WELL AWARE

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In This Issue

- Take the Dela*WELL* Online Satisfaction Survey
- Dela*WELL*'s "Get Moving Challenge" Starts April 1
- NEW- Employee Wellness Spotlight (Candace Jones)
- Time Is Running Out To Have Your Dela*WELL* Health Screening
- Healthy Recipe – Oatmeal Bars
- Fitness Guru – Eating Right With Color
- VSP Eyecare – Vision For Food, Eat Healthy
- Important Reminders For FSA Members
- *Reminder*…Laboratory Services For BCBSD Members

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1-800-556-6106
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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

WE NEED YOUR FEEDBACK!

Please give us your feedback by taking a *quick* Dela*WELL* Online Satisfaction Survey NOW through April 29, 2011 and earn 2 Wellness Credits towards your $200 Cash Incentive!

Here's How:

1. Simply log onto the Dela*WELL* Health Portal by visiting https://delawell.alerehealth.com.
2. Once logged in, click on the **"Your Opinion Counts! Give Us Your Feedback and Earn Wellness Credits"** link located on the *Bulletin Board,* then click on the survey.
3. Answer the survey questions and submit them **by April 29, 2011 to earn 2 wellness credits.**

Your input is important as we continually strive to provide programs and resources that fit the needs of our members.

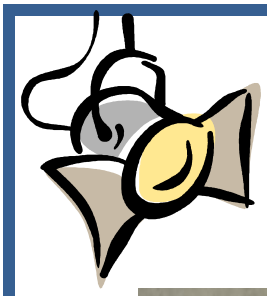
Coming Soon!

Get Moving Challenge
April 1 – May 15, 2011
Earn 5 Wellness Credits Towards Your $200 Cash Incentive!

It's simple! Here's how the challenge works:

- Keep track of the time you are physically active.
- Receive **1 point for every 10 mins. of continuous physical activity that you do. All types of physical activity count.**
- **Accumulate at least 60 points in 6 weeks.**
- Meet the challenge goal and receive **5 Wellness Credits**.

More information to come in next month's edition of WellAWARE. Visit the Dela*WELL* Health Portal https://delawell.alerehealth.com and begin tracking your activity online starting April 1!



Motivation Station:
Employee Spotlight

Candace Jones, Administrator
Laurel State Service Center

With helpful tips and encouragement from Dela*WELL* University's Onsite Health Seminar Topic #3 "Weight Management" offered in January 2011, Candace Jones and her staff at the Laurel State Service Center have instituted Zumba fitness classes twice a week during after-work hours, as well as daily 15-minute exercises that are done during work breaks. Immediately after the seminar, Candace joined Weight Watchers and has since lost more than 12 lbs.

"It has been over a month and I am eating very healthy with no fad dieting, simply making better choices like what was said in the seminar. Dela*WELL* has a great effect on the health and well being of those that work for the State of Delaware and we as employees are grateful for the concern our State has for the health of its workers. Thank you Dela*WELL* for getting me back on track," Candace said.

Has the Dela*WELL* 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 upcoming editions of WellAWARE and on the Dela*WELL* website.

TIME IS RUNNING OUT…

The FREE Dela*WELL* Health Screenings are only offered through March 2011. Attending a Dela*WELL* Health Screening is a must to receive the $200 cash incentive*!

Register for your health screening appointment today! To register for a Dela*WELL* Health Screening appointment at one of the locations noted below, visit the Dela*WELL* Health Portal at https://delawell.alerehealth.com. After you log in, click on "Appointment Registration" located on the left side of the screen under "Health Screenings."

Screening measurements include Blood Pressure, Cholesterol, Triglycerides, Blood Sugar (Glucose) and Body Mass Index (BMI). By knowing your numbers, you can take action to reduce your risk of developing serious health problems like heart disease, diabetes and other chronic illnesses.

