

# WELL AWARE



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## Contact DelaWELL

[www.delawell.delaware.gov](http://www.delawell.delaware.gov)  
1-800-556-6106  
EMAIL: [Employee.wellness@state.de.us](mailto:Employee.wellness@state.de.us)

## Alere®

<https://delawell.alerehealth.com>  
1-866-674-9103

## Contact Statewide Benefits Office

[www.ben.omb.delaware.gov](http://www.ben.omb.delaware.gov)  
1-800-489-8933 OR (302) 739-8331

## 2011-2012 DelaWELL Reward Payout Date Is July 13, 2012



- Employees who earned the **DelaWELL Silver Level Reward** (Completion of the online Wellness Assessment + Health Screening) by May 31, 2012 will receive a **\$100 cash incentive** paid in the **July 13, 2012 paycheck**.
- Employees who earned the **DelaWELL Gold Level Reward** (Completion of the online Wellness Assessment + Health Screening + Completed the participation requirements for a Health Coaching Program *or* Condition Care Program) by May 31, 2012 will receive a **\$200 cash incentive** paid in the **July 13, 2012 paycheck**.

State non-Medicare eligible pensioners who earned the incentive will have it applied toward their July 2012 pension check.

**For questions about wellness activities and incentive eligibility, please call the Alere Helpline at (866) 674-9103.**

## Men's Health Week (June 11-17, 2012): Keep Up With The Boys!



*Slowing down? Feeling like you've lost your energy?* A man's testosterone level drops about 10 percent each decade, which can eventually lead to depression, memory loss, decreased libido, erectile dysfunction and loss of muscle mass.

What can you do?

- **Eat foods that improve your testosterone** like cabbage, cauliflower and broccoli.
- **Exercise More.** Physical activity decreases your body fat and increases bone and muscle strength.
- **Drink less alcohol.** Men who drink a lot and often are actually decreasing testosterone production in their bodies. Keep your drinking in moderation.

Learn more about what you can do, by working with your own DelaWELL Health Coach for FREE. DelaWELL's Health Coaching Program allows you to work one-on-one with a trained health professional who will give you tips, education and motivation. Try it out today! Call (866) 674-9103 to enroll.

The DelaWELL Health Management Program provides online resources specifically for men that target important areas to help them live longer, healthier and happier lives. Visit the DelaWELL Health Portal today at <https://delawell.alerehealth.com>! Once logged in, click on the "Personal & Family Health" link (located at the top menu) and then click on "Men's Health." Here you can search through topics (i.e., Healthy Eating, Fitness and Exercise, Stress Management, Testosterone, Infertility Tests, Erection Problems, Enlarged Prostate, Prostate Cancer and much more), access interactive tools (i.e., Fitness Planner, Is Your Weight Increasing Your Health Risks?, Do You Have a Prostate Problem?, etc.), health videos (i.e., How Cholesterol Management Can Help Prevent Stroke and Heart Disease, Screening for Prostate Cancer, etc.) and check out the latest news on men's health.

## The 2012-2013 DelaWELL Program Year Starts July 1<sup>st</sup> With Exciting Incentives And Enhancements



The DelaWELL Health Management program includes options to fit your needs and health goals whether you are in good health and want to maintain it, are ready to make changes to get healthier or are living with a chronic health condition. Programs are free and participation can earn you an incentive!

### **What is the DelaWELL Health Management Program?**

- DelaWELL is a comprehensive wellness and condition care program with exciting enhancements available July 1, 2012 through May 31, 2013:
  - **Confidential**, online Wellness Assessment
  - Onsite Biometric Health Screenings to include blood pressure, cholesterol and glucose testing
  - Health Coaching
    - Weight loss
    - Stress
    - Physical Activity
    - Tobacco Cessation
    - Healthy Nutrition
  - Condition Care Programs
    - Asthma
    - Coronary Artery Disease
    - Chronic Obstructive Pulmonary Disease
    - Diabetes
    - Heart Failure
    - Back Pain & Osteoarthritis
  - Online Health Resources to include Healthy Living Programs, health articles, drug database, newsletters, journals, health trackers, quizzes and more
  - Onsite and online Health Seminars on self care, weight loss, nutrition, fitness and other important health topics
  - Wellness Challenges that encourage participants to practice healthy behaviors
  - **\*NEW\* \$0 copay on Prescription Tobacco Cessation Medications beginning July 1, 2012**
  - **\*NEW\* Worksite and Online Weight Watchers Programs that can help participants earn Gold Level incentive status**
  - Confidential Nurse24 line at 1-866-674-9103
    - Provides direct access to a registered nurse to answer health-related questions 24 hours a day, 7 days a week, 365 days a year
    - Information on routine illness and minor injury

### **Who can participate?**

The DelaWELL program is available to individuals who are currently enrolled in a State of Delaware Group Health Plan (non-Medicare plan).

