

WELL AWARE

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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

Make Your Health Goals Happen: 2013-2014 DelaWELL Program (July 1, 2013 – May 31, 2014)

Whether you want to achieve or maintain a healthy weight, increase physical activity, quit smoking, manage a chronic health condition or maintain your current healthy lifestyle, DelaWELL is here to help! Through the DelaWELL Health Management Program, eligible members have free access to a variety of activities, tools and resources. You can even earn an incentive if you meet certain participation requirements.

Earn DelaWELL Rewards Up To \$200:

- 1) **Know Your Numbers:** Participate in a DelaWELL Health Screening to be held at various locations throughout the state from July through November 2013 and January through April 2014. Registration is open for the 2013-2104 health screenings!
- 2) **Get A Plan:** Complete your confidential online Wellness Assessment questionnaire for 2013-2014. Current members can view their past wellness assessment results to measure progress and health changes.
- 3) **Call A Health Advisor (NEW!):** Once you complete your online Wellness Assessment, call a confidential Alere Health Advisor to review your results and discuss different programs and tools available to you. Calling a health advisor is recommended but not required to earn DelaWELL Rewards.
- 4) **Participate In A Program:** Meet the purchase requirements for the Weight Watchers Program **OR** Actively participate in an Alere Health Coaching Program **or** Condition Care Program **OR** Meet the Healthy Values **(NEW!)**.

DelaWELL Rewards Your Efforts!

Silver Level: Complete Steps 1 and 2 to earn **\$100!**

OR

Gold Level: Complete Steps 1 and 2 and 4 to earn **\$200!**

“Early Bird Payment” Complete Steps 1 and 2 by October 15, 2013 and get your Silver Level Reward in December 2013!

Visit www.delawell.delaware.gov to learn more about the 2013-2014 program, rewards and eligibility requirements.

What's New:

- **April 24, 2013 "National Walk at Lunch Day" stories**



"Today, a group of Division of Public Health employees, led by Deputy Director Crystal Webb, took a 30-minute walk at lunch time. We met at the Jesse Cooper Building, went past Legislative Hall and the Archives and around part of Silver Lake Park. We ran into other groups who were out walking in the sunshine and also admired some wildlife along the way. Marcy Parykaza and Bill Ingram continued on to the route designated for the upcoming Governor's 5K Race while the rest of us made a brief stop to admire the Governor's Mansion and lamented that we had to go back inside for the rest of the afternoon.

We all enjoyed the beautiful weather and the chance to socialize with each other while being active. We said we'd be open to walking together again as it was just long enough to be considered "exercise" but short enough to do at lunchtime." - Denise Setchko (Operation Support Specialist at DHSS, Division of Public Health)

Read more stories and view pictures by visiting <http://delawell.delaware.gov/motivation.shtml> and clicking on "National Walk Events."

- **More than 550 people took part in the May 8 Governor's Cup 5K Run/Walk, 1 Mile Fun Walk and Health Fair!**

View the race results and photo album at www.delawell.delaware.gov.

- **Delaware School Nurse Association (DSNA) Annual Spring Conference**

"On May 9, Aaron B. Schrader (DelaWELL's Health Promotion Coordinator) presented to school nurses from around the state at DSNA's annual Spring Conference. The program recognized the need for nurses to take care of themselves – as well as their students – by implementing good health practices related to wellness and disease management. Aaron's interactive presentation engaged the school nurses and stimulated interest among the group to implement the services offered through DelaWELL into their school nurse practice. The school nurse is the perfect "point person" for staff referrals to DelaWELL." – Pat Guilday, DSNA President

Read more about the event at <http://www.dsna.org/>.

Upcoming Events:

- **National Men's Health Week is June 10 – 16**



MOTIVATION STATION: EMPLOYEE SPOTLIGHT

Weight Watchers At-Work Meeting Members

Webb Building (Dover, DE)

"February 2013 marked the one-year anniversary of the Webb Building Weight Watchers At Work meeting. So far, members have lost a total of **540 lbs.!** Most of the members work in the Silver Lake complex and can walk to the weekly meeting. All enjoy the convenience of attending the meeting on their lunch hour and the enthusiastic group learns and laughs a lot together..."

To read the 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.

Open Enrollment Is Over – Now What???

