

# WELL AWARE

September 2013

Volume 5, Issue 9

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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

## Don't Get The BUG...Get A Flu Shot!!

**At the Pharmacy** - Visit your local participating pharmacy to receive a Flu Shot for a \$20 co pay. To find your local participating pharmacy visit <http://ben.omb.delaware.gov/script/planinfo.shtml>. Be sure to show your Medco/Express Scripts ID Card at the time of service!

**At the Doctor's Office** - Visit your physician by making an appointment. Be sure to show your Aetna or Highmark Delaware (HD) ID Card at the time of service!

Health Care Plan	In-Network Provider	Out-of-Network Provider*
HD's First State Basic	100% Covered	70% Covered
HD's Comp-PPO	\$15 Co-Pay	80% Covered
Aetna's or HD's CDH Gold	100% Covered	70% Covered
Aetna's or HD's HMO	\$10 Co-Pay	Not Covered

For additional information contact:

Express Scripts' Member Services at 1-800-939-2142

Aetna's Customer Services at 1-877-542-3862

Highmark Delaware's Customer Services at 1-800-633-2563

\*Out of network benefits are subject to a deductible then covered at the indicated percentage. Please see your benefit literature or visit <http://ben.omb.delaware.gov/medical/index.shtml> to view the deductible information specific to your plan.

## Special Note To State Of Delaware Employees And Pensioners Enrolled In A Health Care Plan Provided By Highmark Delaware:

Prescription coverage for State of Delaware employees and pensioners is not directly affiliated with Highmark Delaware. The State of Delaware contracts separately with Express Scripts/Medco to provide prescription coverage to its employees and pensioners.



### What's New:

- **Don't Miss Out On The "Early Bird Payment"**

Attend a DelaWELL Health Screening and complete the online Wellness Assessment by **October 15, 2013** and receive your DelaWELL Silver Level \$100 Reward in **December 2013**! Learn more at <http://delawell.delaware.gov/program-info.shtml>.

- **'Get Your Workout On' With DelaWELL's Onsite Fitness Class (Offered October 2013)**

Make fall the time where you change-up your workouts and try something new! DelaWELL is offering a free, fun and interactive topic in October called "Fall Into Fitness: Get Your Workout On." The classes are offered at various state locations from 12-1pm and 4-5pm. **Learn more and register for a date, time and location convenient for you by visiting [http://delawell.delaware.gov/Seminar\\_Registration/Semi\\_Reg.asp](http://delawell.delaware.gov/Seminar_Registration/Semi_Reg.asp).**

- **Check Out The Online Health Seminars**

Ready for a change? The DelaWELL Health Portal <https://delawell.alerehealth.com> has fun and engaging online seminars that can help you learn more about health topics and take steps to live healthier. After you log in, select the Online Seminars link located on the top menu under Tools & Media. A new seminar is released on the first of each month.

- **September Is Healthy Aging Month**

DelaWELL's "Healthy Aging" Healthy Living Program offers the online tools and resources you need to look good, feel younger and reduce your risk of disease. This free, six-week online program includes a personalized meal plan with healthy and delicious foods, an easy-to-follow exercise program you'll enjoy and tips on how to sleep better and stay mentally sharp. Visit the DelaWELL Health Portal <https://delawell.alerehealth.com> and get started today. After you log in, navigate to the Healthy Living Programs link located on the left menu under Health Resources.

### Upcoming Events:

- **DelaWELL Health Screenings - Offered Now Through November 15, 2013 AND January 6, 2014 Through April 30, 2014**

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.

- **Healthy Holidays Challenge (November 1 - December 15, 2013)**

Learn more at <http://www.delawell.delaware.gov/wellness-challenges.shtml>.

- **DelaWELL University Onsite Health Seminars**

January 2014: *A New Year To Stress Less: It Starts With YOU*

April 2014: *Dump The Junk: Take Control Of Your Weight, Nutrition and Health*

*Know Your Health - A New Look At Why I Smoke And How To Quit*

Register today for a time and location convenient for you at [www.delawell.delaware.gov](http://www.delawell.delaware.gov).