### **Who can earn an incentive?**

Benefit eligible state agency, school district, charter school and higher education employees, as well as state non-Medicare eligible pensioners, who are currently enrolled in a State of Delaware Group Health Plan, can earn incentives for participating in program activities from July 1, 2012 through May 31, 2013.

- Silver Level: Complete an annual Wellness Assessment AND Health Screening to earn a \$100 incentive.
- **\*NEW\* Participants who complete the Silver Level activities by October 15, 2012 will receive an "Early Bird" payment of \$100 in a December 2012 paycheck.**
- Gold Level: Complete a Wellness Assessment, Health Screening AND actively participate in a Health Coaching Program, Condition Care Program or Weight Watchers to earn a \$200 incentive.

Participants who complete the Silver Level activities after October 15, 2012 or earn Gold Level status will receive their incentive payment in a July 2013 paycheck.

**For more about DelaWELL, visit <https://delawell.alerehealth.com> or contact the Alere Nurse24 line at 1-866-674-9103, 24 hours a day, 7 days a week.**

## Earn Credit Towards The DelaWELL 2012-2013 \$200 Gold Level Reward By Participating In A Weight Watchers Offering



The State of Delaware is committed to helping you achieve your weight-loss goals and improve your overall health by offering **credit towards the DelaWELL 2012-2013 \$200 Gold Level Reward** if you purchase a Weight Watchers offering listed below.

See the DelaWELL Health Portal (<https://delawell.alerehealth.com>) beginning **July 1, 2012** for more information on the 2012-2013 DelaWELL Program, special purchase instructions for the Weight Watchers offerings and Weight Watchers frequently asked questions.

You will be able to choose an offering that best suits your specific lifestyle and preference:

**1) Weight Watchers Meetings with Monthly Pass**

With Monthly Pass you can get the convenience of Weight Watchers meetings in your workplace and unlimited meetings in your local community. Get our lowest price per week *and* FREE eTools, our internet weight loss companion that helps you stay on track between meetings. This membership also gives you access to FREE smart phone and iPad applications.

**2) Weight Watchers Online subscription**

With Weight Watchers Online, you can follow the plan step-by-step entirely online with interactive tools and resources like a weight tracker, progress charts, restaurant guides and much more. It is available in two versions specifically designed for men and women with tailored content that speaks directly to each audience. This application also gives you access to FREE smart phone and iPad applications.

<b>Weight Watchers Offering</b>	<b>Weight Watchers Special Pricing</b>
<b>Meetings with Monthly Pass</b> (You must purchase a minimum of 3 consecutive months of membership to receive credit towards the Gold Level Reward)	<b>\$36.50 per month</b>
<b>Weight Watchers Online</b> (You must purchase a minimum of 6 consecutive months of subscription to receive credit towards the Gold Level Reward)	<b>\$16.10 per month</b>

### More “Beat The Pack” Smoking Cessation Group Sessions Coming In 2012-2013

The DelaWELL Health Management Program is offering a special, free 4-week program for employees called “Beat the Pack” geared for smokers who are interested in quitting smoking. This program gives you stop-smoking information and a chance to receive support from others.

Each week, participants are required to attend one group meeting, for a total of four sessions in a given month:

- Week 1: Program Launch/ Reasons to Quit**
- Week 2: Coping With the Urge to Smoke**
- Week 3: Long-Term Benefits of Quitting Cigarette Smoking**
- Week 4: Staying Quit**



**To register for the 4-weekly “Beat the Pack” meetings at a location convenient for you,** please visit [www.delawell.delaware.gov](http://www.delawell.delaware.gov) and click on the “DelaWELL University Onsite Health Seminars” link.

