

# WELL AWARE



January 2011

Volume 3 Issue 1

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## Contact DelaWELL

[www.delawell.delaware.gov](http://www.delawell.delaware.gov)

1-800-556-6106

EMAIL: [Employee.wellness@state.de.us](mailto:Employee.wellness@state.de.us)

## Alere®

<https://delawell.alerehealth.com>

1-866-674-9103

## Contact Statewide Benefits Office

[www.ben.omb.delaware.gov](http://www.ben.omb.delaware.gov)

1-800-489-8933 OR (302) 739-8331



Ready to Lose Weight and Keep It Off?

Take the

## Weigh Down, Stay Down

## CHALLENGE

January 10 – March 4, 2011

Lose excess pounds and maintain a healthy weight with help from DelaWELL!

### How the Challenge Works:

- Practice healthy steps each day and track them.
- Get 1 point for each healthy step you take, up to 4 points per day.
- Meet the challenge goal of 150 points and receive **5 Wellness Credits**, which help eligible members earn **up to \$200** in DelaWELL Rewards!
- Use the paper tracking form to keep up with your points or track online at <https://delawell.alerehealth.com>. Participants must enter their points online at the DelaWELL Health Portal by March 11, 2011 to earn incentive credits.

### Bonus Points

To earn challenge bonus points, weigh yourself at the beginning and end of the challenge. Record your weight loss at the end of the challenge to earn 1 point per pound you lose, up to 16 points. **Weight loss is not required to meet the goal or earn credits.**

### Join A Team!

You can create a team or participate as an individual — it's your choice. For support and fun throughout the challenge, form a team of at least 5 members. Choose a Team Captain to sign up your team on the DelaWELL Health Portal by January 17, including your team name, members and team total weight. Team Captains will report your team progress online at the mid-point and end of the challenge, and we'll post team standings and celebrate successes!

## Have Questions?

Visit the DelaWELL Health Portal at <https://delawell.alerehealth.com> or call (866) 674-9103 to speak with a program representative.

# NEW! Important Program Information

- Participants now have until **May 31, 2011** to complete their online **Wellness Assessment (Worth 6 Wellness Credits)**. To access it, log on the DelaWELL Health Portal at <https://delawell.alerehealth.com>.
- DelaWELL is offering participants additional opportunities to attend an **onsite Health Screening (Worth 4 Wellness Credits)** beginning **January 24 through March 2011**. To register for a DelaWELL Health Screening appointment, please visit <https://delawell.alerehealth.com>. After you log in, click on the “Appointment Registration” link located on the left side of the screen under Health Screenings. Below is the health screening schedule for this month:

## January 2011- DelaWELL Health Screening Calendar

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
23	24 (New Castle County) Carvel State Office Bldg.- 10 <sup>th</sup> Floor Training Room (Wilmington, DE) 8:30am – 4:00pm	25 (Sussex County) Stockley Center - All Star Building, Gymnasium (Georgetown, DE) 8:30am – 6:30pm	26 (Kent County) Delaware Hospital for the Chronically Ill – Candee Auditorium (Smyrna, DE) 9:30am– 6:00pm	27 (New Castle County) Herman Holloway Campus- Springer Building, Classroom 3 (New Castle, DE) 8:30am – 4:30pm	28 (Kent County) Cannon Building – 2 <sup>nd</sup> Floor, Conference Room A (Dover, DE) 8:00am – 4:30pm	29 (Kent County) Delaware Hospital for the Chronically Ill- Candee Auditorium (Smyrna, DE) 9:00am – 4:30pm
30	31 (New Castle County) Appoquinimink District Training Center- Rooms 144/145 (Odessa, DE) 2:30pm – 6:30pm					

## Invest in your health with DelaWELL!

Help the State control health care costs while earning credits toward a **\$200 cash incentive**.

