

WELL AWARE

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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

REMINDER!

The State Of Delaware's List Of Covered Medications For Active Employees And Non-Medicare Pensioners Changes On July 1, 2014

Information about the State of Delaware's list of covered medications (formulary) and the changes on July 1, 2014 is available on the Statewide Benefits Website at <http://ben.omb.delaware.gov/script/planinfo.shtml>.

Every year, Express Scripts reviews and updates the State plan's list of covered medications to ensure that the State plan is providing the most effective medication therapies for members at the most reasonable cost. Effective July 1, 2014, a total of 48 brand medications will be excluded from the State of Delaware's formulary. This means these drugs will no longer be covered under the State plan, and members will pay the total retail cost of the medication on or after July 1, 2014.

Members who are currently taking medications that will be excluded should already have received a letter from Express Scripts listing alternatives. If an excluded medication is medically necessary, your doctor can file an appeal for an authorization to allow you to continue on this medication. If approved, the medication would be covered at the non-preferred level.

If you have a question about a specific medication, please contact Express Scripts directly at 1-800-939-2142.





News And Upcoming Events

What's Going On:

- **DelaWELL Team Participates In The April 19th Ronald McDonald House Of Delaware 5K**

Thank you to everyone who participated in the Ronald McDonald House of Delaware 5K on Saturday, April 19, 2014 in Wilmington, DE. It turned out to be a beautiful sunny morning. **The DelaWELL Team had over 20 participants and raised \$555.00 for a great cause!**



- **DSU Employees Fit In Time For Physical Activity On April 30th National Walk @ Lunch Day**

A total of 30 Delaware State University (DSU) staff/students walked over in the rain on Wednesday, April 30, 2014 to use their indoor track during lunch. Participants received a water bottle and water/bananas.



Pictures and story submitted by Marianne Carter, MS, RD (Director, DE Center for Health Promotion – Delaware State University)

- **Registration Is Open For The 2014-2015 DelaWELL Health Screenings**

Get a head start and register **NOW** for your **FREE** 2014-2015 DelaWELL Health Screening appointment! Screenings are being held at various locations throughout the state from July 2014 through November 2014 and January 2015 through April 2015. Appointments are available during work hours, as well as late afternoon/ evening hours. The screening takes approximately 15 minutes to complete and will earn you credit toward the **2014-2015 DelaWELL Rewards (up to \$200)**. Both the fasting and non-fasting options are available. 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**.

Unable to attend a DelaWELL Health Screening? New for the 2014-2015 DelaWELL Program Year, you now have the option to receive credit for the health screening by working with your health care provider to complete the **NEW! Health Screening Provider Form** and submit your health values from a screening or office visit between **July 1, 2014 and April 30, 2015**. You can view and print the form, along with FAQs, by visiting www.delawell.delaware.gov.

What's Going On (Continued):

- **Celebrate Great Outdoors Month With FREE Admission To Certain State Parks On Select Days In June**
Enjoy the fun of being active outdoors and the magnificent shared resources of our parks, trails and waters! DelaWELL has partnered with the Division of Parks and Recreation within the Delaware Department of Natural Resources and Environmental Control (DNREC) to offer **State of Delaware Employees FREE Admission** to certain state parks on select dates in June. Learn more at www.delawell.delaware.gov.
- **June Is Men's Health Month**
Stay informed with the latest news and videos about men's health issues by visiting the DelaWELL Health Portal (<https://delawell.alerehealth.com>). After you log in, select the "Men's Health" link located on the top menu under "Personal & Family Health." You will get detailed medical information on a variety of health topics for men.

Upcoming Events:

- **2014-2015 DelaWELL Program Year – July 1, 2014 - May 31, 2015**
Learn about the new additions to the DelaWELL program, including Quit for Life®, the Health Screening Provider Form and Alere Lifestyle Coaching and Virtual Coaching. Visit www.delawell.delaware.gov and select the "DelaWELL Program Overview" link located on the left menu.
- **2014 Governor's Cup 5K Run/Walk, 1 Mile Fun Walk and Health Fair – Wednesday, September 24, 2014**
The event will take place at Woodburn (The Governor's Residence) in Dover, DE. Stay tuned for more information. Registration will open at the end of July.



MOTIVATION STATION: EMPLOYEE SPOTLIGHT



Sussex County Health Unit (SCHU)

Delaware Health and Social Services (DHSS), Division of Public Health (DPH)

Story submitted by Sue Kenton, Support Services Administrator



"The Delaware Division of Public Health's - Sussex County Health Unit (SCHU), located at the Thurman Adams State Service Center, has been focusing on promoting "Healthy Choices" for its staff members. Last year, we partnered with a local organic produce grower, to set up a stand on-site to make fruits and vegetables accessible for staff, as well as our clients. The endeavor was so successful that it will be expanded this year to include the Seaford Health Unit as well. On April 1, 2014, we added another option to our healthy choices by turning a small unused office into a mini-gym for use by the staff (all equipment was donated by the staff)..."

