

## EAP + Work/Life Program: September 2016 HMS (Health Advocate) Newsletter And Webinars



This month's newsletter topics include: Adding More Fruits and Vegetables; Overcoming Substance Abuse; and Childhood Obesity Awareness Month. Register today for this month's free webinars:

- Tuesday, September 20 at 12 pm (60 minutes) - "Harnessing the Power of Your Emotional Intelligence"
- Wednesday, September 28 at 1:30 pm (20 minutes) - "Getting To Know Your EAP + Work/Life Program"

### Call To Action

➔ Visit [www.ben.omb.delaware.gov/eap](http://www.ben.omb.delaware.gov/eap) to view the September 2016 HMS (Health Advocate) Newsletter and register for the free webinars. *Unable to attend the live webinars?* No worries! Webinar recordings will be archived online and available for viewing after the session dates.

## New Online Course Coming Soon: Being A Wise Health Care Consumer

**Course Title:** "Being A Wise Health Care Consumer: What's In It For Me?"

**Course Length:** Approximately one hour

**Target Audience:** Benefit-eligible State, school district, charter school and higher education employees are strongly encouraged to complete the course.

**Course Description:** In order to prevent health care costs and spending from continuing to rise, it will take a team approach with all of us doing our part to be wise health care consumers. The purpose of this course is to help you learn ways to save money and improve/ maintain the health and well-being of you and your family, by understanding what the cost drivers are for the State of Delaware, building on what it means to be a wise health care consumer and walking you through the Consumerism Resource Link ([www.ben.omb.delaware.gov/consumerism](http://www.ben.omb.delaware.gov/consumerism)).

### Call To Action

➔ Be on the lookout for more information and emails, as the online course is scheduled to launch at the end of September 2016.

## Summer Blood Challenge Ends September 24, 2016

There is still time to participate in the Summer Blood Challenge! Help others in the community by giving blood, plus be entered in a random drawing to win exciting prizes.

### Call To Action

➔ Visit [www.ben.omb.delaware.gov/blood](http://www.ben.omb.delaware.gov/blood) to learn more and find a blood donation site near you.

