

Turn Your Resolutions Into Reality With Help From The DelaWELL Health Management Program



Gym and wellness discounts, free health coaching programs, disease management programs, maternity education and support programs, 24/7 nurse line, online resources and mobile apps are some of the healthy resources and tools available to you through your health carrier (Highmark Delaware or Aetna), as part of the DelaWELL Health Management Program.

Call To Action

↳ Learn more at www.ben.omb.delaware.gov/delawell. *Have you completed your annual physical exam and online health assessment (wellness profile)?* If not, take action today and make your new year a healthy one.

Pre-Tax Commuter Benefit Program Maximum Monthly Contribution Increase As Of January 1, 2016

The maximum monthly contribution limit for Parking Reimbursement Accounts increased to \$255.00 in 2016. Additionally, President Obama signed the Tax Extenders Bill into law permanently reinstating the mass transit parity rule, which increased the 2016 combined maximum monthly contribution for Commuter and Transit Reimbursement Accounts to \$255.00, to be the same as the limit for Parking Reimbursement Accounts.



Call To Action

↳ Learn more about the Pre-Tax Commuter Benefit Program at www.ben.omb.delaware.gov/commuter. Here you can access the ASI Website to enroll or make changes to your monthly contribution, as well as view the Program's User Guide.

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



HMS (Health Advocate) has changed the format of their newsletter in an effort to continue to create and promote awareness regarding their services. The new streamlined, eye-catching format presents information that members can readily access. This month's newsletter topics include: Healthy New Year, Turn Resolutions into Results and Banish Debt Stress. The free monthly webinar topic is "New Year... New You!"

Call To Action

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