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Contact DelaWELL

www.delawell.delaware.gov
1-800-556-6106
EMAIL: Employee.wellness@state.de.us

Alere®

<https://delawell.alerehealth.com>
1-866-674-9103

Contact Statewide Benefits Office

www.ben.omb.delaware.gov
1-800-489-8933 OR (302) 739-8331

Have you logged your points for DelaWELL's Healthy Hearts Challenge?



Don't forget, **DelaWELL's Healthy Hearts Challenge*** ends **February 15**. If you haven't joined the Challenge yet, it's not too late. Get started today and begin enjoying the benefits of a healthy heart.

Need some new ways to incorporate more fruits, vegetables and whole grains in your diet? Take a look at these ideas:

- Cooked oatmeal topped with berries or dried fruit
- Peanut butter and banana sandwich on whole wheat
- Mixed green salad and whole wheat roll
- Vegetable soup with rye toast or multigrain crackers
- Homemade muffins or cookies made with whole wheat flour. Substitute half of the oil or butter with pureed pumpkin, squash or mashed banana.
- Vegetable stir fry with brown rice
- Whole wheat pasta with tomato sauce

Record at least **125 points by February 24** to reach the challenge goal. For more information and to log your points in the Healthy Hearts Challenge, visit the DelaWELL Health Portal at <https://delawell.alerehealth.com>.

**DelaWELL's 2011-2012 Wellness Challenges are provided as additional health resources and do not count toward the 2011-2012 DelaWELL Reward requirements. To learn more about the 2011-2012 DelaWELL Rewards, please visit the DelaWELL Health Portal at <https://delawell.alerehealth.com>. Once logged in, click on "Program Overview" located on the left menu.*

Friday, February 3, 2012 is National Wear Red Day®



*Did you know that heart disease is the #1 killer of both men **and** women?*

Wear red on Friday, February 3, 2012 by putting on a favorite red dress, red shirt, red tie or Red Dress Pin and show your support for women's heart health.

National Wear Red Day is a registered trademark of the U.S. Department of Health and Human Services and the American Heart Association.

Help Your Heart: Take Care of Your Eyes

If you ask people what's the most important of their five senses, chances are they'll say their eyesight.



A stethoscope, blood pressure cuff and the look in your eye during the visit to the eye doctor, all have one thing in common, your heart.

Just as your primary care physician may listen to your heartbeat and check your blood pressure to monitor your heart rate, your eye doctor examines your eyes to get a clear look into your cardiovascular system. In fact, the eye is one of the only areas of the body where doctors have an unobstructed view of blood vessels. A full eye examination may reveal the first signs of serious heart conditions, including high blood pressure—before symptoms show up elsewhere in the body. And if not managed effectively, many of these cardiovascular conditions can lead to vision loss, too.

As part of your exam, your eye doctor may examine the retina, where he or she can view small changes in the blood vessels in the back of the eye. This test can indicate more serious diseases. The exam is painless and noninvasive, and recent advancements such as digital retinal imaging enable your eye doctor to monitor all of the structures of the retina over time.

What your eyes say about your blood pressure

Known as the "silent" disease because its victims often lack symptoms, high blood pressure affects about one in three adults in the United States—while more than one in five people don't even know they have it. However, a comprehensive eye exam may uncover early signs of cardiovascular disease.

Your eye doctor can check for subtle changes in the retina that result from high blood pressure, a condition called hypertensive retinopathy. If your eye doctor sees these changes, he or she can refer you to your primary care physician, who can recommend further testing and treatment.

How high blood pressure can affect your sight

In some cases, vision loss can occur due to hemorrhages or hypertensive retinopathy. This condition happens when blood obstructs the retina, the eye is deprived of oxygen or the macula (central part of the eye) swells. Obstruction of the arteries and blood vessels in the retina can be temporary or permanent.

Be good to your heart—it's great for the eyes

By maintaining a healthy lifestyle, you can help avoid risk factors that may affect heart health and vision. Take care of your heart and eyes by following these steps:

- Exercise regularly.
- Maintain a proper weight.
- Eat a heart-healthy diet rich in omega-3 fatty acids, antioxidants and soluble fiber.

Consult with your medical doctor before starting any exercise or diet program. And don't forget to see your eye care professional for regular eye exams. Your heart will thank you.

To learn more about your vision benefits, please visit www.eyemedvisioncare.com
And click the **Members** tab.

Important DelaWELL Reward Information

Complete These Simple Steps by May 31, 2012 and earn a DelaWELL Reward*
Complete Steps 1 and 2 to earn the Silver Level: \$100 DelaWELL Reward
OR
Complete Steps 1 and 2 and 3 to earn the Gold Level: \$200 DelaWELL Reward

Step 1: Participate in a free DelaWELL Health Screening. Screenings are being offered NOW through April 27, 2012 for individuals who have not yet attended a screening for the 2011-2012 DelaWELL Program Year. To register, visit the DelaWELL Health Portal at <https://delawell.alerehealth.com>. Once logged in, click on the links located on the left side of the screen for more information, which will show you a screening schedule and give you the option to sign-up for an appointment.

