



DON'T MISS OUT ON THE EMPLOYEE CONSENT CAMPAIGN

Have you consented to receive your Open Enrollment (OE) materials, notices and other benefits information online AND confirmed/updated your personal contact information? **The Employee Consent Campaign runs through March 31, 2015.** Employees currently enrolled in a health plan who complete the steps of the campaign will be automatically placed into a random drawing to **win an iPad Mini or a \$50 Visa Gift Card.**

Call To Action

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

MARCH 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: *Realize Your Own Potential*, *Online Support Resources* and *Nutrition Month*. The free webinar topic is "Set Goals for Success."

Whether you are looking for professional counseling services on a specific issue or concern (i.e. work and family balance, marital relationships, etc.), legal services, financial services, child or elder care resources, HMS (Health Advocate) is here to help. Contact with HMS (Health Advocate) is **completely confidential** and provided at no cost.

Easy to reach and available 24/7 to assist you!

(800) 343-2186

<http://hms.healthadvocate.com>

Call To Action

↳ Visit <http://ben.omb.delaware.gov/eap/index.shtml> to view the March 2015 HMS (Health Advocate) *Real-Life Help* 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>.