

# WELL AWARE



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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



## There’s still time to join the **Weigh Down, Stay Down** **CHALLENGE** (Worth 5 Credits) (Offered NOW through March 4, 2011)

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

### Have Questions?

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

Get started today and earn points as you reach and maintain a healthy weight:

- Exercise at least 15 minutes
- Eat a healthy low-fat, high-fiber breakfast
- Limit sweets to 1 serving or less
- Drink at least 5 glasses of water

For more information and to log your points, click on the challenge banner when you visit <https://delawell.alerehealth.com>.

**NOTE: Individuals may participate in the challenge. Weight loss is not required to meet the goal or earn credits.**

## Resources for a Healthy Heart



### Healthy Living Programs (4 wellness credits each, max 8)

Healthy lifestyle changes are the first step to keeping your heart healthy. Try one of these six week, self-paced Healthy Living Programs to help you lower your risk for heart disease:

#### Healthy Living Program

#### Lifestyle Change

Smoke Free

Don't smoke. This may be the most important thing you can do. Quitting smoking can quickly reduce the risk of heart attack or death.

Healthier Diet

Eat a heart-healthy diet that includes plenty of fish, fruits, vegetables, beans and high-fiber.

Get In Shape

Get regular exercise on most, if not all, days of the week. Your doctor can suggest a safe level of exercise for you. A good goal is walking 30 minutes or more a day.

Stress Relief

Lower your stress level. Stress can hurt your heart.

Healthy Heart

Learn to lower cholesterol, get active and manage stress for overall heart health.

### Condition Care Program (5 wellness credits for active program participants)

If you have been diagnosed with Coronary Artery Disease, access the Condition Care program by calling **1-866-674-9103** to enroll. This program gives you access to a nurse who will work with you, and if needed, your treating physician, to assure your treatment plan meets all appropriate standards of quality care. Like all other DelaWELL offerings, the Condition Care Management Program is completely voluntary, free and confidential.



**Don't miss your opportunity to attend a  
FREE Health Screening at or near your worksite  
and earn 4 credits towards your **\$200 cash incentive!****



DelaWELL is offering participants additional opportunities to attend an **onsite Health Screening (Worth 4 Credits)** beginning **NOW through March 31, 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." **Screening measurements include Body Mass Index (BMI), Blood Pressure, Cholesterol, Triglycerides and Blood Sugar (Glucose).**

The screening takes approximately 15 minutes. Each participant will receive an informational brochure with their personal health values and meet with an onsite counselor about the results. Below is the health screening schedule for this month:

**February 2011- DelaWELL Health Screening Calendar**

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1	2 <b>(Kent County)</b> <u>Richardson &amp; Robbins Building – DNREC Auditorium</u> (Dover, DE) 9:30am – 4:00pm	3	4	5
6	7	8 <b>(Sussex County)</b> <u>Georgetown State Service Center – DPH Conference Room</u> (Georgetown, DE) 9:00am –	9 <b>(Kent County)</b> <u>Delaware Public Archives – Delaware Room</u> (Dover, DE) 9:30am – 3:30pm	10 <b>(New Castle County)</b> <u>Stanton Middle School- Audion</u> (Wilmington, DE) 3:00pm - 7:00pm	11 <b>(Kent County)</b> <u>DelDOT Administration Bldg – Farmington/Felton Conference Rooms</u> (Dover, DE) 9:00am – 6:30pm	12 <b>(New Castle County)</b> <u>Chase Center on the Riverfront – Harlan &amp; Hollingsworth Room</u>
13	14 <b>(New Castle County)</b> <u>Delaware Youth and Family Center – Room 199</u> (Wilmington, DE) 9:00am – 6:30pm	15 <b>(Sussex County)</b> <u>Milford Middle School – Board Room at Middle School Annex</u> (Milford, DE) 2:30pm – 6:30pm	16	17	18	19
20	21	22	23 <b>(Kent County)</b> <u>DelDOT Administration Bldg – Farmington/Felton Conference Rooms</u> (Dover, DE) 9:00am – 6:30pm	24 <b>(New Castle County)</b> <u>Eden Support Services Building – Library Room</u> (Bear, DE) 2:30pm – 6:30pm	25 <b>(New Castle County)</b> <u>University of Delaware – General Services Building, Room 130</u> (Newark, DE) 9:00am – 6:00pm	26
27	28 <b>(New Castle County)</b> <u>Herman Holloway Campus- Springer Building, Classrooms 1 &amp; 2</u> (New Castle, DE)					

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.

## Healthy Recipe

### sweet potato brûlée



Serve as a side dish or a cold-weather dessert.

Takes under 30 minutes  
Makes 6 servings

#### INGREDIENTS:

- 4 medium sweet potatoes, peeled and cut into 8 pieces each
- 1 vanilla bean, optional
- 2 teaspoons maple syrup
- 1/4 teaspoon vanilla extract
- 2 tablespoons maple or natural cane sugar

#### PREPARATION:

1. Preheat broiler.
2. Place sweet potatoes in a large pot, cover with water and bring to a boil over medium high heat.
3. Cook sweet potatoes in boiling water until soft, about 25 minutes. Drain.
4. Transfer sweet potatoes to a food processor or the bowl of an electric mixer and purée for about 2 minutes, until mixture is smooth.
5. If using vanilla bean, split it down the middle, open the pod and scrape the beans into the purée using a sharp knife. (Reserve vanilla bean pod to flavor another recipe; wrap it airtight and freeze.)
6. Add maple syrup and vanilla extract to mixture and purée for 30 seconds more.
7. Divide sweet potato mixture among 6 individual custard dishes. Coat the surface of each with maple or natural sugar.
8. Place custard dishes on a baking sheet and set under broiler until sugar melts and bubbles, about 5 minutes. Watch carefully and remove before sugar begins to burn.

