



WELL AWARE



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Contact DelaWELL

<http://www.delawell.delaware.gov>
 1-800-556-6106
 EMAIL: Employee.wellness@state.de.us
StayWell
<https://delaware.online.staywell.com>
 1-800-926-5455

Contact Statewide Benefits Office

www.ben.omb.delaware.gov
 1-800-489-8933 OR (302) 739-8331

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DEPENDENT COVERAGE TO AGE 26

On May 10th, federal rules related to implementing the provisions of the Patient Protection and Affordable Care Act (PPACA), which extend dependent coverage under group health plans and individual health insurance policies to adult children who have not reached age 26, were issued. Based on these rules, health plans must begin to cover dependents up to age 26 on the first of the plan year after September 23, 2010.

For the State of Delaware Group Health Plan, this would be July 1, 2011. As the federal mandate for coverage of dependents up to age 26 is not effective until July 1, 2011, the Group Health Plan must abide by current State of Delaware law, which provides for coverage for dependents up to age 21, or age 24 if the dependent is a full-time student.

Therefore, dependents who are graduating from college at this time or turning age 24 must be removed from their parent's plan until the future implementation date of the coverage for dependents up to age 26.



NEW Wellness/ Disease Management Program July 1, 2010

The State of Delaware believes your health is the most valuable asset you have! We are proud to present an expansion of the DelaWELL wellness program to provide additional ways to assist you and your family members in taking charge of your health and wellbeing. We have partnered with Alere®, a leading provider of health and wellness solutions, to offer these new services beginning July 1, 2010 (The current StayWell® website and resources as well as disease management programs through the Aetna and Blue Cross medical plans will remain in effect through June 30, 2010):

NEW Nurse 24 Toll Free Number- Beginning July 1, you can reach Alere® toll free at (866-674-9103) for program questions, comments, concerns and **Nurse 24**. Nurse24 provides you direct access to a registered nurse to answer health-related questions 24 hours a day, 7 days a week, 365 days a year. Nurse24 also provides you with a convenient way to get information on routine illness and minor injury as well as how to get in touch with other healthcare resources.

Condition Care Program- Condition Care is a personal health support program for individuals with certain chronic health conditions to help them live as healthfully as possible while managing their conditions. After July 1, Alere will contact you with information about this program if you are enrolled in a State of Delaware medical plan and have a diagnosis of asthma, chronic obstructive pulmonary disease (COPD), congestive heart failure (CHF), coronary artery disease (CAD), diabetes, cancer, back pain or osteoarthritis.

NEW DelaWELL Health Portal- Beginning July 1, you will find a wealth of tools and resources on the new DelaWELL Health Portal (www.delawell.alerehealth.com) administered by Alere to help you get and stay healthy. A few of the resources include: Daily Health News Headlines, Fitness and Meal Planners, Symptom Checker, Extensive Health Condition Library, Family Health Information and Games, Healthy Recipes and Food Finder Tool. We encourage you to review all of the tools that are available and make a habit of using them to improve your health.

More Opportunities Coming This Fall- Watch for information about additional opportunities to participate in a year-round wellness program to help you reach your health improvement goals. You will have access to a confidential wellness assessment tool, onsite and online educational seminars, wellness challenges, personal health coaching, health screenings and much more.

There is no cost to you for participating in these personal health support programs, and you are encouraged to take advantage of these resources designed to help you improve your health and wellbeing. Participation in any personal health support program is completely voluntary. The State of Delaware is committed to protecting individual privacy. The State of Delaware will not have access to your protected health information. Only aggregate data is reported to the State of Delaware to identify trends and to target health and wellness activities to best meet the needs of employees and their dependents.

Did you know?

Active State of Delaware employees can view their benefit elections anytime throughout the year?

It's true, employees can view their benefits elections to confirm any changes made during open enrollment have processed correctly as well as anytime during the year.

How to access the Benefits Summary?

It's easy! simply logon to eBenefits at <https://phrstrapd.spo.state.de.us/login.html> and choose **Benefits Summary** instead of Open Enrollment. Change the date to 07/01/10, (to view benefit elections with a July 1, 2010 coverage effective date) or choose a different date to view a list of benefits for another date anytime throughout the year. Employees can click on an individual plan, such as Medical or Dental, to see the dependents enrolled.

Benefits Elected during the Open Enrollment period will take effect July 1, 2010.

If employees see an error in their benefit elections or their covered dependents listed, they **MUST** contact their HR/Benefits Office no later than June 4, 2010 to have the error corrected.

NO CORRECTIONS WILL BE MADE AFTER JUNE 4, 2010.

