

# 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

## Interested In Quitting Smoking? Tools To Help You 'Break The Habit'

- **\*NEW\* \$0 copay on Prescription Tobacco Cessation Medications beginning July 1, 2012.**
- **DelaWELL's - Alere Nurse24<sup>SM</sup> Line (1-866-674-9103):**
  - Nurse24 gives you free, confidential access to a registered nurse to answer health-related questions 24 hours a day, 7 days a week, 365 days a year.
- **DelaWELL's Tobacco Cessation Health Coaching Program (1-866-674-9103):**
  - You have free access to your own confidential Health Coach who provides personalized guidance through a series of phone calls or online interactions to help you reach your health goal of quitting smoking.
- **DelaWELL Health Portal (<https://delawell.alerehealth.com>):**
  - Healthy Living Programs – Smoke Free Program
    - Six-week online program
    - Each week you'll receive specific, achievable goals and a To-Do list of action items to help you reach them. This program provides personalized tools and resources to help you meet the challenges of quitting for life.
  - "Healthy Lifestyle" link – Tobacco Cessation
    - Here you will find a daily check-in progress tracker with helpful tips, as well as interesting health videos and articles.
- **Plan My Quit ([www.PlanMyQuit.com/delawell](http://www.PlanMyQuit.com/delawell)):**
  - Additional resources to help support your quit.
- **DelaWELL's "Beat the Pack" Smoking Cessation Group Meetings:**
  - This free 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):**
  - Delaware State University– MLK Student Center 2nd Floor Meeting Room (Dover, DE)  
*Meeting Dates: August 1, 8, 15 and 22 from 12-1pm*
  - Herman Holloway Campus – Springer Building, Classroom 3 (New Castle, DE)  
*Meeting Dates: September 6, 13, 20 and 27 from 12-1pm*



## Achieve Your Best Health NOW With DelaWELL And Earn A Reward (\$100 Or \$200)



**Program Year: July 1, 2012 - May 31, 2013**

A journey toward good health starts with small steps, by setting realistic health and wellness goals. Whether you want to lose weight, become more active, quit smoking, manage your stress, improve your nutrition or maintain a healthy lifestyle, DelaWELL Rewards your efforts!<sup>1</sup>

### ***Just Getting Started?***

Visit the **DelaWELL Health Portal** at <https://delawell.alerehealth.com> to register and set up your personal profile. In just a few minutes, you'll set up your own username and password to keep your information secure.

### **Earning the DelaWELL \$200 Gold Level Reward Is As Easy As 1-2-3:**

**1) Know Your Numbers:** Participate in a **DelaWELL Health Screening** to be held at various locations throughout the state from July through November 2012 and January through April 2013. Once logged in, click on the links on the left side of the DelaWELL Health Portal (<https://delawell.alerehealth.com>) for more information, including a screening calendar and to sign up for an appointment.

**2) Get A Plan:** Complete your confidential online **Wellness Assessment** questionnaire for 2012-2013 by visiting the DelaWELL Health Portal (<https://delawell.alerehealth.com>). In just 15-20 minutes, you will get your Wellness Score and personalized report with recommendations for healthy steps you can take to reach your goals. Current members can view their past wellness assessment results to measure progress and health changes.

### **3) Join a Program:**

- **NEW!** Enroll in a worksite or online **Weight Watchers Program!**<sup>2</sup> Visit the DelaWELL Health Portal at <https://delawell.alerehealth.com> to learn more and get started.
- **Or**, actively participate in an Alere **Health Coaching Program or Condition Care Program.**<sup>2</sup> to get the support and tools you need to make a healthy change or maintain your health. Visit the DelaWELL Health Portal (<https://delawell.alerehealth.com>) or call 1-866-674-9103 to find out more and enroll today.

### **DelaWELL Rewards Your Efforts!**<sup>1</sup>

**SILVER LEVEL:** Complete Steps 1 and 2 to earn **\$100!**

**OR**

**GOLD LEVEL:** Complete Steps 1 and 2 and 3 to earn **\$200!**

**NEW – “Early Bird Payment”** Complete Steps 1 and 2 by October 15, 2012 and get your Silver Level Reward in December 2012!

