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WELL AWARE

Monthly Newsletter

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Don't Get The Bug…Get a Flu Shot!

At the Pharmacy - Visit your local participating pharmacy and show your Express Scripts ID Card to receive a Flu Shot for a $20 copay.* To find your local participating pharmacy, visit http://ben.omb.delaware.gov/script/planinfo.shtml.

*For information about shingles and pneumonia vaccines covered under your prescription plan, visit http://ben.omb.delaware.gov/script/programs.shtml.

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

**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.

For additional information about covered vaccines, 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

Did You Know?

Compound medications covered under your prescription plan are created to fit unique member needs by combining or processing approved ingredients as prescribed by a physician. For example, the form of a medication may be changed from a solid pill to a liquid, or the medication may be customized to avoid a problem with a non-essential ingredient.

Effective September 15, 2014, ingredients that (1) are not approved by the FDA for use in compounds, or (2) have experienced significant unjustified cost increases, will not be covered under your plan. For more information and a list of the top 25 excluded ingredients, go to http://ben.omb.delaware.gov/script/programs.shtml.

Contact Dela*WELL*
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
EMAIL: Benefits@state.de.us

DelaWELL
Placing Delaware at the Forefront of Wellness

News And Upcoming Events

Like Us On Facebook
https://www.facebook.com/delawellprogram

What's Going On:

2014-2015 Dela*WELL* Program Year (NOW through May 31, 2015): Reward Yourself With The Best Of Health
Visit http://www.delawell.delaware.gov/program-info.shtml to learn about the programs and services available and how to earn Dela*WELL* Rewards up to $200!

Dela*WELL*'s Stress Busters Challenge Starts September 1
Do you know how to reduce or control the stressors in your life? By taking small steps and practicing simple healthy behaviors, you can strengthen your body to better accommodate stress. Take part in the Stress Busters Challenge (September 1 – October 15, 2014) and put healthy stress management steps into your routine! Learn more at http://www.delawell.delaware.gov/wellness-challenges.shtml.

Be One In A Million Hearts
Million Hearts® Delaware is a public-private effort to advance the goal of the national initiative to prevent 1 million heart attacks and strokes by 2017. Through its public awareness initiative, Million Hearts® Delaware is working hard to improve blood pressure, reduce waist circumference and encourage tobacco cessation – all key prevention measures. Join the conversation, get connected and learn more at http://millionheartsde.com and http://millionhearts.hhs.gov/individuals.html.

Upcoming Events:

2014-2015 Dela*WELL* Health Screenings
The free screenings are offered NOW through April 29, 2015. Appointments are available during work hours, as well as late afternoon/ evening hours. Learn more at http://www.delawell.delaware.gov/health-screenings.shtml.

New Dela*WELL* Health Portal Homepage Design – Coming Soon – Get a Sneak Peek!
As we move to the new design officially (planned to take effect in early to mid-November), the option to move back and forth between the original and new homepage using a toggle button will be available on or around September 11th to support users with the transition.

Dela*WELL* University Onsite Health Seminars
October 2014 - Topic: Outsmarting Stress: Changing Your Attitude To Accomplish More
November 2014 – Topic: Know Your Health: A New Look At Why I Smoke And How To Quit
January 2015 – Topic: Get Moving This Winter: Don't Hibernate, Instead Invigorate Your Life And Health With Physical Activity
April 2015 – Topic: Understanding Food And Nutrition

Register for a seminar date, time and location convenient for you by visiting http://www.delawell.delaware.gov/Seminar_Registration/Semi_Reg.asp.

Motivation Station: Employee Spotlight

Carol McNatt
Records Management Specialist
Department of Correction (DOC)

"I've been participating in DelaWELL for several years. It was at a DelaWELL Health Screening that I first realized my cholesterol was elevated. I've attended numerous DelaWELL University Onsite Health Seminars and participated in the DelaWELL Health Coaching program, both of which have given me good information on how to improve my overall health and encouraged me to continue on that journey…"

To read Carol's complete story and other participant health testimonies, visit www.delawell.delaware.gov and click on the "Motivation Station" link.

Has the Dela*WELL* 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 Dela*WELL* website.

