

# County employees improve wellness efforts over 2019

Delaware Valley Health Trust has released the 2020 Wellness Program Report which highlights the progress toward a culture of health at Kent County Levy Court. This information will help staff evaluate employees' and their spouses' engagement in preventive screenings and healthy behaviors, as well as identify areas of opportunity to improve the overall health of our population. This data can be monitored each year to determine progress and trends over time.



The 2020 Wellness Program Report contains the following information:

- **Incentive & Reimbursement Participation** (slide 3) shows Kent County's total utilization of the 2020 Health Trust Wellness Incentive and Reimbursement program.
- **Biometric Screening Results Summary** (slides 4, 5, & 6) shows aggregate and cohort de-identified health risk data and major health trends specific for Kent County Levy Court membership based on enrollee and covered spouse participation in the 2020 Biometric Screening incentive. This is a summary of the Biometric Profile for the 32% of employees, retirees, and spouses covered by the DVHT/Aetna medical plan that completed the screening.

Additional Notes:

- In the 2020 program year, the Delaware Valley Health Trust paid \$32,216.74 in incentives and reimbursements to Kent County Levy Court Health Trust enrollees and covered spouses.
- In 2020, Kent County Levy Court had 152 participants in the Biometric Screening incentive. Any entity that has 40 or more covered enrollees and spouses participate in the Biometric Screening in a program year receive custom Biometric Screening Results exclusively for that entity.
- Enrollees and covered spouses that participate in the Biometric Screening incentive receive a detailed report explaining their results and tips to improve their health.

DVHT provides access to many resources that support engagement and health improvement strategies.

- Attached is a flyer summarizing the Health Trust value-added benefits, including the wellness program. Members can also access this information on the website at [www.dvtrusts.com](http://www.dvtrusts.com) on the 'Wellness Programs' page under Member Resources.
- Workplace Wellness Grant - Kent County Levy Court has a balance of \$33,680.00 available through November 30, 2021.
- On-Site Wellness Services (biometric screenings, wellness presentations, flu clinics, 1-1 nutrition counseling, Weight Watchers at Work). Some Health Trust wellness presentations and hospital based education continue to be available via webinar or other video meeting.
- Aetna Wellness Resources (member discount programs, online wellness programs, telephonic health coaching).

Please contact the Personnel Office, if you have any questions.

# 2020 Wellness Program Report

## Kent County Levy Court

Contact the Health Trust Wellness Team:  
Lauren Detweiler & Jenna Glassman  
wellness@dvtrusts.com, 267.803.5721



