



## 2014-2015 DelaWELL Health Screenings Frequently Asked Questions (FAQs)

### **Q. Who can participate in the DelaWELL Health Screening?**

**A.** All individuals over the age of 18 (i.e., Employees, spouses, dependents and state non-Medicare eligible pensioners) who are currently enrolled in a State of Delaware Group Health Plan (non- Medicare plan). Participation is completely voluntary.

### **Q. When are the DelaWELL Health Screenings offered?**

**A.** The 2014-2015 DelaWELL Health Screenings will take place from July 14, 2014 through November 14, 2014 AND January 5, 2015 through April 29, 2015. Appointments are available during work hours, as well as late afternoon/ evening hours. Please continue to check the website for updates.

### **Q. What will the DelaWELL Health Screening consist of?**

**A.** Screenings include measurements for height/weight (Body Mass Index), blood pressure, total cholesterol, HDL, LDL, triglycerides and blood sugar (glucose) {your finger will be pricked to draw blood for the test}. The screening takes approximately 15 minutes. Each participant will receive an informational brochure with their personal health values and meet with an onsite counselor about the results. This is a great opportunity to evaluate your health risks and receive information on how to make positive changes to enhance your health and well-being!

### **Q. Why should I participate in the DelaWELL Health Screening?**

**A.** Health conditions like high blood pressure, high cholesterol and high blood glucose levels usually begin with no symptoms. When detected early, they are more treatable. The State of Delaware encourages you to know your numbers, so you can stay healthy, feel better and enjoy the best quality of life possible! Participating in a biometric health screening (either a DelaWELL Health Screening or NEW! submitting the completed Health Screening Provider Form) is one of the requirements for the \$100 or \$200 DelaWELL Reward. Also, you may earn the DelaWELL Gold Level Reward by meeting all four of these Healthy Values:

- Body Mass Index (BMI): Less than 25.0
- Blood pressure: Less than 120/80 (*First number (systolic) must be less than 120 and second number (diastolic) must be less than 80*)
- Total Cholesterol: Less than 200 mg/dL
- Tobacco-free lifestyle (Self-reported in the online Wellness Assessment)

You can earn the DelaWELL Gold Level Reward based on these health criteria, by attending one DelaWELL Health Screening from July 2014 - April 2015 or (NEW!) submitting one completed Health Screening Provider Form with your health values from a recent screening or visit with your health care provider from July 1, 2014 – April 30, 2015 AND completing your Wellness Assessment for 2014-2015. For more information on the (NEW!) Health Screening Provider Form and FAQs specific to the form, please visit <http://www.delawell.delaware.gov/health-screenings.shtml>.

### **Q. How do I sign-up for a DelaWELL Health Screening appointment?**

**A.** To register for a DelaWELL Health Screening appointment, please visit the DelaWELL Health Portal at <https://delawell.alerehealth.com>. Once logged in, click on the "Appointment Registration" link located under Health Screenings.

### **Q. Will the testing conducted in the DelaWELL Health Screening cost me anything?**

**A.** No, this test is provided at no additional cost as part of your health care benefits.

**Q. Who actually performs the DelaWELL Health Screening and how will my privacy be protected?**

**A.** The free, confidential onsite screening is being done by Summit Health, Alere's chosen provider of comprehensive wellness and health screening programs. The State of Delaware has partnered with Alere to provide these services to you. Any Personal Health Information (PHI) gathered during the screening is protected by federal and state privacy laws including the Health Insurance Portability and Accountability Act (HIPAA). Only aggregate data will be shared with the State of Delaware.

**Q. Is fasting required for the DelaWELL Health Screening?**

**A. Fasting for the test is your choice.** It is recommended (if your schedule and other commitments permit), because fasting is required to obtain your triglycerides and LDL (bad cholesterol). FASTING means no food or drink except water for 9 hours before the test.

**Please note that you are encouraged to participate in the screening even if you eat something and are unable to fast. Both the fasting and non-fasting options for the DelaWELL Health Screening will provide results on the healthy values for the DelaWELL Gold Level Reward, including total cholesterol.** If you go ahead with the non fasting screening, just make sure you tell the examiner that you did not fast for the 9 hours. The examiner will use a non fasting test in this case. Your results will include total cholesterol, HDL, ratio of total cholesterol/HDL and blood sugar (glucose). You **will not** receive triglyceride and LDL results as these values are affected by fasting. **For either screening, please make sure you take all your medications as prescribed by your doctor. Please be sure to drink water before your appointment, as a low hydration level can affect the testing.**

**Q. What should I do to prepare for my DelaWELL Health Screening?**

**A.** For either the fasting or non-fasting screening, please make sure you take all your medications as prescribed by your doctor. Please be sure to drink water before your appointment, as a low hydration level can affect the testing.