Now through May 31, 2011, 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 Wellness Credits towards DelaWELL Rewards\*:

**Gold Level: Earn 20 wellness credits (including Wellness Assessment) AND Health Screening) and earn a \$200 DelaWELL Reward\***

**OR**

**Silver Level: Earn 20 wellness credits (including Wellness Assessment) and earn a \$100 DelaWELL Reward\***

Learn more about the DelaWELL Rewards and ways to earn wellness credits by visiting the DelaWELL Health Portal at <https://delawell.alerehealth.com>. After you log in, click on “Program Overview” located on the left side of the screen under “DelaWELL Program Info.” *Have Questions?* Please call (866) 674-9103.

\*Employees who earn the incentives will receive a cash incentive paid in July 2011. State non-Medicare eligible pensioners who earn the incentives will have it applied toward their health plan contributions in July 2011. Rewards are NOT offered to spouses, dependents or participating group members (with the exception of University of Delaware and Delaware Transit Corporation employees).

# HEALTHY REMINDERS!

## Flexible Spending Account Program

- The “Grace Period” for the 2010 Plan Year allows members to incur expenses until March 15, 2011.
- Requests to be reimbursed for 2010 Plan Year must be submitted to ASIFlex by April 15, 2011.
- Benny Card holders for the 2010 Plan Year must substantiate transactions by April 15, 2011. In accordance with IRS Regulations, failure to substantiate a transaction/s or repay the transaction/s in full will result in the associated amount becoming taxable earnings. If not substantiated or repaid by April 15, 2011, the full amount of the claims will be added to the member’s W-2 as taxable income for calendar year 2011.
- Effective January 1, 2011, for members of 2010 and 2011 Plan Years and future plan years, IRS regulations prohibit the purchase of some over-the-counter medications without a prescription. A few examples of medications no longer eligible for reimbursement or Benny Card processing are pain relievers, cold and allergy medications and antacids. Over-the-counter supplies, such as contact lens solution and band aids, are eligible for reimbursement or Benny Card processing.

Contact ASIFlex at 1-800-659-3035 for more information or view information online at [www.ben.omb.delaware.gov/fsa](http://www.ben.omb.delaware.gov/fsa).

## Did you know...

If you are enrolled in one of the State’s Group Health Plans, you are eligible to participate in our Employee Assistance Program.

Yes, that’s right! Human Management Services, Inc. (HMS) administers counseling services to employees, pensioners and their dependents enrolled in a non-Medicare health insurance plan. If you’re feeling challenged at work or home, HMS can help turn the challenges of 2010 into opportunities for 2011, whether personal or work-related.

For more detailed information on how to receive free assistance on a wide range of topics, visit the HMS section of our website at <http://ben.omb.delaware.gov/eap/index.shtml>, or call HMS at 1-800-343-2186 for more information.

## Prescription Drug Plan Info...

Medco’s 2011 Formulary of Preferred Prescriptions is available for your reference at <http://ben.omb.delaware.gov/script/index.shtml>.

Medco’s Member Services can be contacted at 1-800-939-2142.



## VSP Eyecare Monthly Article: [Eye Exam 101](#)

Here’s what to expect at your annual eye exam—something that's important for everyone. To learn more about your vision benefits, please visit [www.vsp.com](http://www.vsp.com) and click the *Members* tab.

## Important Notice...Laboratory Services for BCBSD Members

Blue Cross Blue Shield of Delaware (BCBSD) has announced that effective February 1, 2011, Laboratory Corporation of America (LabCorp), including DIANON *Systems*, a LabCorp subsidiary, will become the exclusive, non-hospital commercial laboratory provider for BCBSD members. Please note this change does not impact hospitals or physicians that are in-network providers for laboratory services.

BCBSD members who have laboratory services performed within the hospital setting or in a physician's office will still be able to use these facilities. For example, if you receive laboratory services or your specimens are sent to a hospital that is a network provider for laboratory services or an outpatient center affiliated with an in-network hospital, the service will still be covered at the in-network level.

