



December 7, 2016  
Issue

e - Newsletter

## Wise Health Care Consumer Online Course - Complete By December 26, 2016

A special thanks to the more than 9,000 employees who have completed the "Being A Wise Health Care Consumer" online course so far! Survey results indicate that 93% of participants agree that they learned ways to save money and improve/maintain the health and well-being of themselves and their family.

### Call To Action

↳ All benefit-eligible State, school district\*, charter school\*, higher education and participating group employees are **strongly encouraged** to complete the online course **by December 26, 2016**. Learn more and access the course at [de.gov/healthconsumer](http://de.gov/healthconsumer).

*\*Public school teachers: Completing this course qualifies as one clock hour.*

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

This month's newsletter topics include: Stay Safe This Holiday Season; Healthy Holiday Heart Tips; Tweaking Your Family Traditions; and National Influenza Vaccination Week (December 4-12). Register today for this month's free webinar: Tuesday, December 20 at 3:00 pm (60 minutes) "Goal Setting for Your Best Year Yet!"

### Call To Action

↳ Visit [www.ben.omb.delaware.gov/eap](http://www.ben.omb.delaware.gov/eap) to view the newsletter and register for the free webinar.

## Attention Aetna Members - Change To Your EOB Delivery Starting January 1, 2017

Aetna members will no longer automatically receive paper Explanation of Benefits (EOBs) if their claims are for services covered in full or if their responsibility is a copayment paid at the time of service. Aetna is making this change in an effort to deliver an improved member experience, as Aetna 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/aetna](http://www.ben.omb.delaware.gov/medical/aetna) to learn more, including how to receive electronic EOB notifications.

## Saving Money On Your Prescription Costs

According to the Food and Drug Administration (FDA), generic drugs can be trusted to have the same quality as brand-name drugs, but at a lower price. Filling your prescription with a generic equivalent (when available) saves both you and the State of Delaware money.

### Call To Action

↳ Visit [de.gov/healthconsumer](http://de.gov/healthconsumer) and choose "Save Today, Save Tomorrow." Under "What Can I Do?", "Fill Your Prescriptions With Generics" you can:

- Select the Non-Medicare Prescription Plan link and learn "Which Medications Are Covered?" View the Formulary Information for coverage guidelines that can assist you with managing your prescriptions, identifying generics and choosing the most effective medications at the most reasonable cost;
- Learn how to navigate the Express Scripts website to search and price medications; and
- Get answers to common questions about generic drugs.

This newsletter is published by the Delaware Statewide Benefits Office.

To view other SBO e-Newsletters, visit

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