DelaWELL is currently providing the “Beat the Pack” program at these upcoming sites (**Please continue to check the website for new listings**):

- Department of Labor- Fox Valley Annex Building (Wilmington, DE)  
**Meeting Dates:** June 8, 15, 22 and 29 from 12-1pm

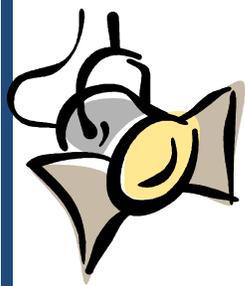
## Over 300 Employees Participated In The May 2, 2012 Governor's Cup 5K Run/Walk, 1 Mile Fun Walk and Health Fair

On Wednesday, May 2, 2012, Lieutenant Governor Matt Denn along with the DelaWELL Health Management Program hosted the 2012 Governor's Cup 5K Run/Walk, 1 Mile Noncompetitive Fun Walk and Health Fair at Woodburn (The Governor's House) with over 300 employees in attendance. The Governor's Cup event promoted the importance of physical activity and provided a time of fellowship and activity among State of Delaware employees and retirees.

This fun-filled event was packed with plenty of refreshments, giveaways and awards. Health fair vendors were onsite, including Alere, Blue Cross Blue Shield of Delaware, Aetna, Delta Dental, Dominion Dental, Delaware Comprehensive Cancer Program, EyeMed Vision Care, Employee Assistance Program (HMS), Delaware Department of Transportation (Wally The Work Zone Warrior), Delaware Tobacco Prevention and Control Program, Get Up and Do Something, Delaware Diabetes Prevention and Control Program, Weight Watchers and more.

To view the Governor's Cup and 5K Race Winners, Overall Finish List and Age Group Results as well as the Photo Album, please visit [www.delawell.delaware.gov](http://www.delawell.delaware.gov) and click on "Results and Photo Album" (located on the left menu under *Governor's Cup 5K*).





## Motivation Station: Employee Spotlight

**“Most of all, I realized that my entire life I had put everything else ahead of me. It was my turn now!”**

### **Jane Stayton, CPA**

Program Director for Paralegal Studies  
Delaware Technical & Community College  
Owens Campus

**2010**



**2011**



“My weight loss journey started almost two years ago. It was St. Patrick’s Day 2010 when I was diagnosed with diabetes. I realized there was a problem when my vision was altered. I was placed on insulin and prescription medication for this disease and realized at this point that I had to make a life change. I was 51 and had a wonderful husband, two grown children and three grandchildren to live for. Most of all, I realized that my entire life I had put everything else ahead of me. It was my turn now! At first, it felt selfish; however, as the journey progressed it became empowering.

To get started, I attended the DelaWELL University Onsite Health Seminars to help with furthering my background in nutrition and healthy lifestyle choices. I found the DelaWELL Health Portal to contain a wealth of information that has helped give me strength to persevere.

I was also very fortunate in that my daughter agreed to be my accountability partner in this lifestyle change. I started working out two mornings a week. When I started, my ability to workout was limited. However, I didn’t give up! I have progressed now to doing floor push-ups, sit ups, squats and arm exercises. I exercise 5-6 days a week, with at least one hour of cardio per day. It is a great feeling of accomplishment when the workout is over. You have worked so hard, that the donut just doesn’t look as good. You realize how hard it is to lose the weight and you don’t want to spoil it with poor food choices.

In June 2010, I was off the insulin because of my lifestyle changes and in November 2010 I walked my first 5K in 1 hour and 6 minutes. By February 2011, I was able to be totally medicine free. This past January, I took a whole new look at my journey as I listened to Aaron Schrader (Health Promotion Coordinator for the DelaWELL Program) teach the DelaWELL University Onsite Health Seminar Topic “My Year To Lose Weight and Keep It Off.” I really enjoyed this seminar and now think of the various food displays when I make choices at restaurants. It is great to know about the healthier choices we can make. The visual of the fat stored in the body that was shown has also made a huge impact on me. These things stick with me to help change my thinking.

Each small accomplishment has been important and I can honestly say that I am slowly getting my life back. I have lost 102 lbs. and still have more weight to lose, but I am looking forward to the continued journey. I am going to Disney World this May with my grandchildren and I am so excited that I can now ride all of the rides.”

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](mailto:Employee.Wellness@state.de.us) for possible posting in an upcoming edition of WellAWARE and on the DelaWELL website.

To read more participant health testimonies, visit [www.delawell.delaware.gov](http://www.delawell.delaware.gov) and click on the “Motivation Station” link.

