

WELL AWARE



April 2011

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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



Open Enrollment will soon be here, so Mark Your Calendar Now!

2011 Open Enrollment: May 9 - May 25, 2011

This is your once a year opportunity to enroll, make changes or terminate your current benefit plans, effective July 1, 2011, including changing your health care providers or plans. The only exceptions would include qualifying events throughout the plan year (i.e. birth or adoption, marriage or divorce, loss of other coverage).

Important open enrollment information will be mailed to your home in early May. The packet will include a "What's New" brochure where you will find changes and updates to existing health care plans and benefits, such as:

- New CDH Gold Plan offered through **both** BlueCross BlueShield of Delaware and Aetna.
- Coverage for adult dependents up to age 26 for medical, dental and vision benefits, effective July 1, 2011.
- Expanded services from DelaWELL, the State's Health Management program, for 2011-2012.
- New vision coverage through EyeMed.

Additionally, as an active employee, you will receive customized information about your past health care costs and out-of-pocket expenses in your **mail at home** from **Thomson Reuters**. Please look for the Smart Enrollment Analyzer, and use this information to assist you as you choose your medical plan for 2011-2012.

The 2011 Open Enrollment booklet will be available in early May 2011 to view at www.ben.omb.delaware.gov/oe for additional information, including premiums and co-pays, on all benefit programs for the upcoming plan year. Come out and participate in one of the health fairs offered during Open Enrollment. This is your opportunity to meet representatives from each of the vendors who administer your benefit programs, as well as representatives from the Statewide Benefits Office and Pension Office. Additionally, it is an opportunity to earn 2 points toward your DelaWELL incentive! Please watch for additional information on times and locations throughout the state to accommodate your busy schedule.

More detailed information about your benefits can be found at www.ben.omb.delaware.gov. You are welcome to email us at benefits@state.de.us or call between the hours of 8:00 a.m. and 4:30 p.m. Monday through Friday at **302-739-8331** or toll free at **1-800-489-8933**.

WE NEED YOUR FEEDBACK!



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

Here's How:

1. Simply log onto the DelaWELL Health Portal by visiting <https://delawell.alerehealth.com>.
2. 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**.

A Reminder to FSA Members of the 2010 Plan Year and News!

- Members of the 2010 Plan Year have until April 15, 2011, to submit claims for reimbursement or to substantiate debit card transactions. Failure to substantiate debit card transactions as requested by ASI will result in the amount of the transaction becoming taxable income. Failure to submit claims incurred through March 15, 2011 for reimbursement will result in the amount being forfeited to the State of Delaware.
- Effective February 1, 2011, the IRS announced that under IRS Code 213(d) the costs of breast pumps and lactation supplies that assist in lactation are reimbursable under FSA's health care.

Questions should be directed to ASIFlex at 1-800-659-3035 or Statewide Benefits Office at 302-739-8331 or 1-800-489-8933.



Motivation Station: Employee Spotlight

"I knew then that I had to change something..."



Brent Zook
PM #46 Coordinator Assistant
DHSS – Stockley Center

"It all started two years ago when I was leaving early in the morning for a hunting trip. Because it had been raining, I had to walk 0.75 miles to my destination in order to do my hunting. When I got to my hunting spot, I was out of breath having carried all of my duck decoys, gun, shells and portable blind. I knew then that I had to change something; I should not be this tired. I went for blood work and had high "bad" cholesterol and "low" good cholesterol. So, the next day I started my journey to lose weight and keep it off. Since then, I have lost a total of 22 lbs. I went back for blood work and have lowered my "bad" cholesterol and have elevated my "good cholesterol." Eating three meals a day, but watching what I eat and exercising 30 minutes a day has paid off for me. I have since road in the MS Bike to the Bay completing 19 miles two years ago. This past year, I rode in the MS Bike to the Bay where I rode 75 miles on a Saturday and 30 miles on a Sunday. DelaWELL has helped me become accountable to myself. Through DelaWELL, I have learned what foods are good for me and what foods to avoid or have very little of. As a result, this program has helped me keep the weight off that I have lost. DelaWELL has given me the opportunity to share my experience and assist my co-workers in signing up with the program, so they, too, can become healthier. The journey is a continuous one, but with DelaWELL, employees have the support to help them reach their GOAL!" Brent said.

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 upcoming editions of WellAWARE and on the DelaWELL website.



Register today for DelaWELL University Onsite Health Seminar Topics 6 & 7!

Each seminar will earn participants 3 Wellness Credits (Annual Max of 12)

To register for a date and location that is convenient for you, please visit the DelaWELL Health Portal at <https://delawell.alerehealth.com>. After you log in, click on the “DelaWELL University Onsite Health Seminars” link located on the left side of the screen.

