

DelaWELL Health Management Program 2014-2015 Overview

Reward Yourself With the Best of Health... You're Worth It!

Program dates: 7/1/14 - 5/31/15

The State of Delaware is pleased to provide you and your eligible spouse and dependents over age 18 (who are currently enrolled in a State of Delaware Group Health Plan) with activities, tools and resources to help you take charge of your health and wellbeing! Through the DelaWELL Health Management Program, eligible members have **FREE** access to a confidential online wellness assessment, onsite health screenings, wellness challenges, online and onsite health seminars, coaching programs, condition care programs and much more. This program is provided for free as part of your health care benefits.

Earn DelaWELL Rewards Up To \$200!

Benefit eligible state agency, school district, charter school and higher education employees, as well as state non-Medicare eligible pensioners, who are currently enrolled in a State of Delaware Group Health Plan can earn **DelaWELL Rewards**¹ for participating in various program activities throughout the year (July 1, 2014 – May 31, 2015):

Step 1. Participate in a **DelaWELL Health Screening** to be held at various locations throughout the state from July 2014 through November 2014 and January 2015 through April 2015 **OR NEW!** Work with your health care provider to complete the new **Health Screening Provider Form** and submit your health values from a screening or office visit between July 1, 2014 and April 30, 2015. Click on the links on the [DelaWELL Health Portal](#) for more information, including a screening calendar, to register for an appointment or to download the new Health Screening Provider Form.

Step 2. Complete your confidential online **Wellness Assessment** questionnaire for 2014-2015. In about 15-20 minutes, you will get your Wellness Score and personalized report with recommendations for healthy steps you can take to reach your goals. Current members can view their past wellness assessment results to measure progress and health changes.

Step 3. Once you complete your online Wellness Assessment, call an **Alere Health Advisor** to learn what steps you can take to improve or maintain your health. Your confidential Health Advisor will review your Wellness Assessment results with you and suggest programs and/or portal activities you might benefit from and, if you decide you want to participate, will help you enroll. To complete your Health Advisor call, contact Alere at a time that is convenient for you at 1-866-674-9103 and press 2. *Calling a Health Advisor is recommended, but not required to earn DelaWELL Rewards.*

Step 4. Meet the purchase requirements for the **Weight Watchers® Program** **OR** Actively participate in a **NEW! Lifestyle Coaching ("Work with a Coach") Program, NEW! Quit For Life® Program** or **Condition Care Program**² **OR Meet all four of these Healthy Values:**

- **Body Mass Index (BMI): Less than 25.0**
- **Blood pressure: Less than 120/80 (First number (systolic) must be less than 120 and second number (diastolic) must be less than 80)**
- **Total Cholesterol: Less than 200 mg/dL**
- **Tobacco-free lifestyle (Self-reported in the online Wellness Assessment)**

To earn the Gold Level Reward based on these criteria, you must complete one DelaWELL onsite Health Screening OR submit one completed Health Screening Provider Form from July 2014 - April 2015 **AND** complete your online Wellness Assessment for 2014-2015. Your Height and Weight (BMI), Total Cholesterol and Blood Pressure must be measured at a DelaWELL Health Screening OR submitted using the Health Screening Provider Form to earn Healthy Values rewards and cannot be manually entered into the assessment.

Click on the Coaching, Quit For Life® or Condition Care links or call 1-866-674-9103 to find out more and enroll today. Or, click the Weight Watchers® link to find out how to participate in either the online or meetings with monthly pass option! [Read the program activity descriptions below to learn what active participation means for these programs and how credits will be awarded.](#)

Complete Steps 1 and 2 to earn the Silver Level: \$100 DelaWELL Reward¹
OR

Complete Steps 1 and 2 and 4 to earn the Gold Level: \$200 DelaWELL Reward¹

Get Paid Early!