## MOTIVATION STATION: EMPLOYEE SPOTLIGHT



### **Brandon Toole**

ID Office Coordinator

Office of the University Registrar, University of Delaware

*"Participating in the DelaWELL program has been a great tool in helping me to get up and get out. The DelaWELL Health Screenings have assisted me in understanding my body and the staff is able to explain what high levels mean and provide ways to combat bad health. I would have never known my cholesterol was not the best without this great service that we have available to us..."*

To read Brandon's complete story and other participant health testimonies, visit [www.delawell.delaware.gov](http://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](mailto:Employee.Wellness@state.de.us) for possible posting in an upcoming edition of WellAWARE and on the DelaWELL website.

## Did You Know That The State Of Delaware Has A Return To Work Coordinator?



The Return to Work Program is part of Delaware Code (TITLE 29, CHAPTER 52A DISABILITY INSURANCE PROGRAM, § 5257. Return to work).

The Return to Work Coordinator (RTW-C) is able to assist you in your transition back to work. If you are returning to work from Short Term Disability, Long Term Disability or an approved leave of less than 30 days, the RTW-C can help.

The RTW-C may assist you with the following:

- Developing a Return to Work plan with you, your physician and your employer should you be returning with restrictions or limitations
- Acquiring Assistive Technology should you need it to perform the *essential functions* of your job
- Sending Return to Work Authorizations directly to your physician upon request

It's important to remember that being in contact with the RTW-C is not a substitute for maintaining contact with your agency, Human Resources and your supervisor during your absence from work. Returning to work often takes collaborative efforts that include you, your physician, your employer and the RTW-C.

For more information regarding RTW and eligibility for RTW services, please contact:

Durae' Johann, RTW-C  
Office of Management and Budget, Statewide Benefits Office  
500 West Lookerman Street, Suite 320  
Dover, DE 19904  
302-760-7055 - Direct line, 302-739-8331 - Main office, 302-739-8339 - Fax

## Chiropractic And Physical Therapy Services And Your Health Care Plan

Members often ask what chiropractic and physical therapy services are available to them and how claims are processed under their health care plan. It is important to understand that these services are based on the member's "medical necessity". The member's progress is monitored by the review of medical notes prepared by the provider and forwarded to either Highmark Delaware or Aetna to document the medical necessity of the services and justify the payment of claims. Information on how each plan adjudicates these types of claims is available in the Summary Plan Description (SPD). The SPDs for health care plans administered by Highmark Delaware are available at <http://ben.omb.delaware.gov/medical/bcbs/index.shtml>. The SPDs for health care plans administered by Aetna are available at <http://ben.omb.delaware.gov/medical/aetna/index.shtml>. For further information, please contact: Highmark Delaware's Customer Services at 1-800-633-2563 or Aetna's Customer Services at 1-877-542-3862.

## Prevention Head To Toe: Preventing Back Pain Or Injury

### Ways to prevent back pain and injury include:



- Work on improving your posture. Don't slouch.
- Learn techniques to manage stress.
- Keep weight in a healthy range.
- Increase physical activity.
- Learn proper lifting techniques.
- Seek help for depression.
- Avoid smoking and inhaling secondhand smoke

### It is important to see your doctor for back pain if:

- Your pain is not better after 10 days.
- Your pain is due to an injury.
- You are having numbness or tingling, bowel or bladder problems, or unexplained weight loss.
- You have a history of cancer, osteoporosis, or immune system problems.
- You are age 70 or older.

## Children's vision correction: Glasses or contacts?

**Contact lenses are now a popular and easy alternative for younger children.**



The most common eye problems in children are refractive errors—defects in the way the eye focuses light on the retina—which includes myopia (nearsightedness), hyperopia (farsightedness) and astigmatism. These problems can almost always be corrected with eyeglasses or contact lenses. Yet despite new research that confirms that soft contact lenses have no effect on how or if nearsightedness progresses (typically it develops around age 8 and worsens until age 15 or 16), nearly one-third of parents never consider contact lenses for their children. Some children as young as 8 are capable of wearing and even caring for contact lenses.

**Studies show that children who wear contacts:**

- Feel better about their physical appearance, athletic ability and social acceptance compared with their peers who wear glasses
- Can improve academic confidence, especially in children who are unhappy with their glasses and do not wear them regularly at school or to study
- Show an improved sense of self-confidence and self-worth, particularly girls

**Is my child a good candidate for contacts?**

The most important non-medical factor is whether or not your child wants to wear contacts and if he/she is mature enough to take care of them. While you can help answer those questions, your eye doctor also needs to determine whether any underlying eye conditions might interfere with a successful shift to contacts.

