

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 (Nurse24)

Contact Statewide Benefits Office

www.ben.omb.delaware.gov

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

A Woman's Guide To Vision Health

Many women know the importance of a regular doctor visit for themselves and their family. However, many of us don't realize that a regular visit to the eye doctor is just as necessary as a visit to the family doctor.

Regular eye doctor visits for women are very important since women are more likely than men to suffer from eye problems, including the **four leading causes of vision loss and blindness**.

1. **Cataracts** - The clouding of the eye's lens, which blocks the passage of light, could potentially cause vision loss.
2. **Glaucoma** - Increased fluid pressure in the eye damages the optic nerve, also a leading cause of blindness.
3. **Age-related macular degeneration (AMD)** - This condition generally occurs among older adults and can cause a loss of central vision.
4. **Diabetic retinopathy** - Occurring in long-term diabetes, diabetic retinopathy damages the blood vessels nourishing the retina. Once new blood vessels form in the retina, they can leak fluid in the retina and bleed into the vitreous (middle part of the eye), which can cause vision loss.

Women's health issues and vision:

Diabetes - One in 10 American women over the age of 20 has diabetes, which increases risk for eye problems such as diabetic retinopathy and damage from ultraviolet (UV) light.

Autoimmune diseases - Women are more prone to develop the following autoimmune diseases that can cause blindness or serious eye problems: Lupus, Rheumatoid arthritis and Sjogren's syndrome.

Breast cancer and other cancers - cancer treatments can potentially cause; bleeding in the eye, light sensitivity, cataracts or dry and itchy eyes

Your vision and pregnancy: **Did you know pregnancy can affect your vision and overall eye health?**

Women who are pregnant may experience changes in eyeglass or contact lens prescription, worsening of diabetic retinopathy and, in rare cases, blindness. Pregnancy causes an increase in hormones, which may lead to changes in vision including refracting changes, dry eyes, puffy eyelids that cause murky side vision and sensitivity to light due to migraine headaches. It is recommended that pregnant women with vision changes such as blurred vision and seeing spots consult an eye doctor, as these are signs of serious eye issues. **Being pregnant doesn't mean you can't have your eyes checked. A comprehensive eye exam, including dilation, is safe while you are pregnant.**

Women make up two-thirds of the more than 3.4 million Americans age 40 and older who are visually impaired. Early detection and treatment are the best ways to preserve vision. Be sure to take the time to take care of your eyes with annual eye exams. Your eye health is too important to overlook.

To learn more about your vision benefits, please visit www.eyemedvisioncare.com

And click the **Members** tab.



What's Going On:

- **Register For The April 2014 Onsite Health Seminar Topic “Dump the Junk: Take Control Of Your Weight, Nutrition And Health”**

To go along with DelaWELL's “Dump the Junk Challenge” (April 1-30), we are offering this fun and interactive seminar where we will examine the nutrition facts of common grocery products and popular restaurant menu items, compare the amounts of fat, cholesterol, sugar and sodium, learn about portion distortion and leave with tools and resources to assist us in creating a healthy eating/ weight management plan. The classes are offered at various state locations from 12-1pm and 4-5pm. **Register for a date, time and location convenient for you by visiting http://delawell.delaware.gov/Seminar_Registration/Semi_Reg.asp.**

- **Colon Cancer: Silent But Deadly**

The good news is that you can prevent colon cancer with timely screenings. If you are 50 years or older, or at higher risk, you need to visit your doctor and ask for a screening. Call Nurse24 for FREE at 1-866-674-9103 or chat with a nurse on the DelaWELL Health Portal (<https://delawell.alerehealth.com>), to learn about colon cancer prevention, screening options and risk factors.

- **Want Personalized Nutrition Tips?**

Enroll in Alere Health Coaching. Work with your own health coach in a way that is most convenient for you through secure email, chat or by phone. Get smart strategies for dealing with all kinds of real-world food temptations to help you reach your goals – big or small. Call 1-866-674-9103 or visit the DelaWELL Health Portal (<https://delawell.alerehealth.com>).

Upcoming Events:

- **DelaWELL Health Screenings - NOW Through April 30, 2014**

After you log in, click on the links on the left menu of the DelaWELL Health Portal (<https://delawell.alerehealth.com>) for more information, including a screening calendar, health screening frequently asked questions (FAQs) and to register for an appointment.

- **Dump The Junk Challenge (April 1 – 30, 2014)**

Learn more at <http://delawell.delaware.gov/wellness-challenges.shtml>.



MOTIVATION STATION: EMPLOYEE SPOTLIGHT

Tanya Warner

Social Services Administrator

Delaware Health & Social Services (DHSS)



“DelaWELL is not just a resource for the big events and challenges in your life, but the everyday health and care of yourself. I use the tools on the website often. My health coach contacts me to check in to see how I’m doing, if I’m meeting my goals we set, to encourage me, let me know she put something new in my DelaWELL page library to read or to tell me about a new health tracking app for my smart phone. It’s a fantastic program and I highly recommend it!”