DelaWELL Silver Level Reward¹ amounts earned and recorded by **October 15, 2014** will be paid in December 2014! Be sure to complete your DelaWELL Health Screening and online Wellness Assessment early and enjoy your early bird reward!¹

PLEASE READ! IMPORTANT NOTICES ABOUT ELIGIBILITY AND PAYMENT OF DELAWELL REWARDS:

¹ DelaWELL Silver Level Reward amounts earned between July 1, 2014 and October 15, 2014 will be paid in December 2014. DelaWELL Silver Level Reward amounts earned between October 16, 2014 and May 31, 2015 and all DelaWELL Gold Level Reward amounts earned between July 1, 2014 and May 31, 2015 will be paid in July 2015. **Employees who earn the incentive must be part of the State of Delaware Group Health Insurance Program and actively receiving a paycheck at the time of payment, in order to receive a cash incentive included as part of their pay in either their December 2014 or July 2015 pay, as appropriate. (The exact pay periods will be communicated at a later date). State non-Medicare eligible pensioners who earn the incentive must be actively receiving a pension check at the time of payment, in order to have it applied toward either their December 2014 or July 2015 pension check, as appropriate.** Rewards are NOT offered to spouses, dependents or participating group members (with the exception of University of Delaware and Delaware Transit Corporation employees). Both the Wellness Assessment and Health Screening are required to earn rewards. All activity requirements must be met no later than May 31, 2015.

² Qualification for a Lifestyle Coaching ("Work with a Coach"), Quit For Life® or Condition Care program is determined by the results of your Wellness Assessment or healthcare claims. Participants may also self-refer into these programs. Participants must complete their Health Screening, online Wellness Assessment and one of the options for Step 4, in order to qualify to earn the \$200 incentive. Condition Care programs include asthma, chronic obstructive pulmonary disease (COPD), congestive heart failure (CHF), coronary artery disease (CAD), diabetes, back pain and osteoarthritis. Participants must meet the purchase requirements and submit their 2014-2015 Reimbursement Form to Weight Watchers by April 15, 2015. Only months of membership/ subscription purchased July 1, 2014 or after can count toward the Weight Watchers requirement.

To satisfy the Step 4 requirement and receive the activity credit, members need to complete one of the following:

- **Weight Watchers® Program:** Complete either of two options. (1) Weight Watchers Meetings with Monthly Pass - Purchase at least three (3) consecutive Meetings with Monthly Pass memberships at \$36.50 per month to get the convenience of Weight Watchers meetings in your workplace and unlimited meetings in your local community OR (2) Weight Watchers Online subscription - Purchase at least six (6) consecutive Online Membership subscriptions at \$16.10 per month to get a step-by-step plan to follow entirely online with interactive tools and resources like a weight tracker, progress charts, restaurant guides and much more. Participants must meet the purchase requirements and submit their completed 2014-2015 Reimbursement Form (Along with your completed form, you need to attach your Lifetime member card or Billing History showing proof of payment) to Weight Watchers by April 15, 2015. Only months of membership/ subscription purchased July 1, 2014 or after can count toward the requirement.

OR

- **NEW! Lifestyle Coaching (“Work with a Coach”) Program:** The requirement to earn the incentive for participation in the Lifestyle Coaching (“Work with a Coach”) program is to complete at least 8 interactions (i.e., phone call or email conversation with a coach), as well as complete a follow-up health coaching survey, within the current program year (participants have up to 6 months from enrollment in lifestyle coaching to complete these requirements; deadline for credit is May 31, 2015).

OR

- **NEW! Quit For Life® Tobacco Cessation Program:** The requirement to earn the incentive for participation in the Quit For Life® program is to complete 5 scheduled calls with your Quit Coach® during the current program year.

OR

- **Condition Care Program:** Be enrolled in a full program and keep scheduled calls with your Alere nurse care manager. Condition Care is an ongoing program. Members do not need to "re-enroll" in a Condition Care program each year.

OR

- **Meet all four of these Healthy Values:**

Body Mass Index (BMI): Less than 25.0

Blood pressure: Less than 120/80 (First number (systolic) must be less than 120 and second number (diastolic) must be less than 80)

Total Cholesterol: Less than 200 mg/dL

Tobacco-free lifestyle (Self-reported in the online Wellness Assessment)

If you think your Body Mass Index (BMI) is above the norm due to high muscle mass, and as a result are unable to meet the Healthy Values because of it, an alternate method to obtain the wellness incentive is available. In this case, you may provide a signed verification document from your physician that attests to this fact. Please contact benefits@state.de.us and we will email you with a copy of the physician verification statement for you to use. The completed physician’s verification statement must be submitted by **May 1, 2015** to satisfy the alternate method to obtain the Gold Level Reward for 2014-2015. Silver Level Reward requirements (Health Screening and Online Wellness Assessment) must also be met, in addition to meeting the other three Healthy Values (Blood pressure, cholesterol and non-tobacco user). If you are not able to meet the BMI target for other reasons or meet the other Healthy Values, keep in mind that there are alternatives for obtaining the Gold Level Reward. These include participating in either the Lifestyle Coaching Program, Condition Care Program, Weight Watchers® Program or Quit for Life® Program.

