

WELL AWARE



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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 1-302-739-8331

Register Today! February's DelaWELL University Onsite Health Seminar Topic - "Living A Heart-Healthy Life"

Heart disease is the leading cause of death for men and women 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:



- Simple ways to live a more heart-healthy life, including ways to prevent and treat high blood pressure and high cholesterol
- 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
- Tips on heart-smart eating, shopping and cooking

The onsite health seminars are offered from 12-1pm and 4-5pm at various locations throughout the state. 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.



Take Advantage Of Weight Watchers Discounted Pricing



1. Weight Watchers Meetings with Monthly Pass - With Monthly Pass you can get the convenience of Weight Watchers meetings in your workplace and unlimited meetings in your local community. Get FREE eTools, the Internet weight loss companion that helps you stay on track between meetings. The discounted State of Delaware monthly price for Weight Watchers Meetings with Monthly Pass is **\$36.50 per month** (Discounted pricing offered NOW through 6/30/13).

2. Weight Watchers Online – With Weight Watchers Online, you can follow the plan step-by-step entirely online with interactive tools and resources like a weight tracker, progress charts, restaurant guides and much more. It is available in two versions specifically designed for men and women with tailored content that speaks directly to each audience. The discounted State of Delaware monthly price for Weight Watchers Online is **\$16.10 per month** (Discounted pricing offered NOW through 6/30/13).

State of Delaware Workplaces Are Now Tobacco-Free: Programs To Help You Kick The Habit



View the Tobacco-Free Workplace Policy at <http://www.delawarepersonnel.com/policies/>.

The State of Delaware is committed to providing state employees with a safe and hazard-free workplace, with abundant opportunities to promote individual health and foster a healthy work environment.

The following DelaWELL tobacco cessation programs are available to individuals who are currently enrolled in a State of Delaware Group Health Insurance Plan:

- [Tobacco Cessation Health Coaching Program](#) - Free, unlimited coaching for employees, spouses, dependents over 18 and non-Medicare retirees
- [Online Tools](#) - Tobacco learning center, tobacco cessation videos, Packwraps Program, daily check-in, online quit progress tracker, Smoke-Free Journal and more
- [Plan My Quit website](#) – Free quit-smoking tools and information
- [“Beat the Pack Group Sessions”](#) - 4 week onsite program that provides weekly tobacco cessation group sessions
- [\\$0 copay on prescription Tobacco Cessation Medications](#) - These medications include Nicotrol NS, Nicotrol Inhaler, bupropion HCl (Zyban) and Chantix

Employees that are not enrolled in a State of Delaware Group Health Insurance Plan are eligible for the following DelaWELL tobacco cessation programs:

- [Plan My Quit website](#) – Free quit-smoking tools and information
- [“Beat the Pack Group Sessions”](#) - 4 week onsite program that provides weekly tobacco cessation group sessions

In addition, the Delaware Division of Public Health offers the Delaware Quitline at 1-866-409-1858. The Quitline is available to Delaware residents over 18 years of age. Trained tobacco specialists staffing the Quitline will assess tobacco cessation needs and explore best options. Services include:

- Motivational support by phone from a Quitline specialist; or face-to-face counseling by a trained local counselor
- Follow-up support
- Quit-smoking guidebook, *You Can Quit Smoking. We'll Teach You How.*
- Information about quitting

For eligible low-income callers, vouchers to purchase stop-smoking aids such as nicotine patches or gum

For more information about tobacco cessation resources, visit the DelaWELL Health Portal at

<https://delawell.alerehealth.com> or contact the Alere Nurse24 line at 1-866-674-9103, 24 hours a day, 7 days a week.

Friday, February 1, 2013 is National Wear Red Day[®]



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

Wear red on Friday, February 1, 2013 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.

Earn the 2012-2013 \$100 or \$200 DelaWELL Reward



Program Year: July 1, 2012 through May 31, 2013

A journey toward good health starts with small steps, by setting realistic health and wellness goals. Whether you want to lose weight, become more active, quit smoking, manage your stress, improve your nutrition or maintain a healthy lifestyle, DelaWELL Rewards your efforts!¹

Just Getting Started?