Step 2: Complete your confidential online Wellness Assessment for 2011-2012, by logging into the DelaWELL Health Portal at <https://delawell.alerehealth.com>.

Step 3: Actively participate in a Health Coaching or Condition Care Program this program year and meet minimum participation requirements (See specific requirements in the "Program Descriptions" below). If you QUALIFY for a Health Coaching or Condition Care Program, you MUST complete either program to meet the Step 3 requirement and earn the \$200 DelaWELL Reward. ONLY those not eligible for Health Coaching or Condition Care can satisfy the Step 3 requirement by completing a 6-week online Healthy Living Program. To find out if you qualify for a Health Coaching or Condition Care Program or to enroll, call the Alere Helpdesk at (866) 674-9103 and speak with a nurse or visit the DelaWELL Health Portal.

SPECIAL NOTE FOR MEMBERS WHO CURRENTLY PARTICIPATE IN A DELAWELL HEALTH COACHING OR CONDITION CARE PROGRAM: To satisfy the Step 3 requirement and receive the activity point, you need to complete at least 8 interactions (i.e. phone call, email or online conversation with your coach) within 6 months of enrolling in your health coaching program. Condition Care is an ongoing program. You do not need to "re-enroll" in a Condition Care program – you just have to keep scheduled calls with your Alere nurse care manager.

Program Descriptions:

Health Coaching Programs allow you to work with your own confidential coach via scheduled phone calls, online or e-mail in any of these five key behaviors: Healthy weight maintenance, smoking cessation, physical activity, eating habits/nutrition and managing stress. **To meet the Step 3 requirement for Health Coaching, you must complete at least 8 interactions with your coach within 6 months of enrolling in your health coaching program. Your Health Coach will validate program completion. Activity points are recorded monthly.**

Condition Care Programs are specialized education and support programs offered to enrollees in the State's medical plan who have been diagnosed or are receiving treatment for the following conditions: Asthma, congestive heart failure, coronary artery disease, chronic obstructive pulmonary disorder, diabetes, osteoarthritis and back pain. **Activity points will be awarded to participants who keep scheduled phone calls with their Alere nurse care manager throughout the program year to meet the completion criteria. Activity points are recorded quarterly.**

Online Healthy Living Programs are 6-week online tutorials on various topics that help you take important steps to reduce risk and improve health. **All members can participate in the Healthy Living Programs; however, ONLY those not eligible for Health Coaching or Condition Care can satisfy the Step 3 requirement by completing a Healthy Living Program.**

Members who meet the requirements for the Silver or Gold Levels will also have a chance to win a FREE 3-month or 1-year YMCA Family Membership (generously donated by the YMCA of Delaware). Names will be randomly selected by Alere.

**DelaWELL Reward amounts will be paid in July 2012. Learn more about the 2011-2012 DelaWELL Program by visiting the DelaWELL Health Portal at <https://delawell.alerehealth.com>. Once logged in, click on the "Program Overview" link located on the left menu.*

Free Group Meetings To Help You Quit Smoking!

The DelaWELL Health Management Program is offering a special, free 4-week program for employees called “Beat the Pack” geared for smokers who are interested in quitting smoking. This program gives you stop-smoking information and a chance to receive support from others.

Each week, participants will be required to attend one group meeting, for a total of four sessions in a given month:

Week 1: Program Launch/ Reasons to Quit

Week 2: Coping With the Urge to Smoke

Week 3: Long-Term Benefits of Quitting Cigarette Smoking

Week 4: Staying Quit

To register for the 4-weekly “Beat the Pack” meetings at a location convenient for you, please visit www.delawell.delaware.gov and click on the “DelaWELL University Onsite Health Seminars” link.

DelaWELL is providing the “Beat the Pack” program at these upcoming sites:

- Office of Management and Budget (OMB) – The Duncan Center, Statewide Benefits Office (Dover, DE)
Meeting Dates: March 5, 12, 19 and 26 from 12-1pm
- Division of Child Support and Enforcement- Churchman’s Corp. Center (New Castle, DE)
Meeting Dates: April 5, 12, 19 and 30 from 12-1pm
- Thurman Adams State Service Center (Georgetown, DE)
Meeting Dates: May 3, 9, 16 and 23 from 12-1pm
- Department of Labor- Fox Valley Annex Building (Wilmington, DE)
Meeting Dates: June 8, 15, 22 and 29 from 12-1pm



Healthy Vending Pilot Update

Since the Delaware Health and Social Services (DHSS) healthy vending pilot program began on October 26, 2011, many employees and visitors have tried the new snacks and drinks. Some favorites include pretzels, cinnamon and sugar pita chips and baked Doritos. These healthier options have become some of the best selling items in the machines. Go ahead and try some of the new options and pick your favorite when visiting the DHSS Main Administration Building on the Herman Holloway Campus in New Castle!