Program Activity Descriptions

Biometric Health Screening

Knowing your key health values, such as blood pressure, blood sugar (glucose) and cholesterol is important to help you stay healthy and detect health conditions early when they are most treatable. Sign up to attend one FREE DelaWELL Health Screening Appointment provided at various State of Delaware locations from **July 2014 through November 2014 and January 2015 through April 2015**. Or, **NEW OPTION!** Work with your health care provider to complete the new **Health Screening Provider Form** and submit your health values from a screening or office visit between July 1, 2014 and April 30, 2015. Completion of a Health Screening is required to earn any DelaWELL Rewards. See the appointment registration link or the Health Screening Provider Form and FAQs link on the [DelaWELL Health Portal](#) under Health Screenings for more information.

Your screening values from a DelaWELL Health Screening OR submitted on the completed Health Screening Provider Form will be automatically included in your online Wellness Assessment about four weeks (20-25 business days) after your screening event or after your form is submitted. You are not able to enter these values into your online Wellness Assessment, because Alere will do this automatically for you. Your Height and Weight (BMI), Total Cholesterol and Blood Pressure must be measured at a DelaWELL Health Screening OR submitted using the Health Screening Provider Form to earn Healthy Values rewards. The “My Healthy Values” page will show green check marks for each criterion you meet. **Both the fasting and non-fasting options for the Health Screening will provide results on the healthy values, including total cholesterol.**

You do not have to wait for the values to be loaded before you complete and submit your online Wellness Assessment. Simply, answer the estimate questions (*Ex. I don’t know my blood pressure, but I have been told it’s normal*) on the health values page of the assessment. The answers you provide to these estimate questions **do not** affect your wellness assessment score or activity point. After you answer the estimate questions and reach the last page of the assessment, click “**Submit.**” Once your health screening values are loaded for you by Alere, you will receive an email from Alere with notification. When you log back in the [DelaWELL Health Portal](#), your completed wellness assessment will be updated with a new wellness score and personalized report based on the health values uploaded.

The activity point for your completed health screening will show up on your health portal page about four weeks (20-25 business days) after your screening event or after your form is submitted. Your screening values will determine your Healthy Values rewards. Check the “My Healthy Values” page for your Healthy Values rewards status.

Online Wellness Assessment

Members have from July 1, 2014 through May 31, 2015 to complete an online Wellness Assessment! The Wellness Assessment is an online, confidential questionnaire about your health habits and can be completed online in about 15-20 minutes. As soon as you finish, you will get your Wellness Score and personalized report. The results will help you identify your health risk areas and give you practical suggestions for improving your health and reducing your risk for illness and injury. Current members can view their past wellness assessment results to measure progress and health changes.

Credit will be awarded for you automatically upon completion. This activity is required to earn any DelaWELL Rewards. Your Height and Weight (BMI), Total Cholesterol and Blood Pressure must be measured at a DelaWELL Health Screening OR submitted using the Health Screening Provider Form to earn Healthy Values rewards and cannot be manually entered into the assessment. Your screening values from a DelaWELL Health Screening OR submitted on the completed Health Screening Provider Form will be automatically included in your online Wellness Assessment about four weeks (20-25 business days) after your screening event or after your form is submitted. **You do not have to wait for the values to be loaded before you complete and submit your online Wellness Assessment.** Simply, answer the estimate questions (*Ex. I don’t know my blood pressure, but I have been told it’s normal*) on the health values page of the assessment. The answers you provide to

these estimate questions **do not** affect your wellness assessment score or activity point. After you answer the estimate questions and reach the last page of the assessment, click **“Submit.”** Once your health screening values are loaded for you by Alere, you will receive an email from Alere with notification. When you log back in the [DelaWELL Health Portal](#), your completed wellness assessment will be updated with a new wellness score and personalized report based on the health values uploaded.