❖ April 2011 - Topic #6: “Tobacco Cessation”

Whether you smoke, or you want someone you care about to quit, attend this seminar and improve your understanding of why it’s so difficult to kick the habit! At this seminar, you will learn:

- ✓ How nicotine works in your system
- ✓ The health risks of tobacco use
- ✓ Methods used for tobacco cessation
- ✓ Steps and strategies for quitting
- ✓ Local resources available for support



❖ May 2011 – Topic #7: “Stress Management”

Feeling a little stressed lately? At this seminar, you will learn:

- ✓ The impact and consequences of stress
- ✓ Human stress response
- ✓ The art of resiliency
- ✓ How to identify the problem
- ✓ Ways to reduce stress and relax
- ✓ How to change your mindset
- ✓ Helpful resources



ALLEGRA® AND FEXOFENADINE (Generic) ARE AVAILABLE OVER THE COUNTER (effective March 2011)

The U.S. Food and Drug Administration (FDA) has approved the Allegra® family of allergy medication products for over-the-counter (OTC) use in adults and children two years of age and older. Allegra’s generic formulation, fexofenadine, will also become available OTC. Additionally, Allegra-D®, which also relieves nasal congestion and sinus pressure, will be available without a prescription at the pharmacy counter for use in adults and children 12 years of age and older. Allegra®, Allegra-D® (R) and the generic fexofenadine will be available in early March 2011 in their original prescription strengths without a prescription. Your retail pharmacy should have Allegra and the generic fexofenadine available OTC beginning March 4, 2011. The Allegra® family of allergy medication products and Allegra’s generic formulation, fexofenadine, are no longer available through your prescription drug plan.

Medco’s online drugstore, Medco Health Store, will also have Allegra available OTC for purchase in early March 2011. Medco Health Store will send an email to registered members who have had prescription filled for Allegra in the past 12 months and who have indicated Medco can send them information. The email will include a manufacturer’s coupon for use at a retail pharmacy or at the online Medco Health Store, as well as a Medco Health Store coupon for use at the online Medco Health Store.

Medco will also send a letter to non-registered members who have had a prescription filled for Allegra in the past 12 months and do not receive an email to let them know Allegra is now available as an OTC product. The letter will also include a manufacturer’s coupon for use at a retail pharmacy or at the online Medco Health Store, as well as a Medco Health Store coupon for use at the online Medco Health Store.



EyeMed
VISION CARE®

A Woman's View of Vision Care

Women play an important role in the health of the whole family, often making health care decisions and scheduling doctor appointments. In the midst of caring for others, women need to remember to take care of their own eyes, especially in light of statistics showing that women are more likely to be blind or visually impaired than men.

Sixty percent of the blind and visually impaired are women, according to the Women's Eye Health Task Force based at The Schepens Eye Research Institute at Harvard University. Child-bearing can also affect vision and place a greater importance on eye examinations.

Long Lives Equal Greater Risk

As women age, they are at greater risk for blindness and visual impairment. Most conditions that impair vision or cause blindness are more prevalent in women, including macular degeneration, diabetic retinopathy and dry eye syndrome. While most experts say that women's longer life spans cause this disparity, regular eye examinations can identify the conditions sooner and improve the likelihood of preserving sight.

Child-Bearing and a Woman's Eyes

In recent years, the American Optometric Association has emphasized prenatal eye care. Diabetes and blood pressure – which can be brought on by pregnancy – can be diagnosed through a comprehensive eye exam even before an obstetrician tests for them. Plus, many women experience vision changes because of increased hormone levels. Vision normally returns to normal within nine months of giving birth, so most optometrists recommend waiting to get a new prescription.

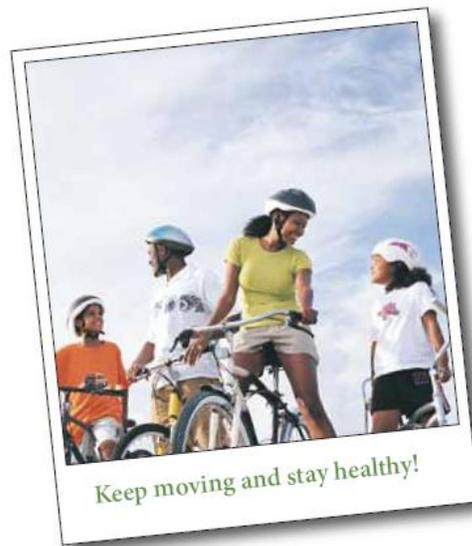
While taking care of the rest of the family, don't forget to take care of your vision care needs. Have your eyes examined every year to keep them working for you for years to come.