**DelaWELL Health Portal - <https://delawell.alerehealth.com>**

**1-866-674-9103**

<sup>1</sup> DelaWELL Silver Level Reward amounts earned between July 1, 2012 and October 15, 2012 will be paid in December 2012. DelaWELL Silver Level Reward amounts earned between October 16, 2012 and May 31, 2013 and all DelaWELL Gold Level Reward amounts earned between July 1, 2012 and May 31, 2013 will be paid in July 2013. Employees who earn a reward will receive a cash incentive included as part of their pay in either their December 2012 or July 2013 pay, as appropriate. State non-Medicare eligible pensioners who earn a reward will have it applied toward either their December 2012 or July 2013 pension check, as appropriate. Rewards are NOT offered to spouses, dependents or participating group members (with the exception of University of Delaware and Delaware Transit Corporation employees). Both the Wellness Assessment and Health Screening are required to earn rewards. All activity requirements must be met no later than May 31, 2013.

<sup>2</sup> Qualification for a Health Coaching or Condition Care program is determined by the results of your Wellness Assessment or healthcare claims. Participants must enroll in and participate in a Health Coaching program or Condition Care program or complete one of the two Weight Watchers program options to complete Step 3 and qualify to earn the \$200 Gold Level Reward. Your Health Coach will validate completion, and credit will automatically be awarded upon meeting the criteria of completing 8 interactions (i.e., phone call, email or online conversation) with a coach during the first 6 months after enrollment, as well as completing a follow-up health coaching survey. Credit will be awarded to participants of a Condition Care Program who keep scheduled phone calls with their Alere nurse care manager throughout the program year to meet completion criteria. Participants **must** email or fax their completed Reimbursement Form (Along with the required Billing History proof of purchase) to Weight Watchers **by April 15, 2013**, in order to receive credit towards the DelaWELL \$200 Gold Level Reward.

**Earn Credit Towards The DelaWELL 2012-2013 \$200 Gold Level Reward By Purchasing A Weight Watchers Offering (Available July 1, 2012 – April 15, 2013)**



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, Weight Watchers frequently asked questions, and the Weight Watchers reimbursement form.

**To purchase a Weight Watchers Offering:** Once logged onto the DelaWELL Health Portal (<https://delawell.alerehealth.com>) click on the “Sign Up Here” link located on the left menu under Weight Watchers. This will take you to the Weight Watchers Registration Page where you will need to enter the designated State of Delaware Employer ID: 60857 and Passcode: delawell.

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>

**To qualify for the credit towards the 2012-2013 DelaWELL \$200 Gold Level Reward:**

Weight Watchers discounts and DelaWELL Rewards are available to 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. The discounts and rewards are **NOT** offered to spouses, dependents or participating group members (with the exception of the University of Delaware and Delaware Transit Corporation employees). **Weight Watchers participants must complete the Online Wellness Assessment and Biometric Health Screening along with the required Weight Watchers purchase to be eligible for the 2012-2013 DelaWELL Gold Level Reward. Participants must email or fax their completed Reimbursement Form (Along with the required Billing History proof of purchase or Lifetime member card) to Weight Watchers by April 15, 2013, in order to receive credit towards the DelaWELL \$200 Gold Level Reward. If you are mailing in your Reimbursement Form please account for the delivery time needed to reach the Weight Watchers Reimbursement Center, so your form is received by the April 15<sup>th</sup> deadline. Reimbursement Forms received after April 15<sup>th</sup> will not be accepted. All DelaWELL Gold Level Reward amounts will be paid in July 2013.**

## 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**.

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.**

## Register For The Upcoming DelaWELL University Onsite Health Seminars



**Graduate to a higher level of health!**

The onsite health seminars are offered from 12-1pm and 4-5pm at various locations throughout the state. To register for a seminar date, time and location that is convenient for you, please visit [www.delawell.delaware.gov](http://www.delawell.delaware.gov) and click on the "DelaWELL University Onsite Health Seminars" link:

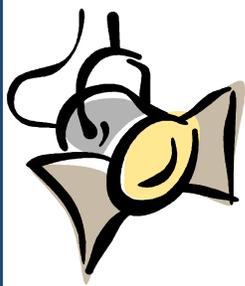
- **September 2012 Onsite Health Seminar Topic: "Healthy Aging: You Have Control Of The Lifestyle You Lead"**
- **October 2012 Onsite Health Seminar Topic: "Hey Stress, We Need To Talk: Be A Stress Buster And Live A More Positive Life"**
- **November 2012 Onsite Health Seminar Topic: "Diabetes: Lower Your Risk And Avoid Complications"**

**[Please continue to check the DelaWELL website for 2013 Health Seminars.](#)**

## The YMCA Of Delaware Is Offering A Complimentary One-Day Family Guest Pass for State of Delaware Employees and Retirees



To learn more and print your free pass, visit [www.delawell.delaware.gov](http://www.delawell.delaware.gov) and click on the "Gym Memberships" link located on the bottom left menu under "Special Discounts."



## Motivation Station: Employee Spotlight

**“What shapes our lives, shapes  
our bodies ... I call it FOCUS!”**

### Larry Yoder

ERP Systems Supervisor  
Office of Management and Budget (OMB),  
Pension Office

**(BEFORE) June 2011: 224 lbs.**



**(AFTER) June 2012: 184 lbs.**



“What shapes our lives? Seemingly, it’s the things we cannot control that get in the way of the achievement of our goals. I’m seeing as I grow older, it’s what we focus on that shapes our daily lives, and ultimately the achievement of the goals we believe we are setting. For me the focus has wavered in the past, with many sudden changes of direction, some planned, yet, many of which were unplanned. Change has a way of throwing our focus off track, and if we let it... it shapes not only our lives, but also our bodies.

I come from a family with a history of heart disease, and while I have maintained a level of fitness which I would consider above average, I found myself faltering at the age of 40 (A shoulder surgery for a torn rotator cuff and I’ll call it “a slight midlife crisis” both made my focus turn negative). My energy and activity levels took a plunge! I witnessed a miracle in my mother’s survival of a fourth heart attack in May 2011, and was saddened at the loss of a friend at the age of 44 at the hands of heart disease, just prior to Thanksgiving 2011.

A FOCUS change, an immediate one, put me back on track to fitness once again. I started just before Thanksgiving 2011, using the smartphone app “Lose It” and lost 21 lbs with little to no effort other than watching what I ate. I worked with a DelaWELL Health Coach over the phone and joined Weight Watchers with my Mother and Sister. I attended the DelaWELL University Onsite Health Seminar Topic “Healthy Heart” in February 2011, and decided then that I needed to do this for my health. Sometimes it takes that proverbial “Slap in the Face” from life’s setbacks to get you on track and I needed the push from this seminar. Life itself opened up and I began taking better care of my health, thanks in part to that slap and the friends at DelaWELL who never seemed to lose faith that I would overcome the setbacks.

Fitness and weight lifting found its way back into the mix as the positive feelings once again made their way into my day-to-day routine. I regained my lost focus, and have since lost a total of 40 lbs!

Family medical history has a way of affecting our health, and the stress we feel because of it. However, the family history that matters most is that my family focuses together on life and the realization that it is too short to stay unhealthy. Considering a start on the right path? DelaWELL will definitely help you change your focus and your waistline! What shapes our lives, shapes our bodies . . . I call it FOCUS!”

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.

## Healthy Recipe

### pesto crab stuffed mushrooms

Choose mushrooms with tightly closed caps that are about 1 1/2 inches (5 cm) in diameter. Either white or cremini mushrooms work well here.