Also, please note the following:

- **If you use LabCorp**, claims will be processed at the in-network level.
- **If you use a hospital or physician that is an in-network provider for laboratory services**, claims will be processed at the in-network level.
- **If you use Quest Diagnostics, AmeriPath or CLBPath:**
  - ***If you have in- and out-of-network benefits:*** Claims for these providers (which will be considered out-of-network effective February 1, 2011) will be processed at the out-of-network level. In these cases, you may be responsible the difference between the billed amount and the amount paid by BCBSD.
  - ***If you do not have out-of-network benefits (i.e. you are in BCBSD's HMO/BlueCare<sup>®</sup> IPA Plan):*** Claims for these out-of-network providers will be denied, and you will be responsible for the entire cost.
- **If you live and receive services outside of BCBSD's service area**, this requirement does not apply to you because you use your local Blue Plan's provider network.
- **If you are a Special Medicfill<sup>®</sup> member**, this requirement does not apply to you because Medicare is the primary payor of laboratory services.

When visiting LabCorp, you may be asked but are not required to provide credit card information to pay for any out-of-pocket costs (co-pay, deductible and/or co-insurance, as applicable). If you choose not to submit credit card information, services will still be provided. You will be mailed a statement indicating your applicable out-of-pocket costs.

If you live in Delaware or a contiguous county, you will receive additional information from BCBSD regarding this laboratory network change. If you have any questions, or want to learn more, please contact BCBSD's Customer Service Department at 1-800-633-2563 or 429-0260. You may also contact the Statewide Benefits Office at 1-800-489-8933 or (302) 739-8331.

## Healthy Recipe



**banana-kiwi**  
smoothie pops

You don't have to be a kid to love these refreshing frozen treats.

Takes more than 60 minutes  
Makes 10 pops

### INGREDIENTS:

Juice of 1 lime  
1 envelope unflavored gelatin  
6 ripe kiwis  
1 ripe banana

### PREPARATION:

1. Measure lime juice and add enough water to make 2/3 cup (160 ml). Pour liquid into a small saucepan. Sprinkle gelatin over the liquid and let stand for 1 minute or until gelatin softens. Cook over low heat, stirring until gelatin dissolves (about 2 minutes).
2. Using a paring knife, cut kiwis into quarters, peel, and remove the white core and seeds from each piece. Place the seeded kiwi pieces in the bowl of a food processor fitted with a metal blade. Peel and slice the banana and add to the food processor. Process to a puree — about 1 minute. Add gelatin mixture and lemon yogurt and process to blend.
3. Spoon fruit mixture evenly into 3-oz (90 ml) paper cups. Cover tops of cups with aluminum foil, and insert a wooden stick through foil into center of each cup. Freeze until firm. To serve, remove aluminum foil and peel cup from smoothie pop.

### NUTRITION INFO PER POP

55 Calories  
0g Fat  
0g Saturated fat  
3g Protein  
11g Carbohydrate  
2g Fiber  
28mg Sodium

For more great healthy recipes, visit the  
DelaWELL Health Portal at  
<https://delawell.alerehealth.com>



## The Fitness Guru Says...

### Question of the Month: What is a healthy weight loss goal?

Dear Employee,

It's natural for anyone trying to lose weight to want to lose it quickly; however, evidence shows that people who lose weight gradually and steadily (**about 1 to 2 pounds per week**) are more successful at keeping weight off. Healthy weight loss is about an ongoing lifestyle that includes long-term changes in daily eating and exercise habits.

To lose weight, you must burn more calories than you take in. Since one pound equals 3,500 calories, you need to reduce your caloric intake by 500—1000 calories per day to lose about 1 to 2 pounds per week. Losing weight is not easy, and it takes commitment. But if you're ready to get started, I encourage you to participate in DelaWELL's eight-week "Weigh Down, Stay Down" challenge to help get you on the road to weight loss and better health.