**Q. Who is eligible for the DelaWELL Rewards?**

**A.** Those eligible for the DelaWELL Rewards include all benefit eligible state agency, school district, charter school and higher education employees, as well as state non-Medicare eligible pensioners, who are currently enrolled in a State of Delaware Group Health Plan. **Spouses, dependents and participating group members (with the exception of University of Delaware and Delaware Transit Corporation employees) are not eligible for the DelaWELL Rewards.**

**Q. How does participation in a DelaWELL Health Screening affect my DelaWELL Reward?**

**A.** Participating in a DelaWELL Health Screening will satisfy one of the requirements for the \$100 or \$200 DelaWELL Reward. You may earn the DelaWELL Gold Level Reward by meeting all four of these Healthy Values:

- Body Mass Index (BMI): Less than 25.0
- Blood pressure: Less than 120/80 (*First number (systolic) must be less than 120 and second number (diastolic) must be less than 80*)
- Total Cholesterol: Less than 200 mg/dL
- Tobacco-free lifestyle (Self-reported in the online Wellness Assessment)

You can earn the DelaWELL Gold Level Reward based on these health criteria, by attending one DelaWELL Health Screening from July 2014 - April 2015 or (NEW!) submitting one completed Health Screening Provider Form with your health values from a recent screening or visit with your health care provider from July 1, 2014 – April 30, 2015 AND completing your Wellness Assessment for 2014-2015. For more information on the (NEW!) Health Screening Provider Form and FAQs specific to the form, please visit <http://www.delawell.delaware.gov/health-screenings.shtml>.

Your Height and Weight (BMI), Total Cholesterol and Blood Pressure cannot be manually entered into the assessment. **Both the fasting and non-fasting options for DelaWELL Health Screening will provide**

**results on the healthy values, including total cholesterol.** Your screening results will be loaded into your Wellness Assessment and the “My Healthy Values” page about four weeks (20-25 business days) after your screening. The “My Healthy Values” page will show green check marks for each criterion you meet. You must meet all four criteria to meet DelaWELL Healthy Values and earn the DelaWELL Gold Level Reward. The activity point for meeting Healthy Values criteria will be posted monthly.

If you think your Body Mass Index (BMI) is above the norm due to high muscle mass, and as a result are unable to meet the Healthy Values because of it, an alternate method to obtain the wellness incentive is available. In this case, you may provide a signed verification document from your physician that attests to this fact. Please contact [employee.wellness@state.de.us](mailto:employee.wellness@state.de.us) and we will email you with a copy of the physician verification statement for you to use. The completed physician’s verification statement must be submitted by **May 1, 2015** to satisfy the alternate method to obtain the Gold Level Reward for 2014-2015. Silver Level Reward requirements (Health Screening and Online Wellness Assessment) must also be met, in addition to meeting the other three Healthy Values (Blood pressure, cholesterol and non-tobacco user). If you are not able to meet the BMI target for other reasons or meet the other Healthy Values, keep in mind that there are alternatives for obtaining the Gold Level Reward. These include participating in either the Lifestyle Coaching Program, Condition Care Program, Weight Watchers® Program or Quit for Life® Program.

**Q. When will the DelaWELL Health Screening results be loaded into my online Wellness Assessment and the “My Healthy Values” page?**

**A.** Your screening results will be loaded into your Wellness Assessment and the “My Healthy Values” page about four weeks (20-25 business days) after your screening. The “My Healthy Values” page will show green check marks for each criterion you meet. You must meet all four criteria to meet DelaWELL Healthy Values and earn the DelaWELL Gold Level Reward. **The activity point for meeting Healthy Values criteria will be posted monthly.**

**Q. Do I have to wait for my DelaWELL Health Screening values to be entered by Alere before I complete and submit my online Wellness Assessment?**

**A.** You don’t have to wait for your health screening values to be loaded in your online Wellness Assessment before submitting it. Simply, answer the estimate questions (*Ex. I don’t know my blood pressure, but I have been told it’s normal*) on the health values page of the assessment. The answers you provide to these estimate questions do not affect your wellness assessment score or activity point. After you answer the estimate questions and reach the last page of the assessment, click “Submit.” Once your health screening values are loaded for you by Alere (this typically takes four weeks (20-25 business days) after your screening event), you will receive an email from Alere with notification. When you log back in the DelaWELL Health Portal, your completed wellness assessment will be updated with a new wellness score and personalized report based on the health values uploaded. You’ll also find new homepage recommendations to meet your needs. Choosing activities from these recommendations can help you take action to live healthier and feel better while also lowering your risk for certain chronic conditions.

**Q. When will the activity point show up on my health portal page for completing the DelaWELL Health Screening?**

**A.** The activity point for your completed health screening will show up on your health portal page about four weeks (20-25 business days) after your screening event.