## STATE OF DELAWARE AGENCIES COMPETE IN SUMMER COMPETITION TO SAVE LIVES

**The Blood Bank of Delmarva's 10th annual Summer Blood Challenge kicked off on  
May 21, 2012 and continues through September 15, 2012**

The Summer Blood 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.

Everyday across Delmarva, more than 350 blood donors are needed to maintain the local blood supply. This is a great opportunity to help the community.

### **Save Lives! Win Prizes!**

State employees who participate on behalf of their agency between now and September 15, 2012 will earn chances to win exciting prizes.

#### **Grand Prizes**



**1<sup>st</sup> Prize:** Brand New FIAT 500®

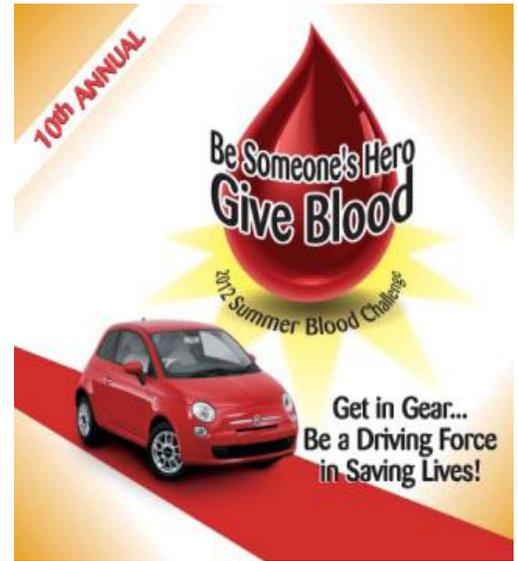
**2<sup>nd</sup> Prize:** \$2000 TD Bank VISA® Gift Card

**3<sup>rd</sup> Prize:** \$1000 TD Bank VISA® Gift Card

#### **Weekly Prizes**

Two - \$50 Gas Gift Cards – Courtesy of TD Bank

Please contact your benefits representative to get more information about your agency's participation. For more details, please visit the Blood Bank of Delmarva's website at [www.delmarvablood.org](http://www.delmarvablood.org).



## **Blue Cross Blue Shield of Delaware (BCBSD)**

### **IMPORTANT NEWS FOR BCBSD MEMBERS EFFECTIVE JULY 1, 2012**

Blue Cross Blue Shield of Delaware (BCBSD) is providing new Identification (ID) Cards to all members enrolled in one of the State's Group Health plans. In early June, members will receive a letter from BCBSD to alert you about the new ID card followed by the mailing containing the new ID Card.

Effective July 1, 2012, members must present their new ID card when receiving services at physician's and therapist's offices, hospitals, clinics, labs, etc.

- The prefix (the three letters that precede the six digit ID number) will change for members enrolled in either the Blue Care-HMO or Special Medicfill Plans.
- The new prefix for the Blue Care-HMO plan will be "SAI"; the new prefix for the Special Medicfill plan will be "SDE".
- The prefix for members enrolled in First State Basic, CDH Gold, and Comprehensive will remain "SOD".
- **Beginning July 1, 2012, please destroy your old ID card and use your new ID card to ensure claims process correctly.**

Should you require an additional ID card, you can order one online at [www.bcbsde.com](http://www.bcbsde.com) or by contacting BCBSD's Customer Services at 1-800-633-2563 or 429-0260.

**Questions:** Please contact your benefits representative or the Statewide Benefits Office at 1-800-489-8933.

## Healthy Recipe

# roasted plantains

Don't use green plantains in this recipe -- they're too hard. Ripe plantains look blackened, like overripe bananas.

Takes 30-60 minutes  
Makes 8 servings

### INGREDIENTS:

- Cooking spray
- 4 ripe plantains
- 1 orange, cut in half
- 2 teaspoons brown sugar
- 1 teaspoon ground cinnamon

### PREPARATION:

1. Preheat oven to 350°F (175°C). Spray a large, shallow baking dish lightly with cooking spray.
2. Peel plantains and slice in half lengthwise. Cut each section at an angle into 5 slices. Keeping the pieces together, transfer to the baking dish. Repeat with the other halves.
3. Squeeze orange juice over plantains. Sprinkle with brown sugar and cinnamon.
4. Bake for 30 minutes, or until plantains are just tender.