Snacking **CAN** be healthy! Going long stretches between meals without snacking can cause blood sugar to drop, setting off cravings and causing you to indulge later on. Try replacing a high calorie snack with a lower calorie, healthier option to save up to 1,000 calories per week! Did you know that thirst can sometimes be perceived as hunger? Rather than reaching for a snack, try drinking a calorie-free drink first such as water or diet soda.

Herman Holloway Main Administration Building vending machine “BEFORE.”



Herman Holloway Main Administration Building vending machine “AFTER.” Notice the number of products that are now baked...subtle changes can quickly add up to a healthy lifestyle!





To register for a seminar date, time and location that is convenient for you, please visit www.delawell.delaware.gov and click on the "DelaWELL University Onsite Health Seminars" link.

February 2012 Onsite Health Seminar Topic: "Taking Care of Your Heart"

February is American Heart Month. Heart disease is the leading cause of death in the United States. The good news is you have the power to make healthy lifestyle changes to lower your risk.

At this seminar, you will learn about:

- Understanding your heart and conditions like heart attack and stroke (including warning signs), metabolic syndrome, arrhythmia, heart failure and peripheral artery disease
- Cardiac diagnostic tests, procedures and surgeries
- Dispelling common myths about heart disease
- Simple ways to live a more heart-healthy life, including ways to prevent and treat high blood pressure and high cholesterol
- Tips on heart-smart eating, shopping and cooking



March 2012 Onsite Health Seminar Topic: "Balanced Nutrition"

March is National Nutrition Month. Nutrition plays a key role in your overall health, including risk reduction and disease prevention.

At this seminar, you will learn about:

- Components of a healthy diet - proteins, fats, carbohydrates, fiber and water
- The New Food System Guide: MyPlate
- Nutrition Facts and Label Reading
- Whether or not to take supplements
- How you can choose your optimum nutritional plan



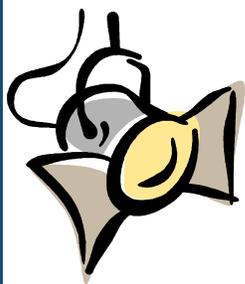
Take advantage of DelaWELL's free, confidential Condition Care Programs administered by Alere

If you have or think you may have one of the health conditions below, call 1-866-674-9103 today to learn more and enroll:

- Congestive Heart Failure (CHF)
- Chronic Obstructive Pulmonary Disease (COPD)
- Coronary Artery Disease (CAD)
- Diabetes
- Asthma
- Back Pain
- Osteoarthritis



Benefits of this program include a handbook to help you understand your condition, regular calls from a nurse to help you manage your condition and reports back to your doctor on your progress.



Motivation Station: Employee Spotlight

“The Step-Up Challenge started some good old fashioned competition between steppers and I’d like to think we are a healthier work place due to more people consciously taking the steps as opposed to the elevator.”

Kelley Zugger

Administrative Assistant

**Department of Health and Social Services
(DLTCRP DelaWELL Wellness Champion)**

“The Wilmington office of Delaware’s Department of Health and Social Services - Division of Long Term Care Residents Protection (DLTCRP) started a Step-Up Challenge in January 2011. Our Division initially started the Step-Up Challenge as a “Local Activity” for an opportunity to earn points towards the 2010-2011 DelaWELL Reward. We had an initial goal of 50,000 steps. After the first 50,000 steps were reached it was decided we would continue the challenge to see how many steps we could climb in a year’s time.

To get us started, I counted how many steps there were from each entry level of our building up to the 3rd floor. I hung a tracking sheet near one of our entrance doors that listed each level of our building, and whenever anyone would walk up the steps, they would put a mark next to their name based on which level they walked up from. Every few weeks I would make a new sheet and calculate our totals.

We concluded our Step-Up Challenge on December 16th with a total of 278,000 steps! Throughout the year, we had 25 different people participate in this initiative. We started out with 14 “Steppers” our first week and it was great to see new names when I tallied the steps every few weeks. I sent out a group email anytime we reached a milestone 50,000, 100,000, 150,000 etc... The Step-Up Challenge started some good old fashioned competition between steppers and I’d like to think we are a healthier work place due to more people consciously taking the steps as opposed to the elevator.

We started a new Step-Up Challenge in January 2012 and we are tracking the steps walked in both our Wilmington and Milford offices. Can we get to 500,000 steps in 2012? I believe we will!” Kelley wrote.



