



Attention Highmark Delaware Members - Change To Your Explanation of Benefits (EOB) Delivery Starting July 15, 2016

What's Changing?

⇒ Highmark Delaware members will no longer automatically receive paper EOBs if their claims are for services covered in full or if their responsibility is a copayment paid at the time of service.

And Why?

⇒ Highmark is making this change in an effort to deliver an improved member experience, as Highmark has received feedback on how confusing it can be for members to receive EOBs when they do not owe money for services and no action is required on their part.

Call To Action

↳ Visit www.ben.omb.delaware.gov/medical/bcbs to learn more, including how to receive electronic EOB notifications.

The State of Delaware Encourages You To Schedule And Attend Your Annual Physical Exam AND Complete Your Online Health Assessment (Wellness Profile)



What motivates you?

- Being around to enjoy your kids and grandkids
- Doing activities you used to be able to do
- Feeling better
- Having more energy

Between now and April 30, 2017, members (This includes you the employee, your spouse and your children over the age of 18) enrolled in either a Highmark Delaware non-Medicare plan or Aetna plan are strongly encouraged to complete these **two simple steps**:

- 1) **Annual Physical Exam** - It is the best way to stay on top of your health and learn if you are at risk for a health condition. *Don't have a primary care provider (PCP)?* Visit www.ben.omb.delaware.gov/medical and select your health carrier (Aetna or Highmark Delaware). Use the "Find a Health Provider" search feature to find an in-network doctor.
- 2) **Online Health Assessment (Wellness Profile)** - The online survey can help you understand where you stand with your health. You'll get a wellness score, an action plan and recommendations for health and wellness programs that can help you to improve your health.

Call To Action

↳ For more information on the DelaWELL Health Management Program and to get involved, visit www.ben.omb.delaware.gov/delawell.

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

This month's newsletter topics include: Making Informed Decisions; Summertime Safety; Raising Successful Adults; and UV Safety Month. The free monthly webinar topic is "Identifying Your Parenting Style."

Call To Action

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