March 2011- Dela*WELL* Health Screening Calendar

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1	2 **(New Castle County)** Appoquinimink District Training Center- Rooms 144/145 (Odessa, DE) 2:30pm – 6:30pm	3 **(New Castle County)** Stanton Middle School- Audion (Wilmington, DE) 3:00pm - 7:00pm	4	5
6	7	8	9	10	11 **(Kent County)** Cannon Building – 2nd Floor, Conference Room A (Dover, DE) 8:00am – 4:30pm	12
13 Daylight Savings begins	14	15 **(Kent County)** Delaware Public Archives – Delaware Room (Dover, DE) 9:30am – 3:30pm	16	17 **(Kent County)** DelDOT Administration Bldg – Farmington/Felton Conference Rooms (Dover, DE) 9:00am – 6:30pm	18	19
20	21 **(New Castle County)** Carvel State Office Bldg.- 10th Floor Training Room (Wilmington, DE) 8:30am – 4:00pm	22 **(Sussex County)** Delaware Veterans Home – Town Hall/Multipurpose Room (Milford, DE) 9:00am – 6:00pm	23 **(New Castle County)** Delaware Youth and Family Center – Room 199 (Wilmington, DE) 9:00am – 6:30pm	24	25 **(New Castle County)** Churchman's Corporate Center- Div. of Child Support Enforcement- Training Room #116 (New Castle, DE) 9:00am – 4:00pm	26
27	28	29 **(Sussex County)** Stockley Center - All Star Building, Gymnasium (Georgetown, DE) 8:30am – 6:30pm	30 **(New Castle County)** UD – General Services Building, Room 130 (Newark, DE) 9:00am – 6:00pm	31 **(Sussex County)** Shipley State Service Center – Conference Rooms A & B (Seaford, DE) 2:30pm – 6:30pm		

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 navigation under "DelaWELL Program Info." Have Questions? Please call (866) 674-9103.

Healthy Recipe

oatmeal bars

Takes under 30 minutes
Makes 20 bars

INGREDIENTS:

- No-stick cooking spray
- 1/2 cup (2 1/4 oz/70 g) all-purpose flour
- 1 cup (4 1/2 oz/140 g) whole-wheat pastry flour or white whole-wheat flour
- 1/3 cup (2 1/2 oz/75 g) granulated sugar
- 1/3 cup (2 1/2 oz/75 g) packed brown sugar
- 2 teaspoons baking powder
- 1/2 teaspoon ground cinnamon
- 1/4 teaspoon salt
- 2 1/4 cups (8 oz/240 g) rolled oats
- 1/3 cup (1 1/4 oz/35 g) wheat germ
- 3/4 cup (6 fl oz/180 ml) skim milk or low-fat soy milk
- 1/2 cup (4 oz/120 g) unsweetened applesauce
- 1 large egg
- 1/4 cup (2 fl oz/60 ml) canola oil
- 1 teaspoon pure vanilla extract
- 3/4 cup (4 1/2 oz/135 g) semi-sweet chocolate chips
- 1/2 cup (2 1/2 oz/75 g) raisins

PREPARATION:

1. Preheat the oven to 350°F (175°C). Spray a 9x13-inch (23x32-cm) baking pan with cooking spray. Line the bottom with parchment or wax paper and spray again.
2. Into a mixing bowl, whisk together the flours, sugars, baking powder, cinnamon and salt. Stir in oats and wheat germ.
3. In a food processor or blender, combine milk, applesauce, egg, oil and vanilla. Process to blend.
4. Stir the milk mixture into the dry ingredients. Mix well. Stir in chocolate chips and raisins. Spread the batter in the prepared pan.
5. Bake until the edges are browned and firm, about 20 minutes.

NUTRITIONAL INFO PER SERVING

168 Calories
5.3g Fat
1.2g Saturated fat
4.0g Protein
28g Carbohydrate
2.3g Fiber
71mg Sodium

For more great healthy recipes, visit the Dela*WELL* Health Portal at https://delawell.alerehealth.com.

The Fitness Guru Says…

Question of the Month: **March is National Nutrition Month. What does it mean to "Eat right with color"?**

Dear Employee,

During the 2011 National Nutrition Month®, the American Dietetic Association encourages everyone to add color and nutrients to your meals through this year's theme: "Eat Right with Color."

Here are simple ways to brighten up your plate in every season with this quick color guide:

Green produce indicates antioxidant potential and may help promote healthy vision and reduce cancer risks.

