

WELL AWARE



September 2011

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EMAIL: Employee.wellness@state.de.us
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

2011-2012 DelaWELL Rewards



1) Participate in a **DelaWELL Health Screening** being held at various locations throughout the state NOW through November 2011 **AND** January through April 2012. To register for a Health Screening appointment nearest you, visit the DelaWELL Health Portal at <https://delawell.alerehealth.com>. Once logged in, click on the "Appointment Registration" link located on the left menu under Health Screenings.

2) Complete your confidential online **Wellness Assessment** questionnaire for 2011-2012. To access and complete your online Wellness Assessment, visit the DelaWELL Health Portal at <https://delawell.alerehealth.com>.

3) Actively participate in a **Health Coaching or Condition Care Program**. Visit the DelaWELL Health Portal at <https://delawell.alerehealth.com> or call (866) 674-9103 to find out more and enroll.

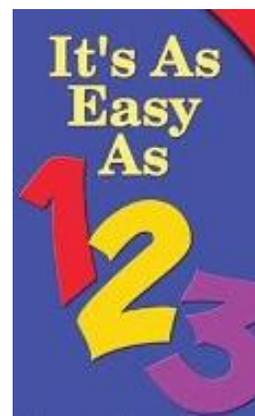
Complete Steps 1 and 2 to earn the Silver Level: **\$100 DelaWELL Reward**

OR

Complete Steps 1 and 2 and 3 to earn the Gold Level: **\$200 DelaWELL Reward**

(Members who meet the requirements for the Silver or Gold Levels will also have a chance to win a free Three-Month YMCA Family Membership **OR** One-Year YMCA Family Membership)

Learn more about the 2011-2012 DelaWELL Program, the program activities and ways to earn DelaWELL Rewards, by visiting the DelaWELL Health Portal at <https://delawell.alerehealth.com>. Once logged in, click on "Program Overview" located on the left menu.



Looking for a brighter future?



Try eating a diet rich in colorful fruits and vegetables. The potential benefits associated with eating more fruits and vegetables stack up quickly: Reducing your risk of certain chronic diseases is only the beginning. Whether fresh, frozen, canned, dried or 100% juice, these items are quick, delicious, convenient and will keep you healthy year round.

Do you want to improve your eating habits? If so, take advantage of DelaWELL's Health Coaching Program. You can work with your own confidential coach to help you develop a plan of action and meet your goals. Call (866) 674-9103 to learn more and enroll today!



Register today for the following Onsite Health Seminar Topics:

September 2011- "Putting the Pieces Together: Dealing with the Stress and Challenges of Life"

At this seminar, you will learn about:

- Stress and your health
- Changing the way you think
- How life's challenges can provide opportunities for growth and advancement
- Developing and maintaining self-efficacy
- Managing your time
- Effective techniques for stress reduction



October 2011- "Developing a Self-Care Plan"

At this seminar, you will learn about:

- What is Self-Care?
- Designing a Self-Care Plan
- Components of a Healthy Diet
- Importance of Physical Activity
- Colds and Flu
- Asthma and Allergies
- Fever
- Heartburn
- Back Pain
- Available Resources



To register for a date and location that is convenient for you, please visit www.delawell.delaware.gov and click on the "DelaWELL University Onsite Health Seminars" link.

You and your family can enjoy one free day at any YMCA of Delaware location!

To learn more and print your free pass, visit www.delawell.delaware.gov and click on "Gym Memberships" located on the left menu under "Special Discounts."



PLAN MY QUIT

DelaWELL
wants to help
you QUIT
smoking.

Visit www.PlanMyQuit.com/delawell to
put your plan in place.

Stress Busters Challenge

September 12 – October 23

Goal = 100 points



Are you stressed? Do you know how to reduce or control the stressors in your life?

To help you learn and practice healthy behaviors that can reduce stress, visit the DelaWELL Health Portal at <https://delawell.alerehealth.com> for details about DelaWELL's Stress Busters Challenge* beginning on September 12, 2011.

Not everyone finds the same situations stressful and not all ways to reduce stress are effective for each person. Therefore, there are several opportunities each day for you to receive points. You can earn 1 point for each of these healthy behaviors, up to 4 points per day:

- Eat at least 1 cup of fruits and 1 cup of vegetables
- Get 15 minutes or more of physical activity
- Get at least 7 hours of sleep
- Take 15 minutes or more for relaxation/meditation

Experience the benefits of controlling stress by practicing healthy behaviors to help you feel better. Your goal is to earn 100 points. Points can be tracked online at the DelaWELL Health Portal or by using the paper tracking form.

