

WELL AWARE

April 2014

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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

Open Enrollment For Health, Prescription, Dental And Vision Will Soon Be Here Mark Your Calendar Now!

2014 Open Enrollment - May 12 through May 28, 2014

This is your once a year opportunity to enroll, make changes or terminate your current benefit plans for the plan year beginning July 1, 2014. This is the only time you can make changes to your benefit choices unless you have a qualifying event during the plan year (i.e. birth or adoption, marriage/civil union or divorce, loss of other coverage).

Watch for the 2014 Benefit Updates brochure coming in the mail the week of April 28th. The brochure will include important information on changes effective July 1, 2014 including new health plan premiums as well as the dates and locations of the health fairs in May 2014.

State of Delaware Group Health Insurance Program vendors will be available at the health fairs providing you an opportunity to hear, first hand, the benefits, services and customized tools available with each plan and to offer personalized assistance in helping you choose the best benefit plans for you and your family.

Important information, including the 2014 Open Enrollment booklet will be available to view online beginning in early May. To learn more now about your plan options and to view a video highlighting the health plans available during this open enrollment period, please visit www.ben.omb.delaware.gov/oe.



What's Going On:

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

Start passing on the junk food with DelaWELL's Dump the Junk Challenge and get yourself eating healthy alternatives! You'll earn 1 point for each day you go junk-food free, including cutting out sugary cereals, high-fat potato chips, salty snacks, candy, high-calorie desserts, fried foods and sweetened beverages. Earn 21 points during the challenge to reach the goal! Visit <http://www.delawell.delaware.gov/wellness-challenges.shtml> to learn more and view the informational flyer and print the paper tracking form.

- **Join The "DelaWELL" Team - Ronald McDonald House Of Delaware 5K Run/Walk (Saturday, April 19, 2014)**

DelaWELL has created a special team to participate in a local 5K event - the Ronald McDonald House of Delaware 5K Run/Walk. We encourage State of Delaware employees, retirees and their family members to join us on Saturday, April 19, 2014 in Wilmington, DE for a day of fun and physical activity. The race entry fees and any additional donations our team members give or raise will go towards a worthy cause! Access the link to sign up for our team by visiting www.delawell.delaware.gov.

- **Get The Help You Need And Put Your Mind At Ease**

It happens to everyone. You have a health problem and you aren't sure what to do. With Nurse24 there's a place to turn. All you have to do is pick up the phone and dial the toll-free line **1-866-674-9103**, where a highly experienced nurse will:

- Advise you personally, no matter how big or small the concern
- Tell you exactly what to do in an emergency
- Talk you through self-care and recommend next steps
- Stay on the line until everything's under control

You never have to worry about what to do when illness or accidents strike. The Nurse24 team is standing by, 24 hours a day, 365 days of the year.

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.

- **2014 DelaWELL Online Satisfaction Survey – May 1 - 31, 2014**

Take the survey by logging on the DelaWELL Health Portal (<https://delawell.alerehealth.com>).



MOTIVATION STATION: EMPLOYEE SPOTLIGHT



Julie Petroff

Labor Relations Manager
Department of Correction (DOC)



"... I have lost 55 pounds since January 2013 with the help of the DelaWELL program. In September 2013, I participated in the DelaWELL health screening again and my cholesterol and blood pressure were normal! I love feeling great and I love buying new clothes, knowing that I look good in them!"

To read Julie'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.

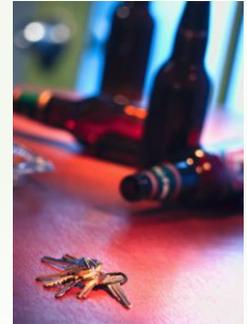
HMS EAP + Work/Life Program: Problem Drinking

Questions about alcohol can range from how to treat a hangover to how to stage an intervention for a loved one abusing alcohol. Whether you're interested in the risks of alcohol consumption or you'd like to know how to cut down your alcohol intake, the Alcohol Solution Center can help. Visit the 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 "Resources" tab and select the Alcohol link. Start with the alcohol quiz to find out how much you really know. After that, read through articles on topics ranging from how to cut down on drinking to alcohol and your heart, or watch helpful videos like *Defining Alcoholism* and *Alcoholism and the Family*.