Takes 30-60 minutes

Makes 30 stuffed mushrooms

#### INGREDIENTS:

- 30 large fresh mushrooms (about 2 lbs)
- Olive oil cooking spray
- 1/4 cup (1 oz/30 g) very finely chopped walnuts
- 3 cloves garlic, minced
- 3 green onions, very finely chopped
- 1 ½ cups (8 oz/240 g) fresh lump crabmeat, shell pieces removed
- 1/2 cup (2 oz/60 g) freshly grated Parmesan cheese
- 1 chopped roasted red bell pepper (from a jar)
- 1/3 cup (1/2 oz/15 g) minced fresh basil
- 1 tablespoon fat-free or low-fat mayonnaise
- 2 teaspoons lemon juice
- 1/8 teaspoon sea salt
- 1/4 teaspoon ground white pepper

#### PREPARATION:

1. Preheat the oven to 375°F (190°C).
2. Clean mushrooms with damp paper towels. Trim the stems, and reserve for another use. Coat a rack in a broiler pan with cooking spray. Place the mushroom caps on the rack, stem ends down. Spray the mushroom caps with cooking spray. Turn the mushrooms over, cap sides down. Set aside.
3. Coat a large heavy skillet with cooking spray and place over medium heat until hot. Add walnuts and cook, stirring, until fragrant, about 3 to 4 minutes. Remove from skillet and set aside. Add garlic and green onions to the skillet; sauté for 3 to 4 minutes. Remove from the heat. Gently stir in crabmeat, Parmesan cheese, roasted peppers, basil, mayonnaise, lemon juice, salt and pepper.
4. Spoon the mixture evenly into the mushroom caps. Bake for 15 to 20 minutes or until the mushrooms are tender and the filling is hot. Serve hot.

#### NUTRITIONAL

#### INFO

#### PER SERVING

28 Calories
1.2g Fat
0.3g Saturated fat
3.0g Protein
2g Carbohydrate
0.5g Fiber
70mg 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 ways to stay active on hot or humid days?"

Dear Employee,

When it's hot or humid outside, try some of these ideas to stay active:

- Take morning or evening walks. Walking the dog or walking with a partner can help make it part of your routine.
- Go for a bike ride. Find shaded areas and ride during cooler times of the day.
- Go swimming with your family.
- Wash your car. Give yourself a splash to stay cool.
- Go for a walk at the mall.
- Use light weights or stretch bands at home while you watch TV or listen to music. You can always lift cans of food if you don't want to buy weights.
- Pop in an exercise DVD and get moving.
- Go dancing or take dance lessons.
- Do indoor housework like dusting, vacuuming or washing the windows.

*Best of Health!*

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

## Benefits News

### REMINDER:

If you are enrolled in any of the State's Health Care Plans effective July 1, 2012, your July 27, 2012 paycheck will include the first benefit deduction(s) for the current plan year. It is important you verify the benefit deduction(s) amount contained in your July 27, 2012 pay advice or paycheck. You can view your pay advice or paycheck on-line.

### To view current pay advice and/or live paycheck data:

- Go to: <https://eapps.erp.delaware.gov>
- **EMPL ID:** Enter your 6-Digit Employee ID number
- **Password:** Enter your password

**QUESTIONS:** Please contact your Human Resources/Benefits Office or the Statewide Benefits Office (toll-free) at 1-800-489-8933 or (302) 739-8331.

More detailed information about your benefits can be found at [www.ben.omb.delaware.gov](http://www.ben.omb.delaware.gov).

## EyeMed Vision Care Website Goes Mobile by Offering Convenient Member Accessibility

Easily accessible vision care is a hallmark of EyeMed Vision Care. That's why EyeMed has launched a mobile version of its member website [www.eyemedvisioncare.com](http://www.eyemedvisioncare.com) to provide consumers with even greater convenience.

EyeMed is known throughout the managed vision care industry for making vision care accessible with a robust network of eye care professionals, both independent and retail, many of whom offer evening and weekend hours. Independent studies have shown that many consumers prefer to utilize their vision benefits on evening and weekends.

EyeMed now gives members access to vision care benefit self-service tools that are available anytime and anywhere using their mobile device to access the website. Members can access the site by visiting [www.eyemedvisioncare.com](http://www.eyemedvisioncare.com) using their iPhone®, Android™, BlackBerry® or similar mobile device, whether at work, at home or on the road.