Call a Health Advisor

Once you complete your online Wellness Assessment, call an Alere Health Advisor to learn what steps you can take to improve or maintain your health. Your Health Advisor will inform you of the different programs and tools available to you. **Calling a Health Advisor is recommended, but not required to earn DelaWELL Rewards.** To complete your Health Advisor call, contact Alere at a time that is convenient for you at 1-866-674-9103 and press 2 to speak with a confidential Health Advisor. Health Advisors are available Monday through Friday from 9:00 a.m. to 10:30 p.m. and Saturday from 9:00 a.m. to 8:00 p.m. ET. A Health Advisor can best be described as a wellness program concierge. He/she will review your online Wellness Assessment results with you and suggest programs and/or portal activities you might benefit from and, if you decide you want to participate, will help you enroll. Your participation in any of the programs and activities recommended to you is completely voluntary and confidential.

NEW! Lifestyle Coaching (“Work with a Coach”) Program; NEW! Quit For Life® Program; Condition Care Program

Qualification for a Lifestyle Coaching (“Work with a Coach”) Program, Quit For Life® Program or Condition Care Program is determined by the results of your Wellness Assessment or healthcare claims. Participants may also self-refer into these programs. Click on the Coaching, Quit For Life® or Condition Care links or call 1-866-674-9103 to find out more and enroll today.

NEW! Lifestyle Coaching (“Work with a Coach”) Program: As of July 1, 2014, Lifestyle Coaching (“Work with a Coach”) replaces the previous Health Coaching Program. After July 1, any current participants in the Health Coaching program will be automatically enrolled in Lifestyle Coaching (“Work with a Coach”) and contacted by their coach during July to set up their new program. The requirement to earn credit towards the DelaWELL \$200 Gold Level Reward for participation in the new Lifestyle Coaching (“Work with a Coach”) Program is: Complete at least 8 interactions (i.e., phone call or email conversation with a coach), as well as complete a follow-up health coaching survey, within the current program year (participants have up to 6 months from enrollment in lifestyle coaching to complete these requirements; deadline for credit is May 31, 2015). **Completions are recorded monthly. This activity will satisfy the Step 4 requirement for the DelaWELL Gold Level Reward. See the “Coaching” link on the [DelaWELL Health Portal](#). Participation in Virtual Coaching (“Work Independently”) does **NOT** qualify or earn you credit for the DelaWELL Gold Level Reward.** Lifestyle Coaching (“Work with a Coach”) continues to provide a one-on-one coaching program that guides members to effectively incorporate key health practices into their lifestyle and help them reach their goals, such as losing weight, improving eating habits, increasing physical activity and reducing stress. The program offers unlimited inbound telephone and email contacts with your coach (IM Chat option is no longer available). The NEW components of the Lifestyle Coaching (“Work with a Coach”) program include a six-month program length instead of 12 months and personalized support from a nutrition and/or fitness expert to help participants develop a meal and fitness plan. Also, as part of DelaWELL’s 2014-2015 Lifestyle Coaching program, Alere is having their coaches reach out to both new and former telephonic and email-based coaching participants to inform them about another new option this program year. Members now have the option to receive monthly outbound calls (one call per month over a period of six months) from their personal health coach to help keep them on track to reaching their goals. The monthly outbound calls are not required to earn the DelaWELL Gold Level Reward. If you prefer not to have the monthly calls and would just rather interact with your coach via email or make inbound calls to your coach when it is convenient for you (or do a combination of both), no worries, all you need to do is let the Alere caller know (or call 1-866-674-9103) and he/she will add you to their Do Not Call list.

NEW! Quit For Life® Program: Quit For Life® is the nation’s leading tobacco cessation program. You are encouraged to work with a confidential Quit Coach® to help you quit using tobacco. The program provides you with unlimited inbound access to a Quit Coach® for 12 months, unlimited lifetime access to Web Coach®, medication decision & usage support (Rx and OTC) and up to 8-weeks of nicotine patch or gum sent to your home. The requirement to earn the incentive for participation in the Quit For Life® program is to complete 5 scheduled calls with your Quit Coach® during the current program year. **Completions are recorded monthly. This activity will satisfy the Step 4 requirement for the DelaWELL Gold Level Reward. See the “Quit For Life®” link on the [DelaWELL Health Portal](#) or call 1-866-674-9103 (select “Option 0”). Important Notice: Enter “State of Delaware” as the name of your employer when registering on the Quit For Life® website.**