More details on how to access your Benefits Summary are on the last page of the eBenefits Quick Reference Guide available under the Open Enrollment section of the Statewide Benefits Office website by clicking the following link, www.ben.omb.delaware.gov/oe.

STATE OF DELAWARE AGENCIES COMPETE IN SUMMER COMPETITION TO SAVE LIVES

Blood Bank of Delmarva's 8th annual Summer Blood Challenge (SBC) kicks off on May 24 and will continue through September 4. The Challenge is a competition among local employers, including many State of Delaware agencies, to recruit the most Blood Bank members and donors during the summer months when fewer people typically give blood.



The competition's theme, 'Saving a Life Starts Here,' sends a message to the community that blood donors are heroes. A single blood donation can save the lives of up to three patients and it all starts with making an appointment to give blood at any of the Blood Bank donation sites. To locate a blood bank donation site near you please visit

http://www.delmarvablood.org/donation_sites.html

SBC participants will earn chances to win exciting prizes, including one of two \$50 VISA gift cards awarded weekly throughout the Challenge and the grand prizes: a \$500 VISA gift card, a 3-day trip for two to Las Vegas and an all-inclusive week vacation for two to a luxury resort in Cancun, Mexico.

To get involved in the 2010 Summer Blood Challenge or for more information, log on to www.delmarva2010sbc.com or call 1-888-8-BLOOD-8.



Did you know that you can get sunburn even on a cloudy day?

June 6 – 12, 2010
Sun Safety Week
www.sunsafetyalliance.org

The Sun Safety Alliance (SSA) encourages you to be safe by following these sun-safety tips year-round to help prevent serious skin damage—and possibly skin cancer—later!

- Keep in mind the sun is strongest between 10 am and 4 pm.
- Wear a wide-brimmed hat and sunglasses.
- Remember that UV rays bounce off sand, snow, concrete and water.
- Do not use sun tanning beds.
- Keep very young children (6 months or less) out of the sun.
- Apply a sunscreen with a SPF of 15 or higher whenever you're outdoors. To achieve adequate UV protection you should use products that provide broad spectrum protection, which means protection against both UVB and UVA rays. For broad spectrum protection, look for products that provide an SPF of at least 15 and contain ingredients like Avobenzone (Parsol 1789) or zinc oxide.
- For children, the SSA recommends sunscreen with an SPF 30 or higher.
- Apply sunscreen before going outdoors and reapply often. Reapply sunscreen after swimming, perspiring and toweling off. Provide complete sunscreen coverage for your skin (including neck, ears and lips).
- **And remember, stay in the shade whenever possible!**



The Fitness Guru Says...

Question of the Month: I have a history of cancer in my family. What can I do to reduce my risk?

Dear Employee,

Did you know that non-inherited factors (such as obesity, physical inactivity, poor nutrition and tobacco use) have a larger impact on cancer risk for the population as a whole than genetic inheritance?

Life is made up of individual choices. On a daily basis, it is literally up to us what we eat, how active we are, whether or not we will work to lose or manage our body weight and whether or not to use tobacco products. When it comes to cancer- we have more power than we think.

The American Cancer Society guidelines include four recommendations for individual choices that may reduce cancer risk:

1) **Maintaining a healthy weight throughout life**

- Balance caloric intake with physical activity.
- Avoid excessive weight gain throughout life cycle.
- Achieve and maintain a healthy weight if currently overweight or obese.

2) **Adopting a physically active lifestyle**

- Adults: Engage in at least 30 minutes of moderate to vigorous physical activity, above usual activities, on 5 or more days of the week; 45 to 60 minutes of intentional physical activity is preferable.
- Children and adolescents: Engage in at least 60 minutes per day of moderate to vigorous physical activity at least 5 days per week.

3) **Consuming a healthy diet**

- It has been shown that diets that are very low in vegetables, fruits, whole grains, and high in processed and red meats are linked to an increased risk of some of the most common types of cancers.

4) **Limiting consumption of alcoholic beverages**

- If you drink alcohol, do so in moderation. This means an average of one to two drinks per day for men and one drink per day for women. (A drink is one 12 oz. beer, 4 oz. of wine, 1.5 oz. of 80-proof spirits or 1 oz. of 100-proof spirits.)

For more information, visit the American Cancer Society (www.cancer.org) and Delaware Health and Social Services/Division of Public Health (<http://dhss.delaware.gov/dhss/dph/index.html>).

Stay Fit!

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



It's back!



