produce enough tears to keep their eyes comfortably lubricated have a condition called **dry eye**, which includes symptoms such as scratchiness, stinging, intermittent blurring or burning of the eyes. For these people, smoking can make symptoms worse.

### Smoking and Vision as We Age

Researchers have discovered a link between the number of years a person smokes and the number of cigarettes smoked each day with the likeliness to develop age-related macular degeneration (AMD). AMD occurs when the central retina is damaged and may cause severe vision loss.

Studies have shown that both smokers and ex-smokers are more likely to develop AMD than people who have never used cigarettes, and it's the leading cause of severe vision loss in those over 50. In one recent study, elderly women who smoked were 5.5 times more likely to develop AMD than non-smoking women of the same age.

### Quitting: The Start to Better Health

To prevent serious health and eye health risks, experts advise against smoking and recommend eating healthy, leafy greens. In addition, it is also important to control blood pressure, stay active and schedule annual visits with your eye doctor. The health benefits of quitting smoking are both short term and long term. After one quits smoking, he or she can have an improved heart rate and lung function and lower blood pressure.

In the long term, a person who quits smoking is less likely to have certain cancers and coronary heart disease. Additionally, a person who quits smoking has a reduced risk of suffering from various eye diseases and vision loss. When you quit smoking, you'll see it's the start of many good things for your health.



**To learn more about your vision benefits**, please visit [www.eyemedvisioncare.com](http://www.eyemedvisioncare.com)  
And click the **Members** tab.



To register for a seminar date, time and location that is convenient for you, please visit [www.delawell.delaware.gov](http://www.delawell.delaware.gov) and click on the "DelaWELL University Onsite Health Seminars" link.

### March 2012 Onsite Health Seminar Topic: "Balanced Nutrition"

March is National Nutrition Month. Nutrition plays a key role in your overall health, including risk reduction and disease prevention.

#### At this seminar, you will learn about:

- Components of a healthy diet - proteins, fats, carbohydrates, fiber and water
- The New Food System Guide: MyPlate
- Nutrition Facts and Label Reading
- Whether or not to take supplement
- How you can choose your optimum nutritional plan



### April 2012 Onsite Health Seminar Topic: "The Facts About Cancer"

Approximately one third of all cancer deaths are related to diet and lifestyle habits. Cancer affects men and women differently.

#### At this seminar, you will learn about:

- What cancer is and how it begins and spreads
- The most common forms of cancer and how screenings help detect cancer
- Signs and symptoms of cancer
- Diagnosis, treatment and prognosis
- How lifestyle changes, including smoking cessation, diet and exercise can help reduce your risk of cancer

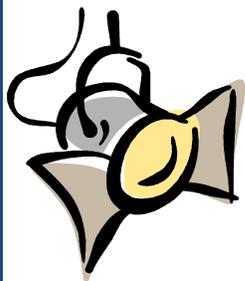


## Delaware State Police Headquarters In Dover, DE Shows Support For DelaWELL And Heart Health



"Employees at Delaware State Police (DSP) Headquarters in Dover, DE wore red on February 3, 2012 (National Wear Red Day®) to show their support for the DelaWELL program and heart health awareness. DSP has a lot of employees who participate in DelaWELL and feel that the program is so beneficial. The DelaWELL Health Screenings have alerted some employees to potential health problems, and the Health Coaching and Condition Care Programs are a great asset in helping with personal needs and goals. DSP would like to encourage those who have not participated in DelaWELL to do so. It's not too late! Stay Healthy Delaware!"

- Gail S. Ament  
Sr. Human Resources Technician &  
DelaWELL "Wellness Champion"  
Delaware State Police Headquarters



## Motivation Station: Employee Spotlight

**“Throughout the years, participating in the DelaWELL program and attending the onsite seminars has provided added reinforcement of how to live a healthy lifestyle.”**

### **Ellen McDowell**

**State Accountant**

**Delaware Department of Finance,  
Division of Accounting**

**April 2000**



**August 2010**



“Hello. My name is Ellen McDowell and I work for the Department of Finance in the Division of Accounting. I recently attended the DelaWELL University Onsite Health Seminar Topic “My Year to Lose Weight and Keep It Off,” taught by Aaron Schrader – Health Promotion Coordinator for the DelaWELL Program. The seminar was very inspirational and a reinforcement of much of the same philosophies that I have learned through Weight Watchers. Like Aaron, I have also lost a lot of weight. I had been heavy my entire life, but in the year 2000 at a weight of 229 lbs. I started my journey of weight loss by joining Weight Watchers and counting points. I joined because I did not like myself. The first time I walked in the Weight Watchers meeting room someone was celebrating 50 lbs. of weight loss and I remember thinking to myself that I couldn’t wait until I was that person. Once I started to lose the weight, I felt healthier both mentally and physically and I challenged myself to keep going.