If your child is a candidate for contacts, you'll find the fitting process is similar to that for adults. This process includes selecting a lens that maximizes comfort, health and visual correction, and thorough training on lens insertion, removal and care. As your child adapts to wearing contacts, maintaining general eye health plays an important role. Your child should have regular eye exams, and you should always inform your eye doctor about any contact or eye related problems.

**Questions to ask your child's eye care doctor:**

- Are contact lenses appropriate vision correction for my child's vision problem?
- Is my child old enough to use contact lenses?
- What type of contact lenses would be best? Both gas permeable and soft contact lenses are options for children, depending on the vision correction.
- What is involved in caring for contact lenses?
- How can I help my child properly maintain his or her lenses?
- Are contacts with UV block an option?

**Helping your child maintain his/her contacts.**

Disposable soft contacts (both the daily disposable and reusable varieties) are a popular choice for children. Reusable contacts need to be discarded and replaced regularly, as directed by your eye doctor. Marking it on the family calendar can help, especially at first. To give your child time to adjust to a new routine, daily disposable contacts are another great option. Daily disposable contact lenses eliminate the need for daily cleaning and can help prevent the habit of “stretching” contact lenses beyond the replacement schedule prescribed by your eye doctor. “Stretching” can lead not only to discomfort but also other eye related problems when the recommended wear and replacement schedule is exceeded.

To learn more about your vision benefits, please visit [www.eyemedvisioncare.com](http://www.eyemedvisioncare.com) and click the **Members** tab.

# Zucchini Gratin

What's the secret to this easy low-fat gratin? Fat-free half-and-half adds a dairy richness without the fat.

Takes under 30 minutes  
Makes 4 servings

**SHOPPING TIP**  
Pick firm, shiny zucchini for this recipe.

**INGREDIENTS:**

- 2 teaspoons olive oil
- 1 pound (500 g) medium zucchini and/or yellow squash, cut into 1/2 inch- (1.25 cm) wide slices
- 2 cloves garlic, chopped
- 1/4 cup (60 ml) fat-free half-and-half
- 1/2 teaspoon salt
- 1/4 teaspoon freshly ground black pepper
- 1/4 cup (20 g) grated Asiago or Fontina cheese

**PREPARATION:**

1. Preheat the broiler. Lightly grease a 1-quart gratin dish; set aside.
2. Heat oil in a large skillet over medium heat. Add zucchini and garlic, and brown for about 5 minutes. Reduce heat to low, cover and cook until soft, about 8 minutes more. Transfer the vegetables to the prepared gratin dish. Drizzle on half-and-half. Season with salt and pepper. Sprinkle with cheese. Broil under the hot broiler until the cheese is melted and golden, 2 to 3 minutes.

**NUTRITIONAL  
INFO  
PER SERVING**

62 Calories
3g Fat
1g Saturated fat
0g Trans Fat
0g Protein
6g Carbohydrate
2g Fiber
78mg Sodium
75mg Calcium

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



The Fitness Guru Says...



**Health Tip: Make Time To Focus On Your Family's Health And Fitness**

Dear Reader,

Family Health & Fitness Day USA is Saturday, September 28, 2013. Mark your calendar and make this day a time to focus on your family's health and well-being. Even if you can only carve out 15 minutes, everyone's sacrifice in time will be well worth it!

Here are some ideas to get the whole family involved:

- Walk the dog, go for a jog, go on a bike ride, take the stairs or head to the park and let the kids run around for a while. Remember, for kids "Energy out = Better sleep and relaxation" for mom and dad!
- Turn on some music in your house, have fun and dance. As my niece would say, "Get Jiggy With It." I still have no idea what that means, but I am like 'Hey, Raise the Roof'. ☺
- Play frisbee or a game of baseball.
- Turn on a fun workout video at home that you can do together.
- Get the whole family involved in household chores like cleaning, vacuuming and yard work. Now, if you can only get your kids and teenagers to keep this up after one day!
- Start training as a family for a charity walk or run.
- Park farther away and count with your children the number of steps from the car to your destination. Write it down and see if you can park even farther away on your next stop.

Want more tips?

Log on to the DelaWELL Health Portal

<https://delawell.alerehealth.com> and select the "Family Fun" link located on the top menu under Personal & Family Health. Here you can find hands-on activities and tips to help your family make smart choices.

**Best of Health!**

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