Key features of the mobile website for members are noted below:

- View benefits including vision exam copays, eyewear allowances, eligibility, the last date of service and the next date available for using exam and glasses or contact lens benefits.
- Locate providers near a specific location, a street address or zip code with access to point-to-point directions via Google Maps™ mapping service.
- View the EyeMed Vision Care identification card.
- Access "Help" tools such as frequently asked questions and contact information for further assistance.

"We know from independent studies and our own research that members want convenience when it comes to using their vision benefits," said Kevin Hilst, senior vice president, sales and service, EyeMed Vision Care. "Our focus on lifestyle accessibility means our members can choose vision care where, when and how they want it. Now, with a smartphone, members can gain instant access through our mobile-enhanced website to online resources that make managing and using their vision benefits easy and convenient."

Members can easily access the mobile-enhanced [www.eyemedvisioncare.com](http://www.eyemedvisioncare.com) by simply entering the Web address into the Internet browser on their smartphone. The website automatically brings them to the mobile-optimized site.

**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.***



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

### REMEMBER....



Subscribers in a health care plan provided by BCBSD recently received a new Identification (ID) Card. To ensure claims process correctly, destroy your old ID Card and use your new ID Card beginning July 1, 2012 for all services (physician's and therapist's offices, hospital, clinics, labs, etc.). You should show your ID card each time you receive services.

The prefix (the three letters that precede the six digit ID number) changed 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 remain the same, "SOD".

Should you require an additional ID card for a child away at college or traveling out of the area, please contact BCBSD's Customer Service at 1-800-633-2563 or (302) 429-0260. Questions may be directed to the Statewide Benefits Office at 1-800-489-8933.

### Aetna, BCBSD, Medco, EyeMed, Delta Dental, and Dominion Dental Subscribers...

If you enrolled in any of the State's health, dental or vision plans **for the first time** effective July 1, 2012, you should have received a new Identification (ID) Card. You, and your covered family members, should show your ID card each time you receive services (medical, dental and vision offices, hospitals, pharmacies, clinics, labs, etc.)

Should you require an additional ID card for a child away at college or traveling out of the area, please contact the provider's Customer Service staff at the following numbers:

Aetna Customer Service = 1-877-542-3862

Blue Cross Blue Shield of Delaware = 1-800-633-2563

Medco Member Service = 1-800-939-2142

EyeMed Customer Service = 1-855-259-0490

Delta Dental Customer Service = 1-800-873-4165

Dominion Dental Customer Service = 1-888-518-5338

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

### DID YOU KNOW????

You may be paying more than you should for your \*maintenance medication prescriptions!



- Since July 1, 2009, the State of Delaware Prescription Plan has required that maintenance medications be filled for a 90-day supply.
- You are not required to fill a new prescription for a 30-day supply before filling a 90-day prescription.
- When a 30-day supply prescription is filled for the 4th time, you are charged a penalty and pay the 90-day copay for a 30-day supply.
  - For example, if you are filling a generic maintenance medication for 30 days at a time, when you fill the prescription after the 3rd fill, you will pay \$17 every 30 days, when you could be getting a 90-day supply for \$17.
- Just ask your doctor to write your maintenance medication(s) prescriptions for a 90-day supply and you can fill 90-day prescriptions:
  - **At retail pharmacies participating in the 90-day network:** Visit the Statewide Benefits website at [www.ben.omb.delaware.gov/script](http://www.ben.omb.delaware.gov/script) to view a list of retail pharmacies participating in the 90-day network or call Medco at 1-800-939-2142 to ask about a particular pharmacy; **OR**,
  - Through **Medco Pharmacy (Mail Order):** To get started call 1-800-939-2142 to speak with one of Medco's Member Services representatives.

\*Maintenance Medications are those used to treat chronic conditions and long-term conditions. Examples include blood pressure medications, cholesterol-lowering medications and asthma medications. For more information, see [www.ben.omb.delaware.gov/script](http://www.ben.omb.delaware.gov/script).