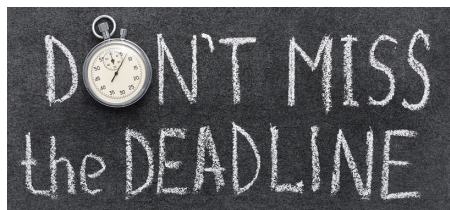




November 14, 2016  
Issue

e - Newsletter

## Flexible Spending Account (FSA) 2017 Plan Year Open Enrollment Ends On November 18, 2016



Don't miss your chance to put a little money back in your wallet! FSA Open Enrollment for the 2017 Plan Year will end at 11:59 pm on Friday, November 18, 2016.

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

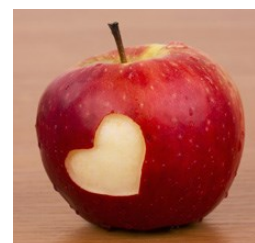
### Call To Action

↳ Learn more and enroll by reviewing the 2017 FSA Plan Booklet and the 2017 FSA Open Enrollment Instructions at [www.ben.omb.delaware.gov/fsa](http://www.ben.omb.delaware.gov/fsa).

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

This month's newsletter topics include: Support for Caregivers; Eating Healthy through the Seasons; Managing Holiday Depression; and American Diabetes Awareness Month. Register today for this month's free webinar:

- Tuesday, November 15 at 12:00 pm (60 minutes) - "Ready, Set, Relax! Relaxation techniques to Maintain Wellbeing"



### Call To Action

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

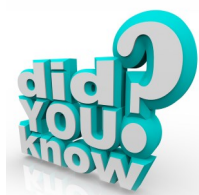
## Protect You And Your Family From The Flu: Get Vaccinated This Fall

Influenza (Flu) is a serious illness that can lead to hospitalization and sometimes even death. The single best way to prevent the flu is to get a flu vaccination each year. Members covered under a State of Delaware Group Health Plan can **receive a flu vaccine at no cost** through their health or prescription plan.



### Call To Action

↳ Visit [de.gov/healthconsumer](http://de.gov/healthconsumer) and select "Prevention Saves." Here you can learn about your **preventive care benefits**. In addition, you can access flu information from Delaware's Division of Public Health (DPH) and the Centers for Disease Control and Prevention (CDC).



You can receive **smoking cessation products** (e.g., medication; gum; patches) at **no cost** through your State of Delaware prescription plan.

Learn more at [de.gov/healthconsumer](http://de.gov/healthconsumer) and select "Prevention Saves."

This newsletter is published by the Delaware Statewide Benefits Office.

To view other SBO e-Newsletters, visit

<http://ben.omb.delaware.gov/communication.shtml>.