Farmers' Market at Legislative Mall

Come out every Wednesday from 10am to 1pm starting June 16th through August 25th to purchase fresh, locally grown fruits and vegetables, as well as honey and cut/potted flowers and herbs. Lunch hour events will be scheduled, including fitness and cooking demonstrations, colonial interpreters and agriculture education. Also, don't miss your opportunity to participate in a special walking program and win prizes each week and a grand prize drawing at the end of the program.

Come out and support the local agriculture industry and eat fresh, quality produce!

State agency and school district employees have experienced vast changes in the workplace - tighter budgets, job consolidation and increased workloads. Employees have taken on these challenges by making extraordinary contributions and displaying dedication and energy in their achievements. Learn how to remain positive and continue to cope with change and uncertainty.

DelaWELL is pleased to continue their partnership with Human Management Services, Inc. (HMS) by offering FREE, hour-long workshops at various locations in June 2010 on:

“Don’t Get Burned: Managing Stress and Change”

Each workshop will be led by an HMS Trainer.

Some of the discussion topics will include:



- How do we maintain our enthusiasm for our work while avoiding stress and burnout?
- How do we prepare ourselves for the certainty of change?



Even positive change causes stress. We cannot avoid change, but we can learn to improve how we react and respond to change. This workshop will provide tools and perspective to help employees effectively cope with workplace stressors and increase stamina to ultimately avoid burnout.

To register for a location nearest you, visit www.delawell.delaware.gov and click on the “Workshops” link. (Employees Only)

**Participation in DelaWELL’s workshops is open to all state, school district, charter school and higher education employees.*



Men die younger than women from the top causes of death. But it doesn’t have to be this way. More than half of these premature deaths are preventable, along with about 60 percent of chronic diseases. By taking charge of your own preventative care, you can protect your health:

- Eat a varied diet, rich in fruits, vegetables, whole grains and low-fat foods. Be especially careful to limit cholesterol intake and avoid saturated fats.
- Exercise regularly and maintain a healthy weight.
- Manage stress.
- Limit alcohol to two drinks per day.
- Don’t smoke, and minimize your exposure to second-hand smoke.
- See your doctor regularly. Getting regular checkups and age-appropriate screenings is a proven way to improve health and reduce premature death and disability.
- If you are over 40, get a baseline PSA (prostate specific antigen) test and monitor this periodically with your doctor.



Healthy Recipe



Orange-Walnut Salad

Ingredients:

- 2 cups romaine lettuce, coarsely chopped (about 6 leaves)
- 1 cup arugula
- 1 cucumber, peeled, quartered lengthwise, seeds removed and chopped
- 1/4 cup red onion, thinly sliced
- 2 navel oranges, peeled and chopped
- 2 tablespoons walnuts, chopped
- 1 tablespoon walnut oil
- 1 tablespoon red wine vinegar
- 2 ounces blue cheese

Directions:

Layer ingredients in a large salad bowl. Just before serving, sprinkle with walnut oil and vinegar and toss. Crumble blue cheese on top.

Serves four:

Each serving contains about 152 calories, 12 g carbohydrates, 6 g protein, 10 g fat, 203 mg sodium, and 3 g fiber.

St. Francis Hospital will host the 2nd Annual Run for Women's Health

St. Francis Hospital has seen significant growth in its women's service line. In 2009, Dr. Nancy Fan and Dr. Shauna McIntosh brought their Women to Women OB/GYN practice into the St. Francis Family. Dr. Fan and Dr. McIntosh opened their Wilmington and Newark based private practice in 2000 and previously sent their patients to an alternate New Castle County hospital.

St. Francis Hospital is the sole provider of comprehensive obstetrical services in the City of Wilmington. The seven-member St. Francis obstetrical and gynecological team conducted approximately 23,452 patient visits in 2008.

For many years St. Francis Hospital administration has focused on the growth of this vital program. With the addition of The Women's Place in 2006; the installation of state-of-the-art digital mammography to the North Wilmington Women's Center and at The Women's Place in 2008 and in 2009, the selection of Dr. Ronaldo Domingo as the Chairman of Department of Obstetrics and Gynecology and the introduction of its Umbilical Cord Blood Donation Program, a partnership with the Brady Kohn Foundation and Community Blood Services that offers all women giving birth at St. Francis the opportunity to donate their baby's lifesaving umbilical cord blood for free, St. Francis has been expanding this service to meet the needs of the community.

Date: Sunday, June 27, 2010
RaceTime: 8:30am (registration opens at 7:30am)
Location: Wilmington Christina Riverfront, at Dravo Plaza (under the cranes next to Outlets)
Beneficiary: St. Francis Hospital Women's Services
Entry fee: \$18 until September / \$22 after and day of the event

Register online at www.races2run.com

VSP Eyecare Observance Article



June is Headache Awareness Month "**Migraine Misery and Your Eyes**"

Migraine pain is like no other. It affects a lot of people—over 25 million Americans alone. Eye doctors can help combat the little-known visual effects of the painful problem.