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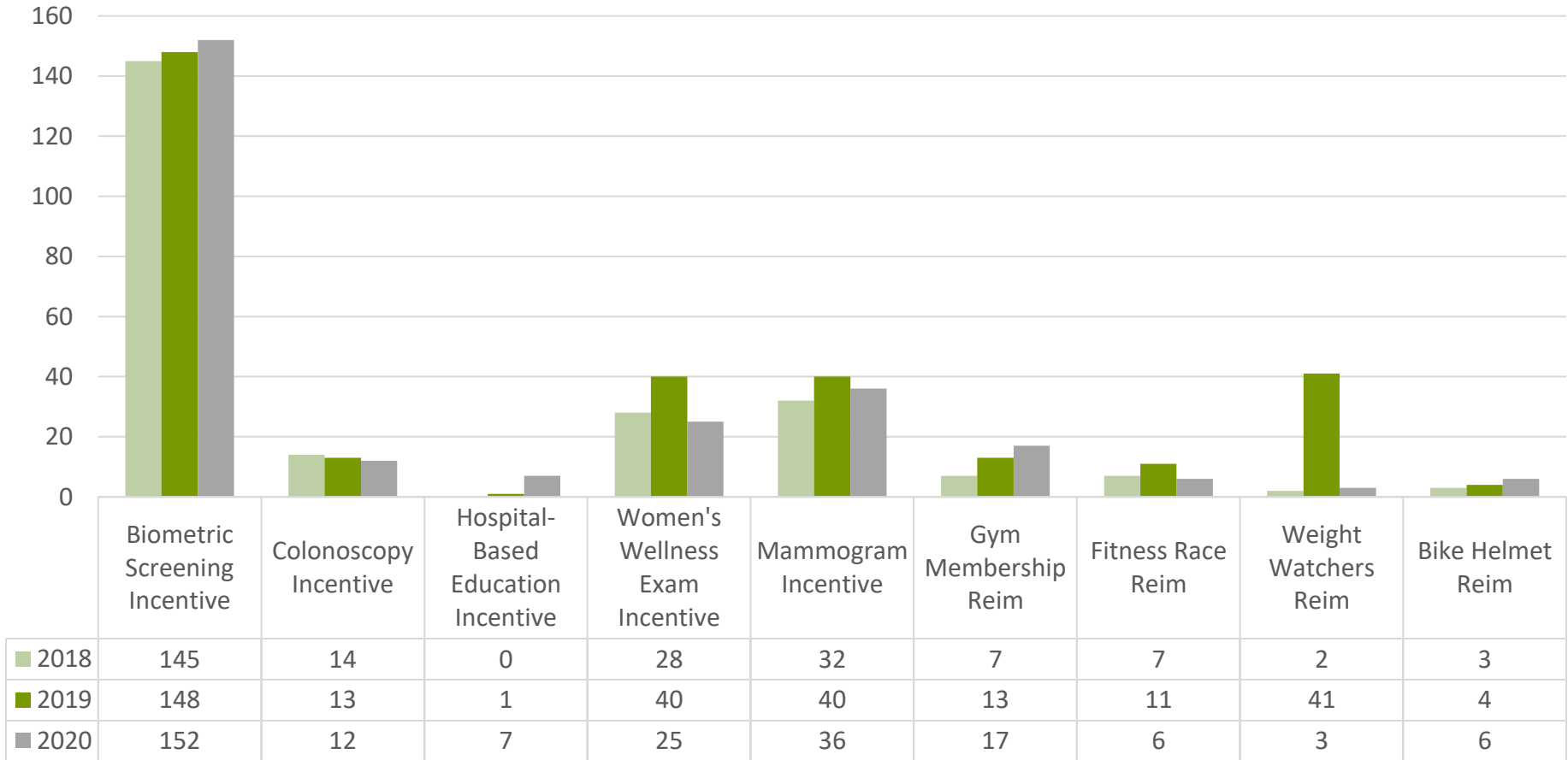
By taking advantage of the Delaware Valley Health Trust wellness incentives and reimbursements, members are getting a head start on the path of a healthier lifestyle.

While 2020 presented challenges with the availability of in-person preventive screenings and fitness services, thus reducing the overall rate of program participation, it also generated opportunities for development, such as virtual engagement and at-home screenings.



# Incentive & Reimbursement Participation

(Kent County Levy Court 2018-2020)



Total paid to members in 2020: \$32,216.74



# Biometric Screening Results Summary

(Kent County Levy Court 2020)

## Participation

## Top 3 Risk Areas (Moderate to High Risk)

## Metabolic Syndrome Report



Total Participation:  
**32% (152 of 468)**

- **64% (97)** On-Site Screening Event
- **19% (29)** Patient Service Center
- **11% (16)** Physician Results Form
- **7% (10)** At-Home Test



1. **↑** Body Mass Index: **84%**
2. **↓** Blood Pressure: **65%**
3. **↑** Waist Circumference: **57%**



**↓ 31%** of the participants are at risk for Metabolic Syndrome.

An individual at risk for Metabolic Syndrome has three or more of the following 5 conditions which increase the risk of heart disease, type 2 diabetes, and strokes.

- High blood pressure
- Increased blood sugar
- Abnormal cholesterol
- Elevated triglyceride levels
- Excess body fat around the waist