Visit the **DelaWELL Health Portal** at <https://delawell.alerehealth.com> to register and set up your personal profile. In just a few minutes, you'll set up your own username and password to keep your information secure.

Earning the DelaWELL \$200 Gold Level Reward Is As Easy As 1-2-3:

1) Know Your Numbers: Individuals that did not have a health screening from July through November 2012 still have time to participate in a DelaWELL Health Screening, to be held at various locations throughout the state January 7 through April 29, 2013. Once logged in, click on the links on the left side of the DelaWELL Health Portal (<https://delawell.alerehealth.com>) for more information, including a screening calendar and to sign up for an appointment.

2) Get A Plan: Complete your confidential online **Wellness Assessment** questionnaire for 2012-2013 by visiting the DelaWELL Health Portal (<https://delawell.alerehealth.com>). In just 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.

3) Join a Program:

- Meet the purchase requirements for the **Weight Watchers program** and submit your reimbursement form by **April 15, 2013.**² Visit the DelaWELL Health Portal at <https://delawell.alerehealth.com> to learn more.
- **Or**, actively participate in an Alere **Health Coaching Program or Condition Care Program.**² to get the support and tools you need to make a healthy change or maintain your health. Visit the DelaWELL Health Portal (<https://delawell.alerehealth.com>) or call 1-866-674-9103 to find out more and enroll today.

DelaWELL Rewards Your Efforts!¹

SILVER LEVEL: Complete Steps 1 and 2 to earn **\$100!**

OR

GOLD LEVEL: Complete Steps 1 and 2 and 3 to earn **\$200!**

DelaWELL Health Portal - <https://delawell.alerehealth.com>

1-866-674-9103

¹ DelaWELL Silver Level Reward amounts earned between July 1, 2012 and October 15, 2012 were paid in December 2012. DelaWELL Silver Level Reward amounts earned between October 16, 2012 and May 31, 2013 and all DelaWELL Gold Level Reward amounts earned between July 1, 2012 and May 31, 2013 will be paid in July 2013. Employees who earn a reward will receive a cash incentive included as part of their pay in either their December 2012 or July 2013 pay, as appropriate. State non-Medicare eligible pensioners who earn a reward will have it applied toward either their December 2012 or July 2013 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, 2013.

² Qualification for a Health Coaching or Condition Care program is determined by the results of your Wellness Assessment or healthcare claims. Participants must enroll in and participate in a Health Coaching program or Condition Care program or complete one of the two Weight Watchers program options to complete Step 3 and qualify to earn the \$200 Gold Level Reward. Your Health Coach will validate completion, and credit will automatically be awarded upon meeting the criteria of completing 8 interactions (i.e., phone call, email or online conversation) with a coach during the first 6 months after enrollment, as well as completing a follow-up health coaching survey. Credit will be awarded to participants of a Condition Care Program who keep scheduled phone calls with their Alere nurse care manager throughout the program year to meet completion criteria. Participants must email or fax their completed Reimbursement Form (Along with the required Billing History proof of purchase) to Weight Watchers by April 15, 2013, in order to receive credit towards the DelaWELL \$200 Gold Level Reward.

Have You Logged Your Points For DelaWELL's "Winter Warm-Up Challenge"?

Have you logged your points today? Don't forget, **DelaWELL's Winter Warm-Up Challenge** is underway, and participants are enjoying the benefits of more energy, less stress and weight control. If you haven't taken part in the challenge yet, it's not too late! Your goal is to try and accumulate at least **100 points** by the challenge end date of **February 24, 2013**. All points must be entered online at the [DelaWELL Health Portal](#) by **March 4, 2013**.



REACH THE GOAL:

- Participate in these healthy behaviors to earn up to four points per day:
 - Exercise at least 15 minutes daily
 - Eat 3 servings of fruit and/or vegetables daily
 - Don't skip meals - breakfast, lunch or dinner
 - Limit sweets to 1 serving or less daily
- Each activity = one point

Click on the challenge banner when you visit the DelaWELL Health Portal for more information and/or to log your activities. Challenges are designed to help you put healthy habits into practice to improve your health or maintain good health. Challenges do not count toward DelaWELL Rewards.

