

# WELL AWARE

December 2013

Volume 5, Issue 12

## In This Issue

- Prescription Medication Changes
- DelaWELL News, Upcoming Events And Employee Spotlight
- Did You Know?
- Stress Takes A Holiday
- You And Your Eyes
- Fitness Guru – Pack A Healthy Lunch
- Healthy Recipe – Crispy Brown Rice Cookies

### 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

## Attention Active Employees and Non-Medicare Pensioners:

### Changes Are Coming to Your Prescription Plan Formulary of Medications in 2014

Your State of Delaware prescription plan Formulary is the list of medications covered under your medical and prescription plan. These are proven medications and include drugs to treat every condition. Each year, Express Scripts physicians and pharmacists review and update the plan's formulary to ensure that the plan is providing the most clinically sound and cost effective medication therapies for members.

#### Formulary changes beginning January 1, 2014

Effective January 1, 2014, 89 brand medications will move from Preferred Brand (Tier 2) to Non-preferred Brand (Tier 3), and 21 medications will move from non-preferred to preferred status. A list of the affected drugs is posted on the Statewide Benefits Website at <http://ben.omb.delaware.gov/script/planinfo.shtml>. Members who are currently taking a drug that is moving to a Non-preferred Brand status with higher copay will receive a letter from Express Scripts, and the letter will include alternatives that members can discuss with their physicians.

#### Additional Formulary changes are coming on July 1, 2014

Beginning July 1, 2014, a total of 48 medications will be excluded from the State of Delaware's formulary. This means that these drugs will no longer be covered under the State plan, and members would pay the total cost of the medication. A list of the drugs that will be excluded beginning July 1, 2014 is available on the Statewide Benefits Website at <http://ben.omb.delaware.gov/script/planinfo.shtml>. Again, members who are taking these drugs will receive a letter from Express Scripts describing alternative drugs for consideration.

**What can I do if an excluded medication is medically necessary for me?** Your doctor can file an appeal for an authorization to allow you to continue on this medication. If approved, the medication will be covered at the non-preferred copay level.

#### Questions?

See the Statewide Benefits Website for copay information and medication lists at

<http://ben.omb.delaware.gov/script/planinfo.shtml>, or call our office at 302-739-8331 or 1-800-489-8933.

**These changes do not apply to Medicare Pensioners enrolled in the Express Scripts Medicare PDP Plan.**

## What's Going On:

- **DelaWELL's "Early Bird Payment" Is December 13, 2013**

Employees who earned the DelaWELL Silver Level Reward (Completion of the online Wellness Assessment + Health Screening) by October 15, 2013 will receive a \$100 cash incentive paid in the December 13<sup>th</sup> paycheck. State non-Medicare eligible pensioners who earned the DelaWELL Silver Level Reward (Completion of the online Wellness Assessment + Health Screening) by October 15, 2013 will have it applied toward their December 2013 pension check.

DelaWELL Silver Level Reward amounts earned between October 16, 2013 and May 31, 2014 and all DelaWELL Gold Level Reward amounts earned between July 1, 2013 and May 31, 2014 will be paid in July 2014. **For questions about wellness activities and incentive eligibility, please call the Alere Helpline at (866) 674-9103.**

- **Avoid Getting The Flu Or Spreading It To Others**

*Did you get it?* A flu vaccine that is. The Centers for Disease Control and Prevention (CDC) recommends a yearly flu vaccine as the first and most important step in protecting against flu viruses. For information and resources on the flu vaccine, read the [DelaWELL Flu Poster](#) and visit the [Delaware Division of Public Health](#).

- **National Handwashing Awareness Week is December 1 – 7.** One way to help prevent the spread of germs is to wash your hands often with soap and water. If soap and water are not available, use an alcohol-based hand rub. For more information, read the [Your Hands Your Health](#) flyer.

- **Register For January's Onsite Health Seminar Topic – "A New Year To Stress Less: It Starts With YOU!"**

Modern life is full of demands, hassles, uncertainties and deadlines. It may seem like there is nothing you can do about stress; however, you have more control than you might think. At this motivational and interactive seminar, you will learn effective ways to take charge of your life and deal with stress. It's a new year for a less-stressed you! The classes are offered at various state locations from 12-1pm and 4-5pm. **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).**

## Upcoming Events:

- **DelaWELL Health Screenings - 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.

- **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



### Jillian Wilson

Environmental Health Specialist II  
Delaware Health and Social Services (DHSS)

*"I was always very thin and maintained a fairly healthy lifestyle. That all changed in 2008. I was diagnosed with stage one malignant melanoma and had to have a section of my thigh removed..."*

To read Jillian'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?



The State Employee Benefits Committee (SEBC) has approved additional language, effective December 1, 2013, to the Group Health Insurance Program's Eligibility and Enrollment Rules to allow an employee, spouse or dependent to drop coverage in a State health plan outside of Open Enrollment, if coverage is obtained through the Affordable Care Act's Marketplace. Eligibility and Enrollment Rule 4.07 highlights this and other situations related to instances when changes in coverage can be made outside of Open Enrollment. The full rules can be viewed in the "Documentation" section of the Statewide Benefits Office website at

<http://www.ben.omb.delaware.gov/>.

