

# 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

## 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. 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.

### 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.

So 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](http://www.eyemedvisioncare.com) and click the Members tab.

## What's Going On:

- **Weight Watchers Requirement Deadlines For The 2013-2014 DelaWELL \$200 Gold Level Reward**  
*Weight Watchers Online Subscription* - Participants should begin their subscription purchase no later than October 31, 2013, in order to meet the 6 consecutive month requirement by the April 15, 2014 reimbursement form submission deadline.  
*Weight Watchers Meetings With Monthly Pass Membership* - Participants should begin their membership purchase no later than January 31, 2014, in order to meet the 3 consecutive month requirement by the April 15, 2014 reimbursement form submission deadline. To learn more about the Weight Watchers discounted pricing, program descriptions, sign-up process, at-work meetings and other frequently asked questions, please visit <http://www.delawell.delaware.gov/ww.shtml>.
- **Why Wait And Worry? Call Nurse24**  
When you are faced with a health problem and you aren't sure what to do, just pick up the phone and dial the toll-free Nurse24 line (**1-866-674-9103**). A highly experienced nurse will advise you personally, no matter how big or small the concern. The Nurse24 team is standing by 24 hours a day, 365 days of the year.
- **Healthy Living Programs**  
Visit the DelaWELL Health Portal <https://delawell.alerehealth.com>. After you log in, select the "Healthy Living Programs" link located on the left menu under Health Resources. You may choose any one of the 13 Healthy Living Programs (i.e., Weight Loss, Get In Shape, Stress Relief, Healthy Heart, Diabetes-Fighting, Smoke-Free, Healthy Aging, Healthy Kids and more). These six-week interactive, personalized online tutorials help you take important steps to reduce risk and improve health.
- **October Is National Dental Hygiene Month**  
Your mouth, teeth and gums not only affect your smile, but your ability to talk, taste, chew and swallow. Oral diseases affect many Americans every year, causing pain, discomfort and tooth loss. Most of the diseases that affect your mouth can be prevented with good oral hygiene. Read more at <http://delawell.delaware.gov/documents/sod-dental-care.pdf>.

## 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**  
Know Your Health - A New Look At Why I Smoke And How To Quit  
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*  
Register today for a time and location convenient for you at [www.delawell.delaware.gov](http://www.delawell.delaware.gov).



## MOTIVATION STATION: EMPLOYEE SPOTLIGHT

**Sherry Lambertson**

Executive Specialist

Delaware Fire Prevention Commission



*"To say my DelaWELL health coach, Barbara, is an inspiration is an understatement. She brings with her a sense of peace and balance to every communication. My health coach pushes me when I need to be pushed and encourages me when I need encouragement. Almost two years ago, I began what seemed to be a never ending journey fighting a battle with melanoma..."*

To read Sherry'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.

An ounce of prevention, the old saying goes, is worth a pound of cure. That's certainly true about disability. You can immediately reduce your odds of becoming disabled by making a few commonsense improvements in the way you live.

### **Embrace a healthy lifestyle-**

Oh, you've heard this one before? It's still true. Shedding bad habits and adopting healthier ones creates an abundance of benefits - not just for you, but for the people who love you and want you to stick around a long time.

### **Quit smoking**

It's no secret that nicotine use has been linked to a variety of life-threatening illnesses, from cancer to heart disease and stroke. If you're a smoker, make quitting your top priority. Need help kicking the habit? The [American Cancer Society](#) can help.

### **Get regular checkups**

Think of your doctor as an ally who helps *keep you well*, not just the person who *treats* you when you're sick. Regular checkups and screenings are vital, especially if you or your family are predisposed to certain medical conditions. Wondering about which screenings and immunizations you need? Ask your primary healthcare provider or visit the [US Department of Health and Human Services website](#).

### **Get regular cancer screenings**

Early detection saves thousands of lives every month. Your family history and certain risk factors sometimes indicate that a person's screenings should start at a younger age. Ask your doctor, or visit the [American Cancer Society website](#) for more information.

### **Watch your weight**

Those extra pounds can cause big trouble. They strain your heart, raise your blood pressure and significantly increase your risk of a heart attack. Eat more high-fiber, nutrient-rich fruits and vegetables, and fewer high-fat foods. For more dietary information visit the US Department of Agriculture's [Choose My Plate Website](#). Calculate your body mass index (BMI), to assess your personal situation, with this tool from the [National Heart Lung and Blood Institute](#).

### **Get regular exercise**

A healthy life requires periodic physical activity. To prevent heart disease, cancer, high blood pressure and obesity, the [American Heart Association](#) recommends 30-60 minutes of exercise at least four times a week.

### **Avoid excessive drinking**

While drinking in moderation is usually fine, heavy drinking can lead to liver damage and other serious health risks. The [Substance Abuse and Mental Health Services Administration](#) can answer your alcohol questions.

### **Become safety-minded**

Disability-causing incidents can spring up when you least expect them. Stay alert for possible dangers. Drive defensively. Wear your seatbelts. At work or play, always use the recommended safety equipment. For more information, visit the [National Safety Council](#).

### **"Watch your back."**

Back injuries and arthritis are the leading causes of disability. You can reduce your chances of injury by losing weight, do gentle stretching exercises before a rigorous workout, and practice sound weightlifting techniques. The [Cleveland Clinic Health Information Center](#) is an excellent source of information.