Don't Overlook Your Child's Annual Eye Exam

Why looking after your child's eye health should include a yearly trip to the eye doctor.

Vision plays a central role in your child's life. It's a primary way children find out about the world around them. In fact, about 80 percent of what adults and children learn is through the eyes and yet, 5 to 10 percent of children have undetected vision problems.

Just like check-ups and trips to the dentist, bringing your child in for an annual eye exam is an important way you can help him or her to stay well.

When to start scheduling your child for exams

Between 6 months of age and 1 year, your child should have his or her first eye exam with an optometrist or ophthalmologist. The doctor will check for nearsightedness, farsightedness, astigmatism, amblyopia (or "lazy eye"), proper eye movement and eye alignment, how the eye reacts to light and darkness, and other eye health problems.

Your child's next eye exam should take place sometime between the ages of 3 and 5, and then every year after that. During these exams, the doctor will conduct a comprehensive eye exam as well as vision screening tests.

To learn more about your vision benefits, please visit www.eyemedvisioncare.com And click the ***Members*** tab.

Seeing an eye doctor matters

Children often don't realize they have a vision problem, it's important they have a comprehensive eye exam conducted by an optometrist or ophthalmologist. Although, vision screenings performed at your child's school can be helpful, they should not be considered a substitute for a comprehensive eye exam.

HMS EAP + Work/Life Program: Stay Healthy For Years To Come

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 **Health** link and select **Healthy Aging**. Here you will find helpful information on a variety of topics, including Alzheimer's Disease, Arthritis, Dementia, **Healthy Living**, Medication Issues, Memory Loss, Parkinson's Disease, Osteoporosis and more.

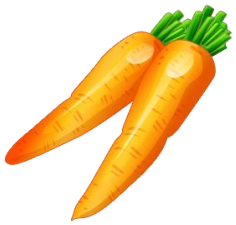
On the **Healthy Living** link, you will learn about things you can do throughout the stages of your life to ensure you stay healthy and mobile for years to come. Articles like *"Five Ways to Age Gracefully," "10 Rules for Living Longer," "It's Never Too Late"* and *"Eating for a Healthy Heart"* all provide great tips to help you live happy and healthy!

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

Healthy Recipe: Apple Carrot Salad

Ingredients:

1 cup shredded carrots
3 (medium) unpared and diced apples
1 tbsp. lemon juice
½ cup raisins
⅛ cup low-fat mayonnaise



Directions:

Combine all ingredients. Chill thoroughly. Serve on salad greens.

Make about six servings:

Serving size is about 1/6 recipe. Each serving provides 110 calories, 1 g fat, 0 mg cholesterol, 140 mg sodium, 25 g carbohydrate, 3 g dietary fiber, 20 g sugar and 1 g protein.

For more great recipes, 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," navigate to the "Health" tab and look under the header "Recipes."

The Fitness Guru Says…
Health Tip: Using Backpacks Safely

Dear Reader,

Backpack safety is particularly important for children, who can be hurt by regularly carrying too much weight or by not wearing their backpacks safely.

Pack it safely:

- Experts say a child shouldn't carry more than 15% to 20% of his or her weight. Don't guess—use your bathroom scale to weigh the loaded pack.
- Pack the heaviest items closest to the back. Packs with compartments make this easier to do.
- Talk to your child about using his or her locker to keep from carrying everything around all day.

Lift it safely:

- Never bend down from the waist to pick up or set down a heavy pack.
- Always squat down, bending at the knee and keeping your back straight.
- If you need to, you can put one knee on the floor and the other knee in front of you while you lift the pack and swing it around to your back.

Wear it safely:

- Pack wearers should use both shoulder straps. It may seem easier or more comfortable to sling the pack over just one shoulder, but that's a bad habit that can lead to back or shoulder pain.
- Make sure your child stands up straight while wearing a backpack. If he or she must lean forward, the pack is too heavy.
- If your child is having back pain or neck soreness, talk to your doctor. Encourage your children to tell you about any pain or soreness.

For more information on Children's Health, log on the Dela*WELL* Health Portal at https://delawell.alerehealth.com.

Best of Health!
F.G. (a.k.a. Fitness Guru)