DelaWELL Health Portal – <https://delawell.alerehealth.com>
1-866-674-9103

New Features Available on the DelaWELL Health Portal

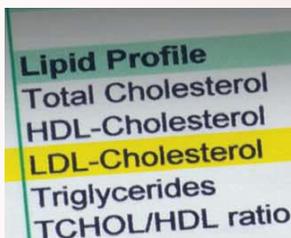
We are pleased to share with you the latest content updates and new features available on the DelaWELL Health Portal (<https://delawell.alerehealth.com>). Our goal is to continuously explore and implement innovative ways to increase user engagement, while maximizing the behavior change capability of the programs. The health portal updates and new features include:



- **Health Portal Programming & Content Enhancements** - Health portal users now have access to fresh health content, tools and topics to assist them in making healthy lifestyle changes.
- **Participant Message Center: Transactional Messaging** - Individuals will receive personalized, automated messages that are triggered based on their actions or inactions within Alere health portal programs.
- **Updated Health Portal Homepage Tour** - An interactive, easy way for users to quickly learn how to navigate and maximize the potential of the health portal homepage.
- **Health & Productivity Assessment (HPA) Feedback Page** - Users will receive a clear "call to action" upon HPA completion.

High Cholesterol - Are You At Risk For Coronary Artery Disease?

Did you know that a cholesterol level of 200 mg/dL or higher raises your risk for coronary artery disease? (Source: American Heart Association)



Alere's Condition Care Program can help you lower your cholesterol and reduce your other risks for heart attack and stroke. An experienced nurse will work with you one-on-one to provide you with the tools and encouragement you need to succeed. Alere's Condition Care Program is **FREE**, as part of your benefits package, and **completely confidential**. Call 1-866-674-9103 to enroll or visit the DelaWELL Health Portal (<https://delawell.alerehealth.com>) to learn more.



Motivation Station: Employee Spotlight

“Being a 16-year breast cancer survivor I knew little of how healthy eating and exercise could help change a person.”

Mary C. Williams
Account Specialist
Delaware Health & Social Services
(DHSS), Delaware Psychiatric Center



“The challenges in my life made me realize that I needed to make changes in my lifestyle. I never knew what stress, obesity and type 2 diabetes had in common or the impact they could have. I wanted to live my life to the fullest and was willing and open to accept and make the changes that needed to be made, in order to accomplish my goals.

Being a 16-year breast cancer survivor I knew little of how healthy eating and exercise could help change a person. When I started going to the DelaWELL University Onsite Health Seminars, I was committed to following all of the information and tips given to me. My weight was 318 lbs. and that was the breaking point in my life. I was miserable, unhappy and didn’t feel up to enjoy any activities I liked.

I now weigh 162 lbs. and feel great! I have attended every DelaWELL onsite seminar. The knowledge I gained has helped me to manage stress, eat in portions and exercise by walking, stretching and using light weights. I made drastic changes in my lifestyle, because I wasn’t happy with whom I had become. The DelaWELL Wellness Challenges every year also motivate me to follow a more nutritional diet and exercise more. I am happy to report that I am off my medication for my diabetes, which is now controlled with diet and exercise. I feel great about myself and have accomplished most of my goals. I can almost keep up with my Jack Russell, Petty, who walks with me!

I am glad for the support that has been given to me. I continue to get new ideas on ways to live a happy, healthier life. Kudos to the DelaWELL Program and to the staff who conduct the seminars and help us to understand, interact, have fun and feel good about ourselves!”

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
tuscan
bean and swiss chard soup

Takes 30-60 minutes

Makes about 2 quarts/liters, for 6 servings

INGREDIENTS:

- Olive oil cooking spray
- 4 large plum tomatoes (about 10 oz/300 g)
- 2 medium carrots, peeled and quartered lengthwise
- 1 medium onion, cut into 8 wedges
- 6 cloves garlic, unpeeled
- 6 cups (1.5 quarts/1.4 liters) Vegetable Stock or defatted low-sodium chicken broth
- 3 stalks Swiss chard or celery, trimmed and thinly sliced
- 3/4 cup (3 oz/90 g) uncooked multi-grain macaroni, such as Barilla
- 1 bay leaf
- 1 teaspoon salt
- 1 15-ounce (450-g) can low-sodium Great Northern or navy beans, rinsed and drained
- Freshly ground black pepper