To read SCHU'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 possible posting in an upcoming edition of WellAWARE and on the DelaWELL website.

HMS EAP + Work/Life Program: Savings Center



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 **Savings Center** link and click the "Read More" button.

The Savings Center is a discounted shopping program that is provided through Corporate Perks. It offers discounts of up to 25% on name brand, practical and luxury items. Save on things like car rentals, movie tickets, flowers and gift baskets, electronics, apparel and more. First-time users will need to register on the Corporate Perks website using the company code "**advantage**" to access the discounts.

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

June Is Drug Safety Month – Keep Your Kids Safe!

Medications can keep your children healthy, but they can be deadly if misused. Here are some reminders and tips from Express Scripts for protecting your children:

- Be cautious of colors: Medications are colorful and attractive to children and can be mistaken for candy. For example, Tums look like SweeTarts, and Advil and Ecotrin resemble Skittles or M&M's. Parents should not encourage children to take their medication by comparing it to candy, as this may lead to improper use.
- Lock it up: Don't leave your next dose out on the counter where a child can reach it. Tightly secure caps and lock up all medications and vitamins in a cool, dry place. Keep medications in their original labeled containers so if there is an emergency, you can tell medical personnel exactly what the child ingested.
- Do not share: Be sure to remind children that they should never share their medications. When playing "doctor," friends and younger siblings of those taking a medication are often the recipients, leading to an accidental poisoning. This is an important message for teens, too, as this behavior often leads to prescription-drug abuse.
- Know the signs: Reactions to ingested medications or household products may vary. Look for signs such as vomiting, drowsiness and any residue odor on the child's mouth and teeth. But know that some products cause no immediate symptoms, so if you suspect that your child has ingested a potentially hazardous substance, call the poison hotline immediately.
- Know your numbers: If the child has collapsed or is not breathing, dial 911 immediately. If the child is awake and alert, call the poison hotline at 800.222.1222 and follow the operator's instructions. If possible, have available the victim's age and weight, the container or bottle of the poison, the time of the poison exposure and the address where the poisoning occurred.

See the complete article for additional information and tips: <http://lab.express-scripts.com/insights/drug-safety-and-abuse/ask-the-pharmacist-poison-prevention-at-home> .



Have You Checked Your Life Insurance Beneficiaries Lately?

Beneficiary designations are important

Naming a beneficiary is an important benefit of life insurance ownership. It determines who receives the proceeds of your death benefit. Take the time to make sure your beneficiary designations are up-to-date!

Life events may dramatically change the intent of how you want your life insurance benefit paid, such as:



Common beneficiary choices:

- **Primary beneficiary(ies)** – The person or persons named will receive the proceeds.
- **Contingent (Secondary) beneficiary(ies)** – If the primary beneficiary is deceased, the proceeds will be paid to the contingent beneficiary.
- **Default beneficiary(ies)** – If you do not make a beneficiary designation, or if there is no named beneficiary alive at the time of your death, benefits will be paid in the following order of priority: your spouse, if living; otherwise your natural and legally adopted children, if living; otherwise your parents, if living, or your estate.

Check your beneficiary(ies) online

- Check your beneficiary designation(s) online using Minnesota Life's website, www.LifeBenefits.com. It provides direct access to view and update your beneficiary designation(s). For spouse and child coverage, you (the employee) are the automatic beneficiary.
- If this is your first time logging onto www.LifeBenefits.com, the "User ID" is the letter "d" followed by your 6-digit State of Delaware ID number. The "Password" is your 8-digit date of birth (mmddyyyy) plus the last 4-digits of your SSN. If you previously logged onto www.LifeBenefits.com, you changed the password. Employees unable to remember their unique password are encouraged to call Minnesota Life to speak with a customer service representative who will reset your password.

Beneficiary Financial Counseling

This service is available to beneficiaries who receive at least \$25,000 in policy benefits. They will be invited to use independent beneficiary counseling services from PricewaterhouseCoopers LLP (PwC). Beneficiaries receive materials explaining the program with the insurance benefit check. The package outlines options available for the beneficiary and provides contact information for PwC. Some resources include; a beneficiary reference guide and a financial fitness assessment. There are no product sales involved.