#### NUTRITIONAL INFO PER SERVING

100 Calories

0.1g Fat

0g Saturated fat

1.3g Protein

24g Carbohydrate

2.3g Fiber

9mg 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 are the signs and symptoms of a heart attack?

Dear Employee,

If the blood supply to the heart muscle is cut off, a heart attack can occur. Basically, the cells in the heart muscle do not receive enough oxygen and begin to die.

According to the Centers for Disease Control and Prevention (CDC), the five major symptoms of a heart attack are:

- Pain or discomfort in the jaw, neck or back
- Feeling weak, light-headed or faint
- Chest pain or discomfort
- Pain or discomfort in arms or shoulder
- Shortness of breath

If you think that you or someone you know is having a heart attack, you should call 9–1–1 immediately. It is crucial to recognize the signs of a heart attack and to act immediately by calling 9–1–1. A person's chances of surviving a heart attack are increased if emergency treatment is given to the victim as soon as possible.

*Be smart and take care of your heart!*

*F.G. (a.k.a. Fitness Guru)*

## Friday, February 4, 2011, is National Wear Red Day



*The Heart Truth* is that one in four American women dies of heart disease, and most fail to make the connection between risk factors—such as high blood pressure and high cholesterol—and their personal risk of developing heart disease.

Friday, February 4, 2011, is National Wear Red Day—a day when Americans nationwide will take women's health to heart by wearing red to show their support for women's heart disease awareness. Everyone can participate in the national movement by wearing their favorite red dress, shirt or tie.

For more information, visit <http://www.nhlbi.nih.gov/educational/hearttruth/>.

## Eat This, Not That – Pasta Sauce Edition



*Try this*

NEW - Prego® Veggie Smart™ Chunky & Savory



Serving Size= ½ cup  
90 Calories  
1.5 g Total Fat  
360 mg Sodium (25% less sodium than traditional sauce)  
3 g Dietary Fiber  
510 mg Potassium  
Vitamin A (30%)

Each ½ cup serving of Prego® Veggie Smart™ sauce provides the equivalent of 1¼ cups of vegetables. USDA MyPyramid recommends 2½ cups of a variety of vegetables per day for a 2,000 calorie diet.

*Instead of that*  
Prego® Traditional Sauce



Serving Size= ½ cup  
70 Calories  
1.5 g Total Fat  
480 mg Sodium  
3 g Dietary Fiber  
Vitamin A (10%)

## February is National Children's Dental Health Month

Visit Delta Dental's children's website at [mysmilekids.com](http://mysmilekids.com) to learn more about children's dental health the fun way!

- Interactive games
- Stories
- Coloring pages
- And more!



February is Age-Related Macular Degeneration (AMD)/Low Vision Awareness Month

VSP Eyecare Monthly Article: [The Golden Years Bring Golden Vision Opportunities](#)

Seniors are finding more and more procedures and products to help them see their way to the best retirement years possible. To learn more about your vision benefits, please visit [www.vsp.com](http://www.vsp.com) and click the **Members** tab.

# ***New Delta Dental policy could save you money!***

Delta Dental is implementing a new policy February 1, 2011, that could save you money on procedures that are not covered by your dental plan with the State of Delaware. Delta Dental will require dentists who participate in Delta Dental's networks to accept Delta Dental's discounted fee for a non-covered service as long as your dental plan provides for an alternative procedure that can address the dental condition being treated.

**Example 1:** Suppose you want a posterior composite (white) filling applied to a molar. Your dental plan does not provide benefits for posterior composites, but it does provide coverage for amalgam (silver) fillings or restorations.

In this instance, because an alternative treatment is a covered benefit, the participating dentist would be required to accept Delta Dental's discounted fee – rather than his/her usual fee – for the posterior composite. You would be charged the difference between Delta Dental's payment toward the amalgam filling and Delta Dental's discounted fee for a posterior composite rather than the dentist's whole – often higher – fee.

**Example 2:** You can also save on the cost of a procedure that is subject to frequency limitations. For instance, your dental plan with the State of Delaware provides for two cleanings in a year. If you were to get a third cleaning in a year, your Delta Dental participating dentist could charge you no more than Delta Dental's discounted fee for that third cleaning, rather than the dentist's whole – probably higher – fee.

**Example 3:** The policy does not apply to cosmetic-only procedures, such as veneers or crowns provided purely for aesthetic purposes, or to large reconstruction cases where the entire bite is changed as a result of crowns and bridges or implants (as itemized in Delta Dental's standard list of limitations and exclusions).

Delta Dental's non-covered services policy is available to Delta Dental enrollees, including their enrolled dependents.

Contact Delta Dental at 1-800-873-4165 for more information on this new policy.

## **REMINDER...**

### **Laboratory Services for BCBSD Members**

Blue Cross Blue Shield of Delaware (BCBSD) has announced that **effective February 1, 2011**, Laboratory Corporation of America (Lab Corp), including DIANON Systems, a Lab Corp 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. Visit <http://ben.omb.delaware.gov/medical/index.shtml> to learn more about this important change.

You may also connect with Lab Corp's website and BCBSD's website from this location or by contacting BCBSD's Customer Service Department directly at 1-800-633-2563 or (302) 429-0260. The Statewide Benefits Office staff is available at 1-800-489-8933 or (302) 739-8331.