No matter what your weight loss goal is, even a modest weight loss, such as 5 to 10 percent of your total body weight is likely to produce health benefits (i.e. improvements in blood pressure, blood cholesterol and blood sugar). For example, if you weigh 200 pounds, a 5 percent weight loss equals 10 pounds.

Even if the overall goal seems large, see it as a journey rather than just a final destination.

*Stay Fit and Happy New Year!*  
*F.G. (a.k.a. Fitness Guru)*

***"When my lower back goes out – I'm out of commission."***



**Get the support you need to relieve the pain. We can help.**

Take advantage of the FREE and Confidential Condition Care Program for Back Pain, administered by Alere® and:

- Talk with specially trained registered nurses
- Find out what you can do when back pain strikes
- Learn to prevent future attacks

Visit the DelaWELL Health Portal at <https://delawell.alerehealth.com> or call (866) 674-9103 to get started today!

# Eat This, Not That – Pasta Edition

Try this

## Barilla® Whole Grain Rotini



### Nutrition Facts

Serving Size 2 oz (56g)  
Servings Per Container about 7  
Calories 200  
Calories from Fat 15

Amount / Serving	% Daily Value*
Total Fat 1.5g	2%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 0mg	0%
Vitamin A 0% • Vitamin C 0%	
Phosphorus 15% • Magnesium 15%	

Amount / Serving	% Daily Value*
Total Carbohydrate 41g	14%
Dietary Fiber 6g	24%
Sugars 2g	
Protein 7g	
Calcium 0% • Iron 8%	

Made with 51% whole wheat, Barilla Whole Grain delivers three times the fiber of regular pasta.

Instead of that

## Barilla® Classic Blue Box Rotini



### Nutrition Facts

Serving Size 2 oz (56g)  
Servings Per Container 8  
Calories 200  
Calories from Fat 10

Amount / Serving	% Daily Value*
Total Fat 1g	2%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 0mg	0%
Vitamin A 0% • Vitamin C 0%	
Thiamin 35% • Riboflavin 15%	

Amount / Serving	% Daily Value*
Total Carbohydrate 42g	14%
Dietary Fiber 2g	8%
Sugars 1g	
Protein 7g	
Calcium 0% • Iron 10%	
Niacin 15% • Folate 30%	



## What's right for you? We have options that fit!

The DelaWELL Health Management program has options to fit your needs and health goals whether you are in good health, are ready to make a few changes to get healthier or are living with a chronic health condition. Completion of each program is worth Wellness Credits and provided at no cost to you.

**Healthy Living Programs** are self-paced, online programs to help you achieve health goals in areas such as getting active, eating healthier and reducing stress. You will have an achievable goal each week and a To-Do List of action items to make it happen. Regular e-mails will remind you to stay on track. **Earn 4 Wellness Credits for each program you complete, up to 8 credits.**

You have access to your own confidential **Health Coach**, who provides personalized guidance through a series of phone calls or online interactions to help you reach your goals. If you are ready to make a healthy change and need the additional support of a coach, call 1-866-674-9103 to get started or enroll online. **Earn 5 Wellness Credits for meeting the criteria of completing at least 8 interactions with your coach in the first 3 months you are enrolled. Credits are awarded monthly.**

If you have certain chronic health conditions, you have access to the **DelaWELL Condition Care Program**, a personal health support program to help you live as healthy as possible while managing your conditions. If you are enrolled in a State of Delaware medical plan and have a diagnosis of asthma, chronic obstructive pulmonary disease (COPD), congestive heart failure (CHF), coronary artery disease (CAD), diabetes, back pain or osteoarthritis, Alere will contact you with information about this program, or you can call 1-866-674-9103 to enroll. **Earn 5 Wellness Credits when you are actively enrolled and meet minimum participation criteria based on your condition and status. Credits will be awarded in May.**

For more details about ways to earn DelaWELL credits and rewards, visit <https://delawell.alerehealth.com> today!