**DelaWELL's 2011-2012 Wellness Challenges are provided as additional health resources and do not count toward the 2011-2012 DelaWELL Reward requirements. To learn more about the 2011-2012 DelaWELL Rewards, please visit the DelaWELL Health Portal at <https://delawell.alerehealth.com>. Once logged in, click on "Program Overview" located on the left menu.*

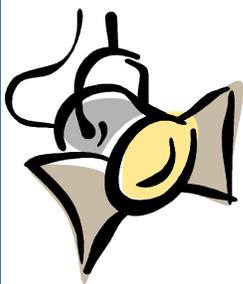


Reduce your risk of heart disease by getting your **cholesterol** under control... Alere's Condition Care Program can help!

An experienced nurse will work with you one-on-one. You will receive the advice, online tools and encouragement you need to overcome unhealthy habits, eat better and stay active.

Call (866) 674-9103 or visit <https://delawell.alerehealth.com> to learn more and enroll in a Condition Care Program.





MOTIVATION STATION:

“It was a time in my life when I definitely needed a change. I was overweight, sluggish and feeling the winter doldrums.”

Sally Stehl

**Secretary- Technology Services
Christina School District**

January 2010 – 211 lbs.



“It all began in February 2010 when I attended the DelaWELL University Onsite Health Seminar Topic “A New Year for a New You: Weight Management and Balanced Nutrition” presented by Aaron Schrader, Health Promotion Coordinator for the DelaWELL program. It was a time in my life when I definitely needed a change. I was overweight, sluggish and feeling the winter doldrums. In the workshop, Aaron stressed all the good that comes from eating healthy and exercising regularly. It’s not like I hadn’t heard it all before, but this workshop was very motivating for me! I started eating better right away, but realized that eating properly wasn’t enough. A month later I joined a gym that is located within a half mile of work and I work out every other day during my lunch hour. It had to be convenient in order for me to do it. Consequently, after a year I dropped 62 pounds, lowered my blood pressure from 140/89 to 101/67 and my total cholesterol from 230 to 173 and now I have much more energy. The combination of eating right and working out worked for me!

Even though I reached my goal, I continue to go to the DelaWELL seminars, participate in the online wellness assessment, onsite health screening, wellness challenges and many of the on-line seminars to keep me motivated. I find I am still learning something new all the time. Although it’s been more than a year now, being able to participate in DelaWELL has helped me maintain my new, healthy lifestyle. This has been a very positive experience for me!” Sally wrote.

August 2011 – 149 lbs.



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 upcoming editions of WellAWARE and on the DelaWELL website.

To read more participant health testimonies, visit www.delawell.delaware.gov and click on the “Motivation Station” link.

Healthy Recipe

vegetable gumbo



Takes 30-60 minutes
Makes 4 quarts (3.6 L), 12 servings

INGREDIENTS:

Cooking spray

1 small onion, diced
3 stalks celery, tough strings peeled, sliced
1 teaspoon chopped fresh garlic
1 14.5-ounce (435-g) can diced low-sodium tomatoes with juices
4 cups (20 oz/600 g) fresh or frozen corn kernels
3 cups (18 oz/540 g) sliced okra
2 medium boiling potatoes, peeled and cubed
7 cups (56 fl oz/1.7 L) Vegetable Stock or low-sodium vegetable or chicken broth
Salt and freshly ground black pepper to taste
Hot sauce to taste

PREPARATION:

1. Spray a large soup pot once with cooking spray. Heat pot over low heat. Add onions and celery, cover and cook for 2 minutes. Add garlic and cook for 15 seconds.
2. Stir in tomatoes, corn, okra and potatoes. Add stock and bring to a boil. Reduce heat to a simmer. Cook until potatoes are soft and gumbo has thickened, about 30 minutes.
3. Season to taste with salt, pepper and hot sauce.

NUTRITIONAL INFO PER SERVING

82 Calories
0.3g Fat
0g Saturated fat
3.0g Protein
19g Carbohydrate
3.4g Fiber
25mg Sodium

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



The Fitness Guru Says...

Question of the Month: "How can I build self-confidence?"