- *Fruits*: avocado, apples, grapes, honeydew, kiwi and lime
- *Vegetables*: artichoke, asparagus, broccoli, green beans, green peppers and leafy greens such as spinach

Orange and **deep yellow** fruits and vegetables contain nutrients that promote healthy vision and immunity, and reduce the risk of some cancers.

- *Fruits*: apricot, cantaloupe, grapefruit, mango, papaya, peach and pineapple
- *Vegetables*: carrots, yellow pepper, yellow corn and sweet potatoes

Purple and **blue** options may have antioxidant and anti-aging benefits and may help with memory, urinary tract health and reduced cancer risks.

- *Fruits*: blackberries, blueberries, plums, raisins
- *Vegetables*: eggplant, purple cabbage, purple-fleshed potato

Red indicates produce that may help maintain a healthy heart, vision, immunity and may reduce cancer risks.

- *Fruits*: cherries, cranberries, pomegranate, red/pink grape fruit, red grapes and watermelon
- *Vegetables*: beets, red onions, red peppers, red potatoes, rhubarb and tomatoes

White, **tan** and **brown** foods sometimes contain nutrients that may promote heart health and reduce cancer risks.

- *Fruits*: banana, brown pear, dates and white peaches
- *Vegetables*: cauliflower, mushrooms, onions, parsnips, turnips, white-fleshed potato and white corn

So, instead of just having grilled chicken and mashed potatoes, consider painting a more colorful plate, such as grilled chicken topped with salsa, mashed sweet potato, asparagus and spinach salad with orange slices. A colorful meal is not only visually appealing, but it also contains an array of nutrients and is quite flavorful!

Best of Health!
F.G. (a.k.a. Fitness Guru)

Vision for Food: Eat Healthy

Every time you choose or prepare food, you hold your health in your hand—including your eye health. An expert shares some advice on what foods and nutrients are especially vision friendly. To learn more about your vision benefits, please visit www.vsp.com and click the ***Members*** tab.

FSA Members of the 2010 Plan Year….Remember…

- That the "grace period" allows you to receive services until March 15, 2011.
- That you have until April 15, 2011, to submit claims for reimbursement.
- Benny Card holders must substantiate 2010 transactions by April 15, 2011. Transactions not substantiated by this date will result in the amount of the transactions becoming taxable income.

FSA Members of the 2010 and 2011 Plan Years….Remember…

- Over-the-counter (OTC) medications are no longer reimbursable without a prescription as of January 1, 2011. Examples of medications no longer eligible for reimbursement or Benny Card processing are pain relievers, cold and allergy medications and antacids. OTC supplies, such as contact lens solution and band aids, are eligible for reimbursement or Benny Card processing.
- At times, transactions processed with a Benny Card require additional documentation. If you are required to provide additional documentation to substantiate a claim, ASIFlex will ask you to provide the documentation. Failure to substantiate a claim/s will result in the suspension of the Benny Card, denial to reimburse claims and the amount of the transaction will become taxable income.

More information on the FSA Program can be found at http://ben.omb.delaware.gov/fsa/index.shtml or by calling ASIFlex at 1-800-659-3035.

Reminder…Laboratory Services for BCBSD Members

Effective February 1, 2011, Blue Cross Blue Shield of Delaware (BCBSD) announced that Laboratory Corporation of America (Lab Corp), including DIANON *Systems*, a Lab Corp subsidiary, became 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 you may contact BCBSD's Customer Service Department directly at 1-800-633-2563 or 429-0260. Statewide Benefits Office staff is available at 1-800-489-8933 or 302-739-8331.

National Colorectal Cancer Awareness Month

Prevent Cancer Foundation
www.preventcancer.org/colorectal

Did you know? - With recommended screenings, colorectal cancer can be prevented or detected early.

At Risk:

- Men and women age 50 and older
- People who use tobacco, are obese or are sedentary
- People with a personal or family history of colorectal cancer or benign (not cancerous) colorectal polyps
- People with a personal or family history of inflammatory bowel disease, such as long standing ulcerative colitis or Crohn's disease
- People with a family history of inherited colorectal cancer

Early Detection: If you are at average risk for colorectal cancer, start having regular screenings at age 50. If you are at greater risk, you may need to begin regular screenings at an earlier age. The best time to get screened is before any symptoms appear. Discuss screening options with your health care professional.