**Remember:** Employees who provide health care coverage to their spouse, if your spouse experiences a change in their health care coverage during the plan year (July 1 to June 30), you must complete a new Spousal Coordination of Benefits form available at <http://ben.omb.delaware.gov/documents/cob/index.shtml>.

Questions may be addressed to Customer Services staff of the Statewide Benefits Office, by e-mail at [benefits@state.de.us](mailto:benefits@state.de.us) or (302) 739-8331 or 1-800-489-8933.

## Stress Takes a Holiday



If you begin feeling pressured and frazzled this holiday season because of too many obligations and high expectations for what must occur, take a moment and decide what the holidays really mean to you. What made past years special? See if you can include those things on your "must haves" list while limiting some less significant events. Choose specific times during the holiday season when you find personal time to relax and do what you want to do. Resist the urge to ask yourself, "Quick! What's next on the list?" every time things quiet down.

Call HMS (Specializing in EAP and Work/Life Solutions) at 800-343-2186 to talk to a Licensed Professional Counselor for free and confidential assistance, 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.

## You and Your Eyes



### **Information on Eye Exams, Vision Tests, Eye Health, etc. and Your Health Care Plan**

Your eyes are the “windows of your soul,” worthy of medical attention and care. Besides measuring vision, routine eye exams can help identify early signs of certain chronic health conditions such as diabetes, glaucoma, cataracts, macular degeneration, etc. How eye and vision care is paid for depends on your health care plan.

**Highmark Delaware’s and Aetna’s HMO Plans:** Provide a routine vision exam once every 24 months and medical eye care. These plans also provide medical eye care for the examination, treatment, and management of an eye condition or disease.

**Highmark Delaware’s Comp-PPO and First State Basic:** Provide medical eye care for the examination, treatment, and management of an eye condition or disease.

**Highmark Delaware’s and Aetna’s CDH Gold Plans:** Provide vision screening by a primary-care-physician (PCP), which is a brief evaluation performed as part of a regular physical. Also, provide medical eye care for the examination, treatment, and management of an eye condition or disease.

Remember to use in-network providers to receive the highest value from your health care plan. Applicable co-pays, deductibles, etc. apply in accordance with the health care plan.

To discuss your specific situation contact:

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

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

Information on Highmark Delaware’s Eyewear Discount Program is available at [www.davisvision.com](http://www.davisvision.com) (use client number 2722).

Information on Aetna’s Vision Discount Program is available at [www.aetna.com/statede](http://www.aetna.com/statede).

Employees enrolled in the State of Delaware’s Group Vision Program provided by EyeMed Vision Care may have other services available, additional information is available at <http://ben.omb.delaware.gov/vision/default.shtml> or by contacting EyeMed Vision Care’s Customer Service at 1-855-259-0490.

Employees enrolled in the State of Delaware’s Flexible Spending Account program provided by ASIFlex may be able to be reimbursed for services and eyewear, additional information is available at <http://ben.omb.delaware.gov/fsa/index.shtml> or contacting ASIFlex’s Customer Services at 1-800-659-3035.

## Healthy Recipe

### crispy brown rice cookies

Takes 30-60 minutes  
Makes 30 cookies



#### INGREDIENTS:

- 2 egg whites
- 1/2 cup sugar
- 3 tablespoons maple syrup or honey
- 2 teaspoons vanilla extract
- 3 cups crispy brown rice cereal (preferably salt-free)
- 1/3 cup all-purpose flour
- 1 teaspoon cinnamon

#### PREPARATION:

1. Preheat oven to 350°.
2. Place egg whites in the bowl of an electric mixer and beat on high speed until frothy. Turn down to low speed.
3. Slowly add sugar, while beating on low. Then increase to high speed for 2 more minutes. Stop beating.
4. Add maple syrup and beat on high speed for 6 more minutes. At this point, the mixture should be the consistency of meringue.
5. Add vanilla and beat 1 minute more.
6. In a medium mixing bowl, combine brown rice cereal, flour and cinnamon.
7. Gently fold dry ingredients into wet ingredients. Try not to deflate the egg whites.
8. Line a large baking sheet with parchment paper. Use a soup spoon to drop half-dollar-size mounds of batter onto sheet about 1" apart.
9. Bake in preheated oven until light brown and slightly firm to the touch, about 20 minutes.
10. Allow to cool 20 minutes before removing from baking sheet. Use the tip of a sharp paring knife to loosen cookies from the baking paper.

#### NUTRITIONAL INFO

#### PER SERVING

96 Calories  
0.1g Fat  
0g Saturated fat  
0.6g Protein  
11g  
Carbohydrate  
0.1g Fiber  
20mg Sodium

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



## The Fitness Guru Says...



### Health Tip: Pack A Healthy Lunch

Dear Reader,

*Does your lunchbox make the grade?* The DelaWELL Health Portal has many great online resources and fun games, including "Pack a Healthy Lunch." It is a fun and interactive tool that provides education on building a healthy lunch, whether the lunch is for a preschooler, grade-schooler, teenager or an adult. You are able to pick from various choices, including sandwiches, snacks, fruits, veggies and drinks. Once complete, you can grade your lunch choices and see how they stack up.

To get started, visit the DelaWELL Health Portal at <https://delawell.alerehealth.com>. After you log in, select the "Family Fun" link located on the top menu under Personal & Family Health.

*Best of Health!*

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

