



October 12, 2016
Issue

e - Newsletter

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

This month's newsletter topics include: Importance of Prevention; Fall into Fitness with Your Family; Breast Health Tips; and Domestic Violence Awareness Month. Register today for this month's free webinar:

- Tuesday, October 18 at 3:00 pm (60 minutes) - "Long-Term Care Essentials"

Call To Action

↳ Visit www.ben.omb.delaware.gov/eap to view the October 2016 HMS (Health Advocate) Newsletter and register for the free webinar.

Healthy Smile, Healthy You: The Importance Of Oral Health

October is National Dental Hygiene Month, a time that reminds us about the importance of taking care of our teeth and gums. *When was your last visit to the dentist?* Regular dentist visits can tell dentists a lot about your overall health, including whether or not you may be at risk for chronic disease.

Call To Action

↳ Learn more at <http://ben.omb.delaware.gov/dental/delta/index.shtml> by selecting "SmileWay" under Helpful Resources.

Make A Date For Your Eyes: Your Annual Eye Exam

October is Eye Injury Prevention Month. One of the most important steps you can take to protect your eyesight at [work](#) and everywhere else is to get a [annual eye exam](#). Exams can help your doctor uncover any potential damage from prior eye injuries, which you may or may not be aware of, as well as look for signs of serious eye conditions like [glaucoma](#) and cataracts.

Call To Action

↳ Learn more at www.ben.omb.delaware.gov/vision by selecting "Eye Site On Wellness" under Helpful Resources.

Coming Soon: Flexible Spending Account (FSA) 2017 Plan Year Open Enrollment (November 1 - 18, 2016)



Put a little money back in your wallet! *Why enroll in the FSA?* Pre-tax contributions allow you to save money on: Medical, Vision and Dental Expenses for you and your family; and Dependent Child Care Expenses like daycare, before and after school care and babysitters. By paying for eligible expenses with your pre-tax dollars, you avoid Federal, State, and FICA taxes and can save as much as 25%!

Important: You **MUST** enroll each year during FSA Open Enrollment to continue your participation in the FSA Program.

Call To Action

↳ Be on the lookout for additional communications with important details.

This newsletter is published by the Delaware Statewide Benefits Office.

To view other SBO e-Newsletters, visit
<http://ben.omb.delaware.gov/communication.shtml>.