It takes a lot of planning to make and keep “YOU” the priority. It is about making better choices, as Aaron demonstrated in the seminar when he used visuals to compare the good and the not so good choices from several local restaurants. It is about being in control of what you consume each day. It is weighing and measuring food to make sure you know and eat the correct portion size and knowing how you feel to be satisfied.

Remember, we cannot control everything, but we can control what we eat. When you feel like giving up, don’t. The journey of weight loss may feel like it is taking forever, but looking back at the time it took me to lose 105 lbs., it now seems to have been a mere blink of an eye eleven years later. It took approximately 16 months for me to lose the first 85 lbs. and the last 20 lbs. came in another six months.

But, it didn’t end there. Losing weight is a lifestyle change and if not kept a priority once the weight has been lost, over time complacency sets in and it is easy for the old habits to come back. I continue trying to do what I know I have to in order to keep the weight off. My life has changed so much since I lost the weight. I am much healthier, more confident and certainly enjoy life more. Throughout the years, participating in the DelaWELL program and attending the onsite seminars has provided added reinforcement of how to live a healthy lifestyle. Recently, I have been working with a DelaWELL Health Coach to find ways to relieve stress and trying to walk regularly with a friend. Life is good!”

Has the DelaWELL program impacted your overall health? Do you have a success story that will encourage your co-workers along their path to wellness? If so, we would like to hear from you! Send us an e-mail at [Employee.Wellness@state.de.us](mailto:Employee.Wellness@state.de.us) for possible posting in an upcoming edition of WellAWARE and on the DelaWELL website.

To read more participant health testimonies, visit [www.delawell.delaware.gov](http://www.delawell.delaware.gov) and click on the “Motivation Station” link.

## Healthy Recipe

# tuna

and white bean pita

Takes Under 30 minutes

Makes 4 sandwiches

### INGREDIENTS:

- 1 15-ounce (450-g) can no-salt-added white beans , drained
- 1 small tomato, diced
- 1 celery rib, tough strings removed, diced
- 1 scallion, thinly sliced
- 1 tablespoon fresh lemon juice
- 1/2 teaspoon capers (optional), rinsed and chopped
- 1 teaspoon olive oil  
Freshly ground black pepper, to taste
- 1 6-ounce (180-g) can albacore tuna packed in water, drained and flaked
- 4 whole-wheat tortillas or other flatbreads
- 4 handfuls arugula or other baby salad greens

### PREPARATION:

1. In a medium bowl, mash beans with a fork. Stir in tomatoes, celery, scallion, lemon juice, capers (if using), olive oil and pepper. Add tuna and stir just to mix.
2. Place a tortilla or flatbread on the work surface. Place about 1 handful arugula on top followed by 1/2 cup of the bean mixture. Roll tightly. Repeat with the remaining breads and filling.

### NUTRITIONAL INFO PER SERVING

284 Calories

6.8g Fat

1.5g Saturated fat

21.0g Protein

44g Carbohydrate

7.3g Fiber

648mg Sodium



## The Fitness Guru Says...

### Question of the Month: "Since March is National Nutrition Month<sup>®</sup>, what are some tips for better nutrition?"

Dear Employee,

It is always important to think about what you put on your plate! Here are some Food, Nutrition and Health Tips from the Academy of Nutrition and Dietetics ([www.eatright.org](http://www.eatright.org)):

- Make half your plate fruits and vegetables. Eat a variety of vegetables, especially dark-green, red and orange vegetables plus beans and peas. Fresh, frozen and canned vegetables all count. Choose "reduced sodium" or "no-salt-added" canned vegetables. Add fruit to meals and snacks. Buy fruits that are dried, frozen or canned in water or 100% juice, as well as fresh fruits.
- Make at least half your grains whole. Choose 100% whole-grain breads, cereals, crackers, pasta and brown rice.
- Switch to fat-free or low-fat milk.
- Vary your protein choices. Eat a variety of foods from the protein food group each week, including seafood, nuts and beans, as well as lean meat, poultry and eggs.
- Cut back on sodium and empty calories from solid fats and added sugars.
- Enjoy your food, but eat less. Avoid oversized portions. Try using a smaller plate, bowl and glass.
- Be physically active your way. Pick activities that you enjoy and start by doing what you can, at least 10 minutes at a time. The goal for adults is to get 2 hours and 30 minutes or more a week of activity that requires moderate effort, such as brisk walking. Every little bit adds up and health benefits increase as you spend more time being active.

*Best of Health!*

*F.G. (a.k.a. Fitness Guru)*

For more great healthy recipes, visit the DelaWELL Health Portal at <https://delawell.alerehealth.com>.

