

New ID Cards for PPO and HMO Members Effective September 1, 2015

Employees enrolled in a Highmark IPA/HMO, Comprehensive PPO plan or an Aetna HMO plan will receive new ID cards with a September 1, 2015 effective date. The new ID cards will reflect the copay adjustments approved by the State Employee Benefits Committee (SEBC) on May 15, 2015. View the list of [copay changes](#).

Call To Action

Look for your new ID cards in the mail the week of August 24th. Begin using your new ID cards for services obtained starting September 1, 2015.

EAP + Work/Life Program: August 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: *Set the Right Priorities*, *Unplug to Recharge*, *Online Support Resources* and *Prepare for a Healthy School Year*. The free webinar topic is "Money 101."

Call To Action

Visit www.ben.omb.delaware.gov/eap to view the August 2015 HMS (Health Advocate) *Real-Life Help* Newsletter.



Adults need vaccines, too!

Health Tip: All adults should get vaccines to protect their health.

Each year, thousands of adults in the U.S. needlessly suffer, are hospitalized and even die from diseases that could be prevented by vaccines.

Vaccines are very safe and are covered under your medical plan and pharmacy benefit at no cost. Check your plan and preventive schedule for details, as certain restrictions may apply. Vaccines are recommended throughout our lives based on age, medical conditions, lifestyle, occupation, locations of travel and vaccines received in the past. Talk with your doctor about which vaccines are right for you.



VACCINES
are not just for kids.

Summer Blood Challenge Runs Through September 26, 2015

You have until September 26th to visit a donation center or attend a blood drive near you to earn reward points and be entered for a chance to win a \$100 TD Bank Visa Gift card. The next gift card drawing is September 7th. Don't forget to fill out your hero card to credit your team for your donation!

Call To Action

Visit www.ben.omb.delaware.gov/blood for more information about the challenge.

Ordering Contacts Just Got Easier For EyeMed Members

EyeMed now offers an online in-network option for purchasing contact lens! The in-network allowance for your contact lenses will be applied instantly at the point of your online purchase and shipping is free.

Call To Action

Learn more about the [online option](#). View the [Frequently Asked Questions](#).