### NUTRITIONAL INFO PER SERVING

98 Calories
0.2g Fat
0g Saturated fat
0.7g Protein
26g Carbohydrate
1.9g Fiber
4mg 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 the screening tests for prostate cancer?"**

Dear Employee,

In the United States, about 17 out of every 100 men will get prostate cancer. Of these 17 men, 3 will die of prostate cancer. Screening for prostate cancer, which is basically checking for signs of the disease when there are no symptoms, is done with the digital rectal exam and the prostate-specific antigen (PSA) test.

Prostate-specific antigen (PSA) is a substance released into a man's blood by his prostate gland. A PSA test measures the amount of prostate-specific antigen in the blood. Low amounts of PSA may be found in the blood of healthy men. The amount of PSA in the blood normally increases as a man's prostate enlarges with age and it is also increased by inflammation of the prostate gland (prostatitis) and by prostate cancer.

Talk with your doctor about your risk for prostate cancer, and discuss the pros and cons of testing. It is important to learn all you can!

*Best of Health!*

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

## Is Your Mailing Address Current?

Why it's important to provide your Human Resources/Benefits Office with your new mailing address, should your address change:

- Your Human Resources/Benefits Office is responsible for entering your change of address in the State's payroll system, PHRST. The Statewide Benefits Office uses your mailing address as it appears in PHRST to mail you important information about your benefits.
- The benefits vendors, (e.g. Blue Cross Blue Shield of Delaware, Aetna, Medco, HMS, Delta Dental, Dominion Dental and EyeMed Vision Care, etc.) are provided your mailing address from PHRST, so important benefits information can be mailed to you such as Identification Cards and Explanation of Benefits (EOBs).
- When you become a State of Delaware pensioner, you should notify the State's Office of Pensions of any address changes. Keeping your mailing address current ensures you receive mailings in a timely manner.

**For more information and assistance, please contact your Human Resources/Benefits Office.**



## Protect Your Eyes Against Ultraviolet (UV) Rays

**Good quality sunglasses provide important protection for your eyes and your family's even on cloudy days.**

The same ultraviolet (UV) rays from the sun that burn your skin can also damage your eyes. If you spend time outdoors, you could be at risk for eye problems from UV rays and should always wear sunglasses that block at least 99 percent of both UVA and UVB rays. There are three kinds of UV rays.

- UVA rays can pass through your eye's cornea and reach the lens and retina.
- UVB rays can't pass through glass, but they can still cause eye damage. UVB rays are the ones that can burn your skin.
- UVC rays are the highest-energy rays, but they're blocked by the ozone layer in the atmosphere and don't reach the earth.

According to Dr. John Lahr, O.D., vice president and medical director at EyeMed Vision Care, overexposure to UVA or UVB rays can lead to serious eye problems including photokeratitis (inflammation of the cornea), which can cause temporary vision loss; pinguecula and pterygia (growths on the eye's surface); damage to the lens and retina; and even burns on the eye's surface.

Children's eyes are especially sensitive to UV rays, so it's important to provide quality sunglasses for them. Adults with eye disorders such as cataracts, macular degeneration and retinal disease are also especially susceptible to UV rays and should take extra precaution. While some contact lenses offer UV protection, they don't cover your entire eye, so contact lens wearers still need sunglasses. Close-fitting, wraparound sunglasses that block at least 99 percent of both UVA and UVB rays provide the most protection.

Keep in mind that UV rays are harshest when the sun is high in the sky, from 10 a.m. until 2 p.m. The closer you are to the earth's equator, the stronger they are. They're also stronger at high altitudes and against the reflective surfaces of snow, water or sand.

UV rays pass through clouds, so don't be fooled into thinking protective eyewear isn't needed when the sky is cloudy. Even though shaded areas reduce UV exposure, your eyes can still be exposed to harsh rays that bounce from buildings, roads and other surfaces.

So whenever you're outdoors, it makes sense to keep your eyes and your family's eyes protected with a pair of good sunglasses. Regular eye exams are important so that vision problems can possibly be detected early. Schedule an eye exam today with your eye care professional.

**For questions please contact the Customer Care Center at 1-855-259-0490**

***To learn more about your vision benefits, please visit***

***[www.eyemedvisioncare.com](http://www.eyemedvisioncare.com)***

***And click the **Members** tab.***