Dear Employee,

You might have heard the old saying- "As you think, so you become." Well, this principle is true! Build up your self-confidence by thinking and speaking words of hope, encouragement and determination like "This is my year... This is my health... I have the power to make it happen!" Whether your goal is to lose weight, eat better, exercise more, quit smoking, control your diabetes, etc., get excited about your future. Your best days are ahead of you!

Below is a list of sayings for positive self-talk. Try and memorize one affirmation each day and repeat it to yourself during spare moments or stressful times, so it really sinks in.

- I look at life optimistically and I am eager to accept new challenges.
- I am not affected by the negative opinions of others. I enjoy giving my best and striving to live up to my own standards.
- I am optimistic about reaching my goals. I look at temporary setbacks as stepping stones to strengthen character and resolve.
- I do not worry. If something can be done about a problem here and now, I do it; otherwise, I let it go.
- I understand that to be upset over what I don't have is to waste what I do have.

Best of Health!

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

Civil Union under Delaware Law

Senate Bill 30 of the 146th General Assembly was signed into law on May 11, 2011.

As of January 1, 2012, at 10 a.m., parties who enter into a lawful civil union in Delaware, or whose legal union is recognized as a civil union under Delaware law, will have all of the same rights, benefits, protections and responsibilities as married persons under Delaware law.

The Statewide Benefits Office is working with other State offices regarding the provisions of this legislation related to benefits for parties of a civil union who are State employees or pensioners.

Please watch for further information as it becomes available in this publication and at www.ben.omb.delaware.gov.

GROUP HEALTH ELIGIBILITY AND ENROLLMENT RULES

The Group Health Eligibility and Enrollment Rules were updated by the State Employee Benefits Committee (SEBC) effective August 1, 2011.

Highlights of these updates are as follows:

Coverage for Dependent Children:

- You may cover an adult dependent child who is your legal child through birth, marriage or adoption to the end of the month in which the child turns age 26.
- You may cover an unmarried child who is not your legal child through birth, marriage or adoption to the end of the month in which the child turns 19, or 24 if a full-time student, if the child resides with you in a regular parent-child relationship and you provide 50% support. (Verification of legal guardianship or custody must also be provided.)
- You may continue to cover a child who exceeds the ages listed above if the child is incapable of self-support because of a mental or physical disability. (Verification of mental or physical disability must also be provided to the health plan.)
- The Administration of the Dependent Coverage to Age 26 Policy became effective July 1, 2011. This policy requires that the Adult Dependent Coordination of Benefits form be completed for each dependent who turned 21 prior to the end of the last calendar year through age 26 and is enrolled in any health plan with the exception of the new Consumer-Directed Health plans.

Collection for Claims or Premiums:

- The Office of Management and Budget (OMB) has the ability to recover monies paid by the State on your behalf in the form of claim payments or premiums by deducting the amount paid from your after tax pay with proper notification to you.

Enrollment in Medicare:

- Pensioners and their spouses who are eligible to enroll in Medicare Part A and B are required to enroll based on age or disability.

The complete Group Health Eligibility and Enrollment Rules are available at www.ben.omb.delaware.gov/documents.

Questions may be directed to the Statewide Benefits Office at 739-8331 or 1-800-489-8933.



Get your kids ready for success this school year with EyeMed Vision Care.

Back to school is right around the corner. As you get your kids ready with new backpacks and school clothes, don't forget to add vision care to your checklist. Making sure your child can see properly is the key to providing a solid foundation for success in school and out.

A child's vision can change more frequently than the average adult's. Although simple eye checks such as vision screenings at school can help detect common problems such as difficulty seeing from a distance, they may not catch all types of vision disorders. And they're not designed to evaluate, the most important aspect, the health of the eye.

Schedule your family's eye exams today to get everyone ready for success in the year ahead.

[Click here](#) to find an in-network eye doctor in your area.

Can you pass our eye exam? Test your vision smarts below.

1. How much of what we learn is through our vision?¹
A) 50% B) 30% C) 80%
2. Half of American children have not had a complete eye exam.²
True or False
3. How many children have a vision problem that can interfere with learning and behavior.³
A) one in ten B) one in four C) one in two

Answers: **1. C** **2. True** **3. B**

“Think About Your Eyes”; <http://www.thinkaboutyoureyes.com/kids-vision/kids-vision>.

To learn more about your vision benefits, please visit www.eyemedvisioncare.com and click the **Members** tab or call 1-855-259-0490 to speak with an EyeMed customer service representative.