Eligible members also have access to short-term, confidential support from a Licensed Professional Counselor on a wide variety of topics and can refer you to long-term help if needed. Such topics include:

- Stress, depression, anxiety
- Marital relationships, family/parenting issues
- Work conflicts
- Anger, grief and loss
- Drug and alcohol abuse

Easy to reach and available 24/7 to assist you!
1-800-343-2186



Here's Looking At You – In Prescription Sunglasses

Find the perfect pair for every style under the sun, and every activity. If you wear eyeglasses and spend a lot of time outdoors, you may want to consider prescription sunglasses. Providing convenience, comfort and protection, they can enhance your time outside.

There are many choices when it comes to finding a pair of prescription sunglasses that won't break the bank. Frames, lenses, color and tint are part of a wide range of options that makes it easy to find the perfect pair for your lifestyle and your budget. How you spend your time outside can help determine what type of prescription sunglasses are best for you.

Are you sporty and active? Polycarbonate lenses may be for you.

- Lightweight and shatterproof, these lenses are ideal if you have an active lifestyle or play sports. Polycarbonate naturally blocks almost all UV rays, so these glasses don't need additional UV coating. However, they can scratch, so use a lens hardener or similar coating to help protect them.

Consider yourself a style guru? Try on high-index lenses.

- High-index lenses bend light more efficiently, meaning light travels faster through these lenses than traditional lenses. High-index lenses can offer the same degree of visual correction using less material, which results in thinner lenses and less weight to your glasses.

No matter what type of prescription sunglasses you choose, be sure you select lenses that completely block the sun's harmful UV rays. **Optometrists recommend wearing sunglasses that deliver the highest level of UV protection—99 to 100 percent.**

If you are interested in prescription sunglasses, talk to your eye care professional today, who can help you choose the right pair so that you can enjoy the great outdoors even more.

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



Healthy Recipe



mini blueberry cornmeal muffins

Takes under 30 minutes

Makes 24 mini muffins

INGREDIENTS:

- No-stick cooking spray
- 1 ¼ (175 g) cups all-purpose flour
- ¾ cup (120 g) yellow cornmeal, preferably stoneground
- 2 tablespoons sugar
- 2 teaspoons baking powder
- ¼ teaspoon salt
- 1 cup (240 ml) low-fat (1 %) milk
- 2 egg whites, lightly beaten
- ¼ cup (2 oz/60 g) unsweetened applesauce
- ¾ cup (75 g) fresh or frozen blueberries (do not thaw frozen berries)

PREPARATION:

1. Preheat oven to 375°F (190°C). Lightly spray 2 mini muffin pans with cooking spray.
2. In a mixing bowl, whisk together flour, cornmeal, sugar, baking powder and salt.
3. In a large glass measuring cup, stir together milk, egg whites and applesauce until combined.
4. Add milk mixture to the dry ingredients. With just a few strokes, stir to blend. Do not over mix. Stir in blueberries.
5. Spoon batter into the prepared pans, filling the cups nearly full.
6. Bake until the tops are golden brown, about 15 minutes.

NUTRITIONAL INFO PER SERVING

53 Calories
0.2g Fat
0g Saturated fat
1.5g Protein
11g
Carbohydrate
0.6g Fiber
57mg Sodium

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



The Fitness Guru Says...



Health Tip: April 30th Is National Walk@Lunch Day... Turn A Working Lunch Into A Walking Lunch

Dear Reader,

Wednesday, April 30, 2014 Is National Walk@Lunch Day. Turn a working lunch into a walking lunch! Bring your sneakers to work with you on April 30th and take time out of your lunch break (i.e., 10, 15, 20 or 30 minutes) and go for a walk outside your work building. Encourage your co-workers to join you and get a walking group together! Not only will you feel energized for the rest of the day, but you will get a breath of fresh air and absorb a little sunshine! If weather or conditions are not the best, take your walk inside your building or climb the stairs.

After your walk, please be sure to e-mail DelaWELL staff at Employee.Wellness@state.de.us with your National Walk@Lunch Day story. We would love to know how long and how far you walked, how many people were in your group, how you felt afterwards and if you plan on sticking with it. Feel free to submit a photo of your walking group as well. With participant permission, stories and photos will be published on the DelaWELL website and in an upcoming edition of the WellAWARE newsletter.

Regular physical activity can help reduce your risk of cardiovascular disease and type 2 diabetes, control your weight, strengthen your bones and muscles and improve your mental health and mood. Activity that requires moderate effort, including brisk walking, is safe for most people. If you have a chronic health condition such as heart disease, arthritis, diabetes or other symptoms be sure to talk with your doctor about the types and amounts of physical activity that are right for you.

Best of Health!

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