PREPARATION:

1. Preheat the oven to 400° F (220°C). Spray a baking sheet with sides with cooking spray.
2. Slice stem ends off tomatoes and cut tomatoes in half lengthwise. Spread tomato halves, onion wedges, carrots and garlic on the baking sheet. Spray the vegetables with cooking spray. Roast for 30 minutes or until the vegetables are brown in spots and tender, stirring occasionally.
3. Slice carrots into 1/2-inch (1.25-cm) pieces and set aside. Peel garlic cloves and place in a food processor along with tomatoes and onion wedges. Pour 1/2 cup (4 fl oz/120 ml) of the broth onto the baking sheet to loosen any browned bits clinging to sheet; pour this liquid into the processor. Process until roughly pureed, but not smooth. Transfer to a large saucepan.
4. Add the remaining broth, the Swiss chard, macaroni, bay leaf and salt to the saucepan. Bring the soup to a gentle boil over medium heat. Cover, reduce the heat and simmer for 10 minutes. Stir in beans and carrots and cook until heated through, about 3 minutes.
5. Remove the bay leaf. Ladle the soup into bowls, sprinkle with pepper and serve.

**NUTRITIONAL
INFO
PER SERVING**

| |
|--------------------|
| 162 Calories |
| 0.7g Fat |
| 0.1g Saturated fat |
| 9.0g Protein |
| 30g Carbohydrate |
| 5.3g Fiber |
| 451mg 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 Some Tips For Heart-Healthy Eating?”

Dear Employee,

Be smart and eat for your heart! If you have heart disease, it is especially important to make healthy lifestyle choices to help slow the progression of the disease and help you have a better quality of life.

For a healthy heart and a slimmer you, add these foods to your grocery list:

- Whole-grain breads and cereals
- Fish such as salmon, sardines and albacore tuna, which are full of omega-3 fatty acids
- Canola, corn, soy bean and olive oils as opposed to oils high in saturated or trans fat
- Dark, leafy greens, such as spinach, arugula, broccoli and collard greens
- Fruits and nuts

For help making healthier nutrition choices for good heart health, enroll in the free and confidential **Health Coaching Program** administered by Alere. Call 1-866-674-9103 to enroll today or visit the DelaWELL Health Portal (<https://delawell.alerehealth.com>).

Best of Health!

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

THE FLU 2013

Important flu information from the Delaware Division of Public Health (DPH).

Vaccination is your best protection. Get vaccinated today!

Vaccinations are offered through physician offices, and many pharmacies and grocery stores. DPH is also expanding vaccination opportunities at public health clinics.

For information on the flu or where to get vaccinated visit www.flu.delaware.gov or call 1-800-282-8672.

Delawareans are also encouraged to prevent infection by:

- Washing hands with soap frequently or using alcohol-based hand sanitizers, especially after coughing, sneezing or touching your face.
- Covering coughs and sneezes with a tissue and disposing of the tissue immediately. If a tissue is not available, cough or sneeze into your sleeve. Droplets from a sneeze can travel up to six feet.
- Staying home when sick and not returning to school or work until 24 hours after a fever.

5 steps to take if you get the flu:

1. Stay at home and rest.
2. Avoid close contact with well people in your house so you won't make them sick.
3. Drink plenty of water and other clear liquids to prevent fluid loss (dehydration).
4. Treat fever and cough with medicines you can buy at the store.
5. If you get very sick or are pregnant or have a medical condition (like asthma) that puts you at higher risk of flu complications, call your doctor. You may need antiviral medication.

Seek immediate medical help if someone is experiencing one or more of the emergency signs listed below:

IN CHILDREN

- Fast breathing or trouble breathing
- Bluish skin color
- Not drinking enough fluids
- Not waking up or not interacting
- Being so irritable that the child doesn't want to be held
- Flu-like symptoms that improve to return with fever and worse cough
- Fever with a rash

IN ADULTS

- Difficulty breathing or shortness of breath
- Pain or pressure in the chest or abdomen
- Sudden dizziness
- Confusion
- Severe or persistent vomiting
- Flu-like symptoms that improve to return with fever and worse cough

The flu vaccine saves lives. GET IT.