Has the DelaWELL program impacted your overall health? Do you have a success story that will encourage your co-workers along their path to wellness? If so, we would like to hear from you! Send us an e-mail at Employee.Wellness@state.de.us for possible posting in an upcoming edition of WellAWARE and on the DelaWELL website.

To read more participant health testimonies, visit www.delawell.delaware.gov and click on the “Motivation Station” link.

Healthy Recipe

mexican
rice



You can use white rice in this recipe if you prefer: Simply reduce the water to 3 cups and cook for 18, not 30 minutes.

Takes 30-60 minutes

Makes 8 servings

INGREDIENTS:

- 1 medium onion, cut into small dice
- 1 small red bell pepper, cut into small dice
- 1 small green bell pepper, cut into small dice
- 1 1/2 teaspoons finely chopped fresh garlic
- 1/2 teaspoon dried oregano
- 2 cups (15 oz/450 g) long-grain brown rice
- 4 cups (32 fl oz/960 ml) water
- 1 14.5-ounce (435-g) can diced low-sodium tomatoes, drained
- 1 bay leaf
- 1/2 teaspoon sea salt
- 1/4 teaspoon ground cumin

PREPARATION:

1. Spray a large pot once with cooking spray. Place pot over low heat, then add onions and peppers, and cook, stirring often, until vegetables are soft, about 5 minutes.
2. Stir in garlic and oregano. Cook for 15 seconds.
3. Add rice and stir once. Add water, tomatoes, bay leaf, salt and cumin. Bring to a boil. Turn the heat down to maintain a simmer.
4. Cover and cook for 30 minutes, or until all liquid has been absorbed. Do not stir or rice will become sticky. Remove bay leaf before serving.

NUTRITIONAL INFO PER SERVING

194 Calories

1.6g Fat

0.3g Saturated fat

5.0g Protein

41g Carbohydrate

2.9g Fiber

157mg Sodium

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



The Fitness Guru Says...

Question of the Month: "How can I measure the intensity of my workout?"

Dear Employee,

There are various ways to measure your level of effort. For example, one method is called the **talk test**. According to the Centers for Disease Control and Prevention (CDC) - As a rule of thumb, if you are doing moderate-intensity activity you can talk, but not sing, during the activity. If you are doing vigorous-intensity activity, you will not be able to say more than a few words without pausing for a breath.

Another way of monitoring physical activity intensity is to determine whether your heart rate is within your **target zone** during the activity. According to the Centers for Disease Control and Prevention (CDC) -

For moderate-intensity physical activity, a person's target heart rate should be 50 to 70% of his or her maximum heart rate. This maximum rate is based on the person's age. An estimate of a person's maximum age-related heart rate can be obtained by subtracting the person's age from 220. For example, for a 50-year-old person, the estimated maximum age-related heart rate would be calculated as $220 - 50 \text{ years} = 170$ beats per minute (bpm). The 50% and 70% levels would be:

- 50% level: $170 \times 0.50 = 85$ bpm, and
- 70% level: $170 \times 0.70 = 119$ bpm

Thus, moderate-intensity physical activity for a 50-year-old person will require that the heart rate remains between 85 and 119 bpm during physical activity.

For vigorous-intensity physical activity, a person's target heart rate should be 70 to 85% of his or her maximum heart rate. To calculate this range, follow the same formula as used above, except change "50 and 70%" to "70 and 85%". For example, for a 35-year-old person, the estimated maximum age-related heart rate would be calculated as $220 - 35 \text{ years} = 185$ beats per minute (bpm). The 70% and 85% levels would be:

- 70% level: $185 \times 0.70 = 130$ bpm, and
- 85% level: $185 \times 0.85 = 157$ bpm

Thus, vigorous-intensity physical activity for a 35-year-old person will require that the heart rate remains between 130 and 157 bpm during physical activity.

To learn more, including how to take your heart rate, please visit <http://www.cdc.gov/physicalactivity/everyone/measuring/hearttrate.html>.

Best of Health!

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

February is National Children's Dental Health Month

Good oral health habits start in childhood. Help us to raise awareness about the benefits of oral hygiene by encouraging your child to participate in Delta Dental's first-ever story contest for children, running through February. Delta is looking for kids ages 12 and under to submit original stories about losing a tooth, visiting the dentist or anything related to dental health.

Three winning stories will be published on the MySmileKids website, and contest winners will receive gift baskets containing an Amazon gift card and MySmileKids-themed items. All children are welcome to participate. Sign up at www.mysmilekids.com/contests.html.

You can find additional information on Delta Dental by visiting the Statewide Benefits Office website at <http://ben.omb.delaware.gov/dental/delta/index.shtml>.