How To Avoid Unpleasant Surprises After July 1:

- **Following Open Enrollment**, view your benefits elections by accessing the Benefits Summary section under Self Service in (PHRST). Please refer to the eBenefits Quick Reference Guide, (<http://ben.omb.delaware.gov/oe>), for more detailed instructions. If an error has been made, you **MUST** contact your organization's HR/Benefits Office to correct the error by June 7, 2013. **NO CORRECTIONS WILL BE MADE AFTER JUNE 7, 2013.**
- If you did not complete the electronic **Spousal Coordination of Benefits Form** and your spouse is on your benefits, go NOW to <https://secomb.delaware.gov/cob/index.shtml> to complete the form. **THIS FORM IS REQUIRED IF YOU COVER YOUR SPOUSE, EVEN IF YOU DID NOT MAKE CHANGES TO YOUR BENEFITS DURING OPEN ENROLLMENT. FAILURE TO COMPLETE THIS FORM WILL RESULT IN A REDUCTION OF SPOUSAL BENEFITS.**
- If you cover an Adult Dependent between the ages of 21 and 25 (and you are not enrolled in a CDH Gold Plan), you must complete the **Adult Dependent Coordination of Benefits Form** and send it to your HR/Benefits representative NOW if you did not do so during Open Enrollment. The form is available on the Statewide Benefits Office website at http://ben.omb.delaware.gov/documents/cob/2011_Adult_Dependent_Form.pdf. **FAILURE TO COMPLETE THIS FORM WILL RESULT IN A REDUCTION OF ADULT DEPENDENT BENEFITS.**

2012-2013 DelaWELL Reward Payout Date Is July 12, 2013

All activity requirements must have been met no later than **May 31, 2013** in order to earn the 2012-2013 DelaWELL Reward. Visit the DelaWELL Health Portal at <https://delawell.alerehealth.com>. After you log in, click on the "Track Wellness Credits" link (*Located on the left menu under "DelaWELL Program Info"*) to review your completed activities and incentive eligibility. **For questions about wellness activities and incentive eligibility, please call the Alere Helpline at 1-866-674-9103 to speak with a representative.**



- Employees who earned the **DelaWELL Silver Level Reward \$100 "Early Bird" cash incentive** that was paid in the **December 14, 2012 paycheck AND went on to earn DelaWELL Gold Level Reward status** (Met the purchase requirements and deadline for the Weight Watchers program *or* completed the participation requirements for a Health Coaching Program *or* Condition Care Program) between **July 1, 2012 and May 31, 2013** will receive a **\$100 cash incentive** paid in the **July 12, 2013 paycheck.**
- Employees who earned the **DelaWELL Silver Level Reward** (Completion of the online Wellness Assessment + Health Screening) between **October 16, 2012 and May 31, 2013** will receive a **\$100 cash incentive** paid in the **July 12, 2013 paycheck.** Employees who earned the **DelaWELL Gold Level Reward** (Completion of the online Wellness Assessment + Health Screening + Met the purchase requirements and deadline for the Weight Watchers program *or* completed the participation requirements for a Health Coaching Program *or* Condition Care Program) between **October 16, 2012 and May 31, 2013** will receive a **\$200 cash incentive** paid in the **July 12, 2013 paycheck.**

State non-Medicare eligible pensioners who earned the incentive as noted above will have it applied toward their July 2013 pension check.

State Of Delaware Agencies

Compete In Summer Blood Competition To Save Lives

The Blood Bank of Delmarva's 11th annual Summer Blood Challenge kicked off on
May 20, 2013 and continues through September 14, 2013.

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!

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 or the Statewide Benefits Office website at <http://ben.omb.delaware.gov/blood/index.shtml>.

By participating in the challenge before September 14, 2013, you will earn points for your agency as well as chances for you to win exciting prizes:

Roll up your sleeve and roll away a winner!

Grand Prizes

1st Prize: 2014 Mazda 6[®]



2nd Prize: \$2000 TD Bank VISA[®] Gift Card

3rd Prize: \$1000 TD Bank VISA[®] Gift Card

Weekly Prizes

Two - \$50 TD Bank VISA[®] Gift Card

Courtesy of:



Note: Grand Prize is a 2 year lease on 2014 Mazda 6[®]. Cash value \$7,500.
Lease subject to dealer terms, conditions and mileage overage fees.



LEGACY PLANNING SERVICES

Thoughtful planning for a life well lived

Consider and prepare your own final plans and arrangements to share with loved ones.

Effective January 1, 2013, Legacy Planning Services were added to the Group Universal Life (GUL) and Accidental Death and Dismemberment (AD&D) program underwritten by Minnesota Life. Resources are available on the Legacy Planning Services website to help individuals and families work through end of life issues when dealing with the loss of a loved one, or planning for their own passing. Active and retired employees, spouses and dependents can access the website at www.LegacyPlanningServices.com.