Condition Care Program: If you have certain health conditions and are benefit eligible and currently enrolled in the State of Delaware Group Health Plan, an Alere nurse is available to you 24/7 to help you manage your condition, get the most from visits to your health care providers and live well. Conditions include asthma, chronic obstructive pulmonary disease (COPD), congestive heart failure (CHF), coronary artery disease (CAD), diabetes, back pain and osteoarthritis. See the “Condition Care” link on the [DelaWELL Health Portal](#) for more information or call 1-866-674-9103. **Credit will be awarded to participants who keep scheduled phone calls with their Alere nurse care manager throughout the program year to meet completion criteria. Condition Care is an ongoing program. Members do not need to “re-enroll” in a Condition Care program each year. Completions are recorded twice per month. This activity will satisfy the Step 4 requirement for the DelaWELL Gold Level Reward.**

Weight Watchers® Program

Participate in a Weight Watchers® program in either of two ways to meet completion criteria: (1) Purchase at least three (3) consecutive **Meetings with Monthly Pass** memberships at \$36.50 per month to get the convenience of Weight Watchers® meetings in your workplace and unlimited meetings in your local community OR (2) Purchase at least six (6) consecutive **Online Membership subscriptions** at \$16.10 per month, for a step-by-step plan, interactive tools and resources. See the “Weight Watchers®” link on the [DelaWELL Health Portal](#) for more information, including an informational flyer, frequently asked questions and the 2014-2015 Weight Watchers® Offerings Reimbursement Form. **Only months of membership/ subscription purchased July 1, 2014 or after can count toward the requirement.** In order to receive credit towards the 2014-2015 DelaWELL \$200 Gold Level Reward, you must complete the 2014-2015 Weight Watchers® Offerings Reimbursement Form (Located on the [DelaWELL Health Portal](#) under Weight Watchers®) and submit it to Weight Watchers® by April 15, 2015. Reimbursement Forms received after April 15th will not be accepted. Please do not submit your reimbursement form until you have met the minimum Weight Watchers purchase requirement for credit towards the Gold Level Reward (Along with your completed form, you need to attach your Lifetime member card or Billing History showing proof of payment for at least 3 consecutive months of Weight Watchers® Meetings with Monthly Pass OR at least 6 consecutive months of Weight Watchers® Online.) The State of Delaware incurs additional charges from Weight Watchers® for forms that are marked invalid as well as duplicate submissions, so please be sure to submit one completed form along with the required documentation.

Credit for participating in Weight Watchers® will appear on your Health Portal page approximately 4-8 weeks after your Reimbursement Form is processed and approved by Weight Watchers®. This activity will satisfy the Step 4 requirement for the DelaWELL Gold Level Reward.

Healthy Values

You may earn the DelaWELL Gold Level Reward by meeting all four of these healthy lifestyle indicators:

- Body Mass Index (BMI): Less than 25.0
- Blood pressure: Less than 120/80 (*First number (systolic) must be less than 120 and second number (diastolic) must be less than 80*)
- Total Cholesterol: Less than 200 mg/dL
- Tobacco-free lifestyle (Self-reported in the online Wellness Assessment)

To earn the DelaWELL Gold Level Reward based on these criteria, you must complete one DelaWELL Health Screening OR submit a completed Health Screening Provider Form from July 2014 – April 2015 and complete your Wellness Assessment for 2014-2015. Your Height and Weight (BMI), Total Cholesterol and Blood Pressure must be measured at a DelaWELL Health Screening OR submitted using the Health Screening Provider Form to earn Healthy Values rewards. Healthy Values reward will not be based on values manually entered into the assessment. **Both the fasting and non-fasting options for the Health Screening will provide results on the healthy values, including total cholesterol.** Your screening results will be loaded into your Wellness Assessment and the “My Healthy Values” page about four weeks (20-25 business days) after your screening or after your form is submitted. You do not have to wait for the values to be loaded before you complete and submit your online Wellness Assessment. The “My Healthy Values” page will show green check marks for each criterion you meet. You must meet all four criteria to earn the DelaWELL Gold Level Reward. **The activity point for meeting Healthy Values criteria will be posted monthly.**

If you think your Body Mass Index (BMI) is above the norm due to high muscle mass, and as a result are unable to meet the Healthy Values because of it, an alternate method to obtain the wellness incentive is available. In this case, you may provide a signed verification document from your physician that attests to this fact. Please contact employee.wellness@state.de.us and we will email you with a copy of the physician verification statement for you to use. The completed physician’s verification statement must be submitted by **May 1, 2015** to satisfy the alternate method to obtain the Gold Level Reward for 2014-2015. Silver Level Reward requirements (Health Screening and Online Wellness Assessment) must also be met, in addition to meeting the other three Healthy Values (Blood pressure, cholesterol and non-tobacco user). If you are not able to meet the BMI target for other reasons or meet the other Healthy Values, keep in mind that there are alternatives for obtaining the Gold Level Reward. These include participating in either the Lifestyle Coaching Program, Condition Care Program, Weight Watchers® Program or Quit for Life® Program.