To learn more about your vision benefits please visit www.vsp.com and Click, the **Members** tab.

Eat This, Not That



Try This

Coffee Coolatta® with Skim Milk Small (16 fl oz)

210 calories

0g Total Fat, 0g Saturated Fat, 0mg Cholesterol



Instead Of That

Coffee Coolatta® with Cream Small (16 fl oz)

400 calories

23g Total Fat, 14g Saturated Fat, 80mg Cholesterol

Dunkin Donuts® catchy tag line is “America Runs on Dunkin.” Well, in order to burn off the 400 calories from their *Coffee Coolatta® with Cream Small (16 fl oz)*, a 150 lb person would need to run for over 30 minutes. Let’s face it, that is a lot of work for just a beverage! So, the next time you go to cool down on a nice warm day at Dunkin Donuts®, try the *Coffee Coolatta® with Skim Milk Small (16 fl oz)* instead. Not only will you save yourself around 190 calories, you will also significantly lower your fat and cholesterol intake. To learn more about Dunkin Donuts® nutritional information, visit <https://www.dunkindonuts.com/aboutus/nutrition/>.



- Look for the **DDSMART menu** the next time you are at Dunkin Donuts® to help you make better choices.

ePay - view your payroll information online at <https://phrstrapd.spo.state.de.us/>.

ePay Announcements – view benefits news, WELLWARE newsletters and more ... at <http://omb.delaware.gov/epay/announcement.shtml>.



The Results Are In...

A special thanks to the many employees who took time out of their lunch break (i.e., 10, 15, 20 or 30 minutes) and went for a walk outside on April 28th - National Walk@Lunch Day! Numerous employees e-mailed DelaWELL staff with their experiences and success stories from the event. Below are just some of the comments:

- “A colleague and I used our lunch hour to walk along the St. Jones River Estuary in Dover. It was peaceful and beautiful. The weather changed from sunny, to cloudy, back to sunny. It was tempting to go back due to the clouds but we kept our eyes on our watches- it was to be a 50 minute round trip. At the end of the walk, I felt light and exhilarated. I had more energy than I had before the walk. My mind felt sharp & I was more efficient with the afternoon tasks. My friend and I plan to do it again in the future whenever our work schedules permit.”
- “Although it is a chilly, windy day here at DPC, I walked from the Springer Building to the Hide-A-Way Cafe' on the grounds of Delaware Psychiatric Center... The grounds at DPC are lovely and today's walk made me realize I could take a lunchtime walk a few times a week for my health.”
- “I participated with another co-worker to take 30 minutes out of our lunch hour to walk. In this timeframe, we did a 1.5 mile. It was only two in our group, and it was very energizing!”
- “I had been walking at work for a year or so and then I had stopped doing it. Recently, I enrolled in membership at a local gym and have begun to gradually modify some of my food choices. Today, after participating by walking just 20 minutes I feel re-invigorated. I was reminded of how refreshing a brief walk can ease stress at work. I look forward to going back outside for brief walks during my lunch at work.”
- “It was great to get some fresh air and enjoy the seasonal weather! Walking at lunchtime enables me to meet my personal fitness goals of exercising 3-to-5 times a week. It is important for my overall health and wellbeing to take time to exercise since I spend a good portion of my day sitting in front of a computer, in meetings, and commuting two hours a day. I look forward to walking at lunchtime which I find to be beneficial and enjoyable.”

Michelle Daisey, who works for Delaware Health and Social Services (DHSS) at the Laurel State Service Center, was excited to report that her whole office participated in a 20 minute walk (see pictures below). “The event was a great way for us to relieve some stress and build team work as we supported each other,” Michelle said. She even contacted their local Subway of Laurel and Seaford and was able to get them to sponsor their lunch with two trays of healthy sandwiches and healthy guideline brochures for all staff. “Thank you for your support. I was so excited that we had such a great time and some have since continued to walk even if just for a few minutes whether it be at home or work,” Michelle commented.



Being active on a regular basis provides many health benefits, including weight loss, better sleep, less stress and a reduced risk of diseases or conditions like heart disease and diabetes. But let's be honest, most of us go home after work tired and the last thing on our minds is exercise. Since we spend most of our waking hours at work and have more energy during this time, it makes great sense to “fit in fitness” while on the job. To everyone that participated in National Walk @ Lunch Day, keep up the great work!