To read Tanya’s complete story and other participant health testimonies, visit www.delawell.delaware.gov and click on the “Motivation Station” link. 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.

Did You Know?



The State Employee Benefits Committee (SEBC) is authorized by Delaware Code to establish rules governing State of Delaware's employee and pensioner health, dental, and vision plans. These rules are called the "Group Health Insurance Program (GHIP) Eligibility and Enrollment Rules" and can be viewed at <http://www.ben.omb.delaware.gov/> along with other important information about benefit programs offered to employees and pensioners and administered by the Statewide Benefits Office.

Remember, the next open enrollment for the above referenced benefit programs is May 12 through 28, 2014 for an effective date of July 1, 2014. Look for more information coming in April 2014.

Colonoscopy: The Vital Health Screening No One Wants To Talk About

One of the most important health screenings for adults is not a topic for polite conversation, but talking about it with your doctor could save your life. That's because getting a colonoscopy is a smart way to find or prevent colorectal cancer.

Excluding skin cancers, colorectal cancer is the third most common cancer. It will strike one in 20 (or five percent) over their lives. The risk is slightly lower for women and thanks to improved screening measures, the death rate from colorectal cancer has been dropping for more than 20 years. Colonoscopies not only detect cancer early, they can prevent it altogether. When polyps or growths are removed, they never have a chance to turn into cancer.

A colonoscopy may be done in an outpatient center or in a doctor's office. Practicing good preventive health care – such as cancer screenings and immunizations – helps people live longer and enjoy better overall health. For more information on this important screening, talk with your doctor or contact your health plan to discuss coverage.

Highmark Delaware's Customer Services at 1-800-633-2563
Aetna's Customer Services at 1-877-542-3862

HMS EAP + Work/Life Program: Online Articles On Dieting, Fitness & Nutrition

Eating less junk food and adding more nutritious food to your diet is one change that can make a significant improvement in your nutrition and health. You should cut back on foods that have only limited nutritional value, that are over-processed or contain too much fat, salt, sugar and refined flour.

Instead, eat more foods that are:

- *Close to their natural state:* Fresh or frozen fruits and vegetables
- *Less processed:* Whole grains
- *Better meat choices:* Poultry, fish and the leanest cuts of red meat
- *More nutritiously prepared:* Broiled meats and raw, steamed or lightly microwaved vegetables. Avoid deep-frying foods and fatty sauces such as gravy, cheese and Hollandaise.



For more tips and to read the full article, visit the new and improved HMS EAP+ Work/Life Program website at <http://hms.healthadvocate.com>. After you enter "State of Delaware" as the name of your organization and click "Submit," then navigate to the "Health" tab. Under the topic of "Dieting, Fitness & Nutrition" select the subtopic of "Healthy Eating," then choose the article "A Guide to Healthier Eating."

Easy to reach and available 24/7 to assist you!

1-800-343-2186

Healthy Recipe

stewed tomatoes

Onion, garlic and herbs give these stewed tomatoes some kick.

Takes 30-60 minutes
Makes 6 cups

INGREDIENTS:

- 3 pounds fresh Roma or other vine-ripened tomatoes
- 2 tablespoons water
- 1 teaspoon granulated onion
- 1 teaspoon granulated garlic
- 1 teaspoon dried basil
- 1 teaspoon dried oregano
- 1/2 teaspoon dried thyme
- 1/8 teaspoon sea salt
- Ground black pepper to taste

PREPARATION:

1. Core tomatoes and quarter them.
2. Place all ingredients in a saucepan and cook over low heat, stirring occasionally, until tomatoes are soft, about 20 minutes.

NUTRITIONAL INFO PER SERVING

51 Calories
0.8g Fat
0.1g Saturated fat
2.0g Protein
11g Carbohydrate
1.9g Fiber
68mg Sodium

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



The Fitness Guru Says...



Health Tip: What Should You Do If You Can't Sleep?

Dear Reader,

Have you been feeling sluggish? Not quite yourself? Maybe you aren't getting enough sleep. Studies have shown that the average adult should be getting between seven and nine hours of sleep a night.

Of course, it can be hard to just get to sleep with all of the distractions of everyday life. If you want to get to sleep, but just can't seem to settle down at night, follow these simple tips:

- Go to bed at the same time every night.
- Wake up at the same time every morning.
- Keep your bedroom quiet, dark, relaxing and set to a cool temperature.
- Avoid activities like reading, watching TV or listening to music in bed.
- Don't eat a big, heavy meal before going to bed.

Looking for more tips on sleeping better? Log on the DelaWELL Health Portal (<https://delawell.alerehealth.com>) and enter "Sleep" in the search box.

Best of Health!

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

Why Life Insurance Matters... No Matter Where You Are In Life

Your situation is unique so only you can determine the exact amount of life insurance you need. When choosing the amount of coverage, think about the amount of money needed to maintain your family's lifestyle.

How much would your family need to live comfortably without compromising short and/or long term plans? A good starting point is to reflect on your standard of living. To learn more about life insurance visit <http://ombwebdev01:20001/life/documents/wellaware-newsletter-how-much-life-020314-final.pdf>.