### **Cultivate your mental and emotional health, too**

Good relationships and a positive mental attitude really help. Maintain contacts with family and friends. Stay active and involved through work, recreation and perhaps volunteer work in your community. Yes, it's a 24/7 world but no one can work 24 hours a day. Take time for relaxation and doing things that make you happy. Reducing stress reduces the likelihood of some physical illnesses. For more information, visit [Mental Health America](#).

## Colon Cancer Prevention



### Colorectal Cancer Screening Saves Lives

Screening can find polyps (abnormal growths) in the rectum or colon, so that they can be removed before turning into cancer. Screening also helps find colorectal cancer at an early stage, when treatment often leads to a cure. About 9 out of every 10 people whose colorectal cancer is found early and treated are still alive five years later. If you are aged 50 or older or think you may be at higher than average risk for colorectal cancer, speak with your doctor to begin screening and to determine how often you should be screened.

### Are You At High Risk?

Your risk for colorectal cancer may be higher than average if:

You or a close relative have had colorectal polyps or colorectal cancer

You have inflammatory bowel disease

You have a genetic syndrome such as familial adenomatous polyposis (FAP) or hereditary nonpolyposis colorectal cancer

People at high risk for colorectal cancer may need earlier or more frequent tests than other people.

Learn more at <http://ombwebdev01:20008/diseases.shtml>



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## Stress Denial: "I Can Handle It"



### **Seek help to combat chronic stress**

If you fall for the myth that stress is something "between your ears" or imagined, you may be tempted to ignore its effects, dismiss its harmful symptoms or try to "will" it away. Stress is your body's natural response to threats or challenges. Your conscious decisions about the significance of these events may play no part in how your body responds to them. Everyone experiences stressful situations from time to time, but chronic stress can wreak havoc on your body and mind. If you experience poor sleep, impaired memory, problems concentrating, sensations of panic, depression, unexplained heart palpitations, headaches, muscle aches, unexplained weight gain or loss, or excessive tiredness, get these conditions evaluated by a doctor. Follow up with a mental health professional; ideally, seek out a professional who has stress management expertise.

To talk to a Licensed Professional Counselor call HMS (Specializing in EAP and Work/Life Solutions) at 800-343-2186. This service is free and confidential and available 24/7 365 days a year. Use the self-search database, at [www.hmsincorp.com](http://www.hmsincorp.com), username: Delaware and password: statehms04. Read through 4,000 updated and authoritative articles, view video clips, attend monthly online seminars and more.

## Healthy Recipe

# Pumpkin Spice Pancakes

Takes under 30 minutes  
Makes 4 servings

### INGREDIENTS:

- 2 cups (10 oz/300 g) white whole-wheat flour
- 2 tablespoons brown sugar
- 1 tablespoon baking powder
- 1 ½ teaspoons ground cinnamon
- 1 teaspoon ground ginger
- 2 eggs
- ¾ cup (6 oz/180 g) canned pumpkin puree
- 2 cups (16 oz/480 ml) fat-free milk
- 1 tablespoon safflower or other vegetable oil
- Nonstick cooking spray

### PREPARATION:

1. In a mixing bowl, use a fork to blend together the flour, brown sugar, baking powder, cinnamon and ginger.
2. Lightly beat the eggs in a mixing bowl. Beat in the pumpkin, milk and canola oil.
3. Add the pumpkin mixture all at once to the flour mixture. Use a rubber spatula to quickly mix the ingredients together. A few little lumps of flour are okay.
4. Coat a griddle well with cooking spray and then set it over medium heat.
5. Ladle the batter onto the hot griddle – about half a ladleful per pancake is good. Cook for about 2 minutes until the little bubbles in the batter pop and the edges of the pancakes look dry. Flip pancakes and cook another 2 minutes.

NUTRITIONAL INFO PER SERVING
240 Calories
4g Fat
1g Saturated fat
0g Trans fat
10g Protein
32g Carbohydrate
5g Fiber
381 mg Sodium
123mg Calcium

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



The Fitness Guru Says...



### **Health Tip: Fall Into Fitness**

Dear Reader,

Fall is a busy time of year. As schedules become hectic, weather changes and daylight gets scarce, it can be the season where we end up falling off the exercise bandwagon. As the new season brings forth transformation, so can you!

Don't let that bulky sweater hinder your exercise. The crisp fall weather and colorful leaves make great reasons to get outside and be active. The Academy of Nutrition and Dietetics offers these autumn fitness suggestions:

- Rake up the leaves in your yard.
- Start a game of touch football with family, neighbors and friends.
- Kick a soccer ball around.
- Plant a fall garden.
- Collect acorns for arts-and-crafts projects.
- Pick apples, or wind your way through a corn maze.

Turn over a new leaf in your health this fall by “falling into fitness.” For more ideas and information on Fitness & Activity, log on the DelaWELL Health Portal at <https://delawell.alerehealth.com>.

*Best of Health!*

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

## 2014 Flexible Spending Account Open Enrollment

Mark your calendars...



Open Enrollment for the 2014 Flexible Spending Account (FSA) plan year is fast approaching. The State of Delaware's annual open enrollment for enrolling or re-enrolling online in the FSA program will be held November 4-26, 2013.

Contributions to FSA are deducted on a pre-tax basis saving you up to 25% on every dollar set aside, and reimbursements from your account are tax-free!

More information on Open Enrollment for 2014 will be in the November issue of WELLAWARE.