Questions? Call Minnesota Life at 1-877-215-1489 Monday through Friday, between 8:00 a.m. to 7:00 p.m. (ET), or email them at lifebenefits@securian.com. You may also contact Customer Service at the Statewide Benefits Office at 302-739-8331 or 1-800-489-8933 or by email at Benefits@state.de.us.

Make A Date For Your Eyes: Your Annual Exam

Getting your eyes checked can help you be the vision of health.

You may think you need an eye exam only when it's time to update your eyewear prescription. But the truth is, eye exams are about a lot more than seeing whether you need a new pair of glasses or contacts.

Comprehensive eye exams play an important role in your overall wellness, and you should get one every year for optimal vision health.

According to the American Academy of Ophthalmology; besides measuring your vision, regular eye exams can help identify early signs of certain chronic health conditions, including high blood pressure, diabetes, heart disease and high cholesterol.

During an eye exam, your doctor will check all aspects of your vision, including your eye's structure and how well the eyes work together. Based on the exam results, your doctor will recommend a solution that is right for your eye health and vision care needs. Annual eye exams enable your doctor to monitor the health of your eyes and track changes that can occur from year to year.

For example:

- Subtle changes in the retina can be a warning sign of high blood pressure.
- Even if you don't need vision correction, it's important to take charge of your eye care. When you get your eyes checked every year, you're helping your eyes—and possibly your whole body—stay well.

To learn more about your vision benefits, please visit www.eyemedvisioncare.com

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



Healthy Recipe

s'more bars

Takes 30-60 minutes
Makes 18 bars



INGREDIENTS:

- No-stick cooking spray
- 2 ¼ cups (7 ½ oz/235 g) graham cracker crumbs (from 18 crackers)
- 1/2 cup (3 ½ oz/105 g) sugar
- 1/3 cup (1 ½ oz/45 g) cake flour
- 1/3 cup (1 ½ oz/45 g) white whole-wheat flour or all-purpose flour
- 2 teaspoons baking powder
- 1/8 teaspoon cream of tartar
- 1 cup (8 fl oz/240 ml) skim milk or low-fat soy milk
- 1/4 cup (2 oz/60 g) unsweetened applesauce
- 1/4 cup (60 ml) safflower or other vegetable oil
- 3 large egg whites
- 1 ½ cups (3 oz/90 g) mini-marshmallows
- 1/2 cup (3 oz/90 g) semi-sweet chocolate chips

PREPARATION:

1. Preheat the oven to 350°F (175°C). Spray a 9x13-inch (23x32-cm) baking pan with cooking spray.
2. In a mixing bowl, whisk together cracker crumbs, sugar, flours, baking powder and cream of tartar.
3. In a food processor or blender, combine milk, applesauce, oil and egg whites. Process to blend. Pour over the dry ingredients and stir just to mix.
4. Spread the batter in the prepared pan. Bake until set and browned, about 18 minutes.
5. Sprinkle marshmallows onto the hot pan of bars. Return the pan to the oven for 2 or 3 minutes to soften the marshmallows. Swirl the melted marshmallows evenly over the bars. Melt chocolate chips in a double boiler or in the microwave. Drizzle the melted chocolate over the marshmallow topping. Let cool and cut into bars.

NUTRITIONAL INFO

PER SERVING

118 Calories
4.5g Fat
1.0g Saturated fat
2.0g Protein
19g Carbohydrate
0.6g Fiber
85mg Sodium

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



The Fitness Guru Says...

Health Tip: 5 - 2 - 1 - Almost None Adds Up To A Healthier Life

Dear Reader,

Healthier is happier, no matter what your age. Following this simple 5-2-1 Almost None formula can make a healthier and happier you. You'll feel better and look better, too.

5 — Eat 5 or more fruits and vegetables each day. They fight disease and are full of natural energy. Summer is an especially good time for fresh foods. Dip 'em in low-fat dressing or put 'em on pitas.

2 — Limit screen time to no more than 2 hours of recreational screen time each day (includes TV, computer, gaming). Take a break from technology, take it outside, and enjoy the warm weather.

1 — Get 1 or more hours of physical activity each day. Getting moving does not have to mean a hard workout. Take a walk, do yard work, play with your kids or dance. Let a different family member pick an activity each weekend.

Almost None — Avoid all sugar-sweetened beverages. Sugary beverages lead to weight gain and put you at risk for diabetes and other chronic conditions. *And*, re-thinking your drink to sugarless beverages can lead to a weight loss of up to 15 pounds in one year.

Visit the Division of Public Health's (DPH) website at <http://dhss.delaware.gov/dhss/dph/dpc/521almostnone.html> to learn more about **5 - 2 - 1 - Almost None**.

Best of Health!

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