## National Colorectal Cancer Awareness Month Call Nurse24<sup>SM</sup> For Your Health-Related Questions

### **Colorectal Cancer Prevention:**

- Be physically active for at least 30 minutes on at least five days each week.
- Maintain a healthy weight.
- Don't smoke. If you do smoke, quit.
- If you drink alcohol, have no more than one drink a day if you're a woman or two drinks a day if you're a man.
- Eat fruits, vegetables and whole grains to help you get and stay healthy.
- Eat less red meat and cut out processed meat.

Source: Prevent Cancer Foundation [www.preventcancer.org](http://www.preventcancer.org)



### **Colorectal Cancer Early Detection:**

Those at average risk for colorectal cancer should start getting screened at age 50. If you're at higher risk, you may need to start regular screening at an earlier age and be screened more often. The best time to get screened is before you have any symptoms. Talk with your doctor about the types of screening right for you, as well as the frequency.

Source: Prevent Cancer Foundation [www.preventcancer.org](http://www.preventcancer.org)

### **Have Questions?**

Call Nurse24<sup>SM</sup> at (866) 674-9103! Nurse24 provides you direct access to a registered nurse to answer health-related questions 24 hours a day, 7 days a week, 365 days a year. Nurse24<sup>SM</sup> also provides you with a convenient way to get information on routine illness and minor injury and to help you make wise choices in how to use your healthcare dollars to get the most appropriate care for your health situation.

**To learn more, visit [www.delawell.delaware.gov](http://www.delawell.delaware.gov).**



## **Civil Unions & Your Minnesota Life GUL & AD&D Coverage**

The Civil Union and Equality Act of 2011 created a legal relationship of civil unions in the State of Delaware. The Act further recognized legal unions between two persons of the same sex entered into jurisdictions outside of the State of Delaware provided such unions and the parties thereto meet eligibility requirements to enter into a civil union in the State of Delaware. The act became effective on January 1, 2012.

### **What coverage options are available to eligible employees of a civil union?**

Employees who become party to a civil union on or after January 1, 2012 may automatically increase Group Universal Life (GUL) and Accidental Death and Dismemberment (AD&D) coverage by an additional one times annual base pay, up to a total amount not to exceed \$200,000, without providing proof of good health when a "life event occurs". The employee must not have previously failed insurability requirements and needs to apply for the coverage within 31 days of the life event. A life event is considered a civil union, marriage, birth and/or adoption.

### **What coverage options are available to eligible dependents of a civil union?**

Dependent Term life coverage is available to employees enrolled in the Minnesota Life GUL and AD&D program. There is no AD&D coverage for dependents. Employees may purchase spouse only coverage, child(ren) only coverage, or spouse and child(ren) coverage. The cost for each coverage option is:

Spouse: \$20,000/\$7.05 per month

Spouse: \$10,000/ \$3.08 per month

Child: \$10,000 for each eligible child/\$1.16 per month (Covers all eligible children)

### **Who are eligible dependents of a civil union?**

Spouse must be at least 18 years of age and party to a civil union obtained or recognized in the State of Delaware on or after January 1, 2012. Eligibility also extends to the civil union partner's eligible children, stepchildren, and/or legally adopted children who are (a) unmarried; (b) are dependent on the employee for financial support; and (c) have not obtained the age of 19 years or have not attained the age of 24 years if a full-time student at an accredited educational institution. Children age 19 years or older are eligible if they are physically or mentally incapable of self-support prior to the date their insurance would have terminated and are financially dependent on the State of Delaware employee for more than one half of their support and maintenance.

### **To enroll for coverage**

Employees enrolled in the GUL and AD&D program may enroll newly eligible dependents online through Minnesota Life's secure website at [www.lifebenefits.com](http://www.lifebenefits.com). If this is your first time logging onto Minnesota Life's website, your user name will be your 6 digit State of Delaware employee ID number with the letter "d" in front of it. The password is your eight digit date of birth (mmddyyyy) plus the last 4 digits of your Social Security number. If you have previously logged onto Minnesota Life's website and don't remember your password, contact Minnesota Life.

### **Have questions?**

Contact Minnesota Life directly by telephone at 1-877-215-1489 or by email at [lifebenefits@securian.com](mailto:lifebenefits@securian.com) between the hours of 8:00 am and 7:00 pm ET, Monday through Friday.

You may also contact Leslie Ramsey of the Statewide Benefits Office at 302-739-8331 or by email at [leslie.ramsey@state.de.us](mailto:leslie.ramsey@state.de.us). Additional civil union information is available on the Statewide Benefits Office website at [www.ben.omb.delaware.gov/cu](http://www.ben.omb.delaware.gov/cu).