Important DelaWELL Reminders

- **Complete your confidential, online Wellness Assessment (Worth 6 Wellness Credits) NOW through May 31, 2011 on the DelaWELL Health Portal (<https://delawell.alerehealth.com>)!** The Wellness Assessment is a simple questionnaire about your health habits that can be completed online in about 15-20 minutes. **The online Wellness Assessment is REQUIRED to earn the Silver Level (\$100) or Gold Level (\$200) DelaWELL Reward.**
- Participants that attended a **2010-2011 DelaWELL Health Screening** must register and build a profile on the DelaWELL Health Portal (<https://delawell.alerehealth.com>), in order to get the four wellness credits for completing the screening.

***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.**



Get Moving Challenge

April 1 – May 15, 2011

Earn 5 Wellness Credits Towards Your
\$200 Cash Incentive!

Become more active and improve your quality of life by participating in DelaWELL's 6-week physical activity challenge!

How the Challenge Works

- Keep track of the amount of time that you are physically active.
- Receive 1 point for every 10 minutes of continuous physical activity that you do.
- Accumulate at least 60 points in 6 weeks to reach your goal.
- Meet the challenge goal, and you will receive 5 Wellness Credits.

How to Track Points

- Use the paper tracking form to keep up with your activity or track online at the DelaWELL Health Portal (<https://delawell.alerehealth.com>).
- Participants must record all activity points online at the DelaWELL Health Portal by May 25, 2011 to earn the 5 wellness credits.

Remember- all types of physical activity count, including:

- Walking
- Water aerobics
- Biking
- Pushing a lawn mower
- Gardening (raking, trimming shrubs, digging)
- Jogging or running
- Ballroom and line dancing
- Sports like tennis, basketball, softball or volleyball

WARNING: Participants in this challenge may experience better sleep, lower levels of stress, more energy, weight management, improved physical function, enhanced self image, reduced risk of heart disease and diabetes and much more!

So what are you waiting for? Take the Get Moving Challenge and enjoy the benefits of including physical activity into your daily lifestyle with help from DelaWELL!

Healthy Recipe

baked apples



If you like, serve the warm apples with a small scoop of low-fat frozen vanilla yogurt or ice cream. Or serve them chilled on their own.

Takes 30–60 minutes
Makes 4 servings

INGREDIENTS

- 4 large Cortland, Fuji or Golden Delicious apples
- 1/4 cup (2 fl oz/60 ml) apple cider or apple juice
- 2 tablespoons brown sugar
- 1/2 teaspoon ground cinnamon
- 1/4 teaspoon ground ginger
- 1 teaspoon pure vanilla extract

PREPARATION

1. Preheat oven to 350°F (175°C).
2. Core apples leaving bottoms intact. Remove a strip of apple peel from around the top to prevent skins from bursting. Place in a dutch oven or baking dish.
3. In a small bowl, combine brown sugar, cinnamon, ginger and vanilla. Pour over and around the apples.
4. Cover and bake until the apples are soft but still hold their shape, 30–40 minutes. Serve warm, spooning the warm sauce over them.

NUTRITIONAL INFO PER SERVING

131 Calories
0.5g Fat
0.1g Saturated fat
0.3g Protein
30g Carbohydrate
3.7g Fiber
10mg 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 stretching/strengthening exercises that I can do for lower back?

Dear Employee,

Here are a few examples of some stretching/strengthening exercises that you can do for your lower back:

Alternate arm and leg (bird dog) exercise



Do this exercise slowly. Try to keep your body straight at all times, and don't let one hip drop lower than the other.

- Start on the floor, on your hands and knees. Tighten your stomach muscles.
- Raise one leg off the floor and hold it straight out behind you. Be careful not to let your hip drop down, because that will twist your trunk.
- Hold for 5 seconds, then lower your leg and switch to the other leg.
- Repeat 8 to 12 times on each leg.
- Over time, work up to holding for 10 to 30 seconds each time.
- If you feel stable and secure with your leg raised, try raising the opposite arm straight out in front of you at the same time.

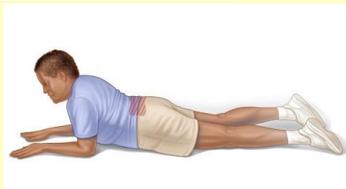
Knee-to-chest exercise



Do not do the knee-to-chest exercise if it causes or increases back or leg pain.

- Lie on your back with your knees bent and your feet flat on the floor.
- Bring one knee to your chest, keeping the other foot flat on the floor (or the other leg straight, whichever feels better on your lower back). Keep your lower back pressed to the floor. Hold for at least 15 to 30 seconds.
- Relax and lower the knee to the starting position. Repeat with the other leg.
- Repeat 2 to 4 times with each leg.
- To get more stretch, put your other leg flat on the floor while pulling your knee to your chest

Press-up back extensions



- Lie on your stomach with your hands under your shoulders. Push with your hands so your shoulders begin to lift off the floor. If it's comfortable, put your elbows on the floor directly under your shoulders so you can rest in this position for several seconds.

Best of Health!

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