Begin planning your legacy by putting your wishes in writing and making sure legal documents are properly prepared. Sharing your plans with loved ones ensures they are followed after your death.

A comprehensive legacy plan includes:

- Last wishes for a funeral or a memorial service and how you want personal property (jewelry, collectibles, furnishings, etc.) disbursed
- Locations of documents and a list of key contacts
- Legal documents such as healthcare directives, wills and trusts
- Financial documents used to fund the estate plan and pay for final expenses

Begin planning now with the information and resources below:

Personal concerns

Messages to loved ones
Distribution of personal assets
Pre-planning a funeral or memorial service

Legal documents

Estate plan
Health care directive
Living will
Power of attorney
Last will and testament

Practical items

Key contacts
Document locations
Survivor checklist

Financial documents

Insurance
Employee benefits
Beneficiary designations

Did you know?

An estate plan contains instructions for your family's financial security, and your wishes for passing on your own assets. *Source: Securian Financial Group*

A 2008 survey by findlaw.com reported that nearly 60 percent of Americans do not have a will. *Source: Securian Financial Group*

Questions?

Log onto www.LegacyPlanningServices.com for information and resources on preparing your own final plans and arrangements to share with loved ones.

For additional information about the GUL and AD&D program, please feel free to call Minnesota Life's customer service center at (877) 215-1489, Monday through Friday between 8:00 a.m. and 7:00 p.m. (EST), or email Minnesota Life at lifebenefits@securian.com. You may also log onto the Statewide Benefits Office website at <http://ben.omb.delaware.gov/life> or contact Veronica A. Barnes at the Statewide Benefits Office (302) 739-8331 or by email at veronica.barnes@state.de.us.

Healthy Recipe

spicy ginger green beans

The spicy ginger seasoning works well with sugar snap or snow peas too.

Takes Under 30 minutes

Makes 3 to 4 servings

INGREDIENTS

- 1 pound (480 g) green beans, trimmed
- 1/4 cup (2 fl oz/60 ml) rice vinegar
- 2 tablespoons reduced or less sodium tamari soy sauce
- 2 to 3 teaspoons grated fresh ginger
- 1/2 teaspoon toasted sesame oil
- 1/4 teaspoon Chinese five-spice powder, optional

PREPARATION

1. Bring a large saucepan of water to a boil. Add beans and cook until the water returns to a boil, about 3 minutes. Drain and refresh the beans in cold water.
2. In a bowl, stir together vinegar, soy sauce, ginger, sesame oil and five-spice powder, if using. Add the drained beans and toss to coat. The beans may be served at room temperature or chilled.

NUTRITIONAL INFO PER SERVING

39 Calories
0.8g Fat
0.1g Saturated fat
2.0g Protein
7g Carbohydrate
3.1g Fiber
309mg 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 routine health checks for men?"

Dear Employee,

Guy maintenance is important! Chat with your doctor about the types of tests and screenings that are appropriate for you. Here is a six-pack of routine health checks for men:

- 1) Blood Pressure** - Routine screening once a year or more often if your blood pressure is high. Healthy blood pressure is less than 120/80.
- 2) High Cholesterol** - Complete lipid panel every five years beginning at 20; every year for men 35+. Keep your LDL "bad" cholesterol levels at less than 100 mg/dL.
- 3) Testicular Cancer** - Annual screenings for all men 20-54 years old.
- 4) Prostate Cancer** - Annual digital rectal exam (DRE) and prostate specific antigen (PSA) blood test starting at:
 - 50 for average-risk men
 - 45 for men at high risk (including African Americans)
 - 40 for men with a family history
- 5) Colorectal Cancer** - Annual screening starting at age 50 for average-risk adults.
- 6) Sexually Transmitted Diseases** - Talk with your doctor to see if you should be tested for HIV, gonorrhea, syphilis, chlamydia or other sexually transmitted diseases.

Best of Health!

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

Aim At Bugs, Not The Earth

Summer is coming, and so are the bugs. So let's get 'em! This year however, try earth-friendly bug-zapping formulas. Bugs hate things like orange peel, hot pepper, dish soap, vegetable oil, and other substances that knock out their ability to breathe. You can make these effective concoctions for cockroaches and other critters in your kitchen or buy them from stores or earth-friendly websites. Simply do an online search for "organic bug killers" to locate homemade recipes and convenient web stores for these products.