ADDITIONAL HEALTH RESOURCES (THE FOLLOWING ARE NOT FOR CREDIT TOWARD THE DELA WELL REWARDS):

NEW! Virtual Coaching (“Work Independently”) Program

As of July 1, 2014, Virtual Coaching (“Work Independently”) replaces the previous online Healthy Living Programs (HLPs). Participants who were engaged in a HLP needed to complete it before July 1. After July 1, participants will be encouraged to set up their new Virtual Coaching (“Work Independently”) program, and HLPs will no longer be available. The new Virtual Coaching (“Work Independently”) experience provides a personalized action plan tailored to an individual’s goals in a new and innovative way and integrates seamlessly for individuals who also enroll in a Lifestyle Coaching (“Work with a Coach”) program. To participate in a Virtual Coaching (“Work Independently”) program, see the “Coaching” link on the [DelaWELL Health Portal](#). **This activity provides you with health information, but is NOT for credit toward the DelaWELL Rewards.**

DelaWELL University Onsite Health Seminars

Onsite Health Seminars will be held at various times and locations throughout the state during the program year. Click on the onsite health seminar link on the left menu to register for a location nearest you.

The DelaWELL University Onsite Health Seminars are available to ALL State of Delaware agency, school district, charter school and higher education employees, as well as state pensioners. Due to limited seating accommodations, the onsite health seminars are **NOT** offered to spouses, dependents or participating group members (with the exception of University of Delaware and Delaware Transit Corporation employees). **This activity provides you with health information, but is NOT for credit toward the DelaWELL Rewards.**

Online Seminars

Learn about a different health and wellness topic each month in about 15 minutes. The current month’s seminar is available on the [DelaWELL Health Portal](#), and prior month seminars are available under the Tools & Media link. **This activity provides you with health information, but is NOT for credit toward the DelaWELL Rewards.**

Satisfaction Survey

Complete a short online survey in May 2015 to give us your feedback about the DelaWELL program and provide your suggestions.

WELLNESS CHALLENGES

Stress Busters Challenge (September 1- October 15, 2014)

Do you know how to reduce or control the stressors in your life? Challenge yourself to take the Stress Busters Challenge and put healthy stress management steps into your routine.

By practicing certain behaviors, you can strengthen your body to better accommodate stress. Earn 1 point per day for doing each of the following, with a maximum of 4 points per day:

- Healthy Eating: Eat at least 1 cup of fruits and 1 cup of veggies
- Exercise: Get at least 15 continuous minutes of physical activity
- Sleep: Get at least 7 hours of sleep
- Relaxation/Meditation: Get at least 15 minutes of relaxation/meditation

The goal of this challenge is to earn at least 100 points by October 15, 2014. Paper tracking forms will be available. Points must be entered online at the [DelaWELL Health Portal](#) or through the Mya app by October 22, 2014. **This activity provides you with health information, but is NOT for credit toward the DelaWELL Rewards.**

One Change Challenge (January 15 – February 15, 2015)

The One Change Challenge promotes the development of healthy habits. Participants choose one current habit (from a list of four) and replace it with a healthy habit. The focus is on making a big impact over time by implementing one small change.

Not Getting Enough Exercise? Get moving for at least 10 minutes twice a day.

Grabbing high-calorie snacks or desserts often? Replace high-calorie snacks and desserts with fruit or vegetable servings.

Drinking too many sodas or sweetened drinks? Limit sodas and sweetened drinks to 1 a day and replace others with water or no-calorie options.

Not getting enough sleep? Get at least 7 hours of sleep a night.

You will earn 1 point each day you put the healthy habit into practice. The goal of this challenge is to earn at least 21 points. Paper tracking forms will be available. Points must be entered online at the [DelaWELL Health Portal](#) or through the *Mya* app by February 22, 2015. **This activity provides you with health information, but is NOT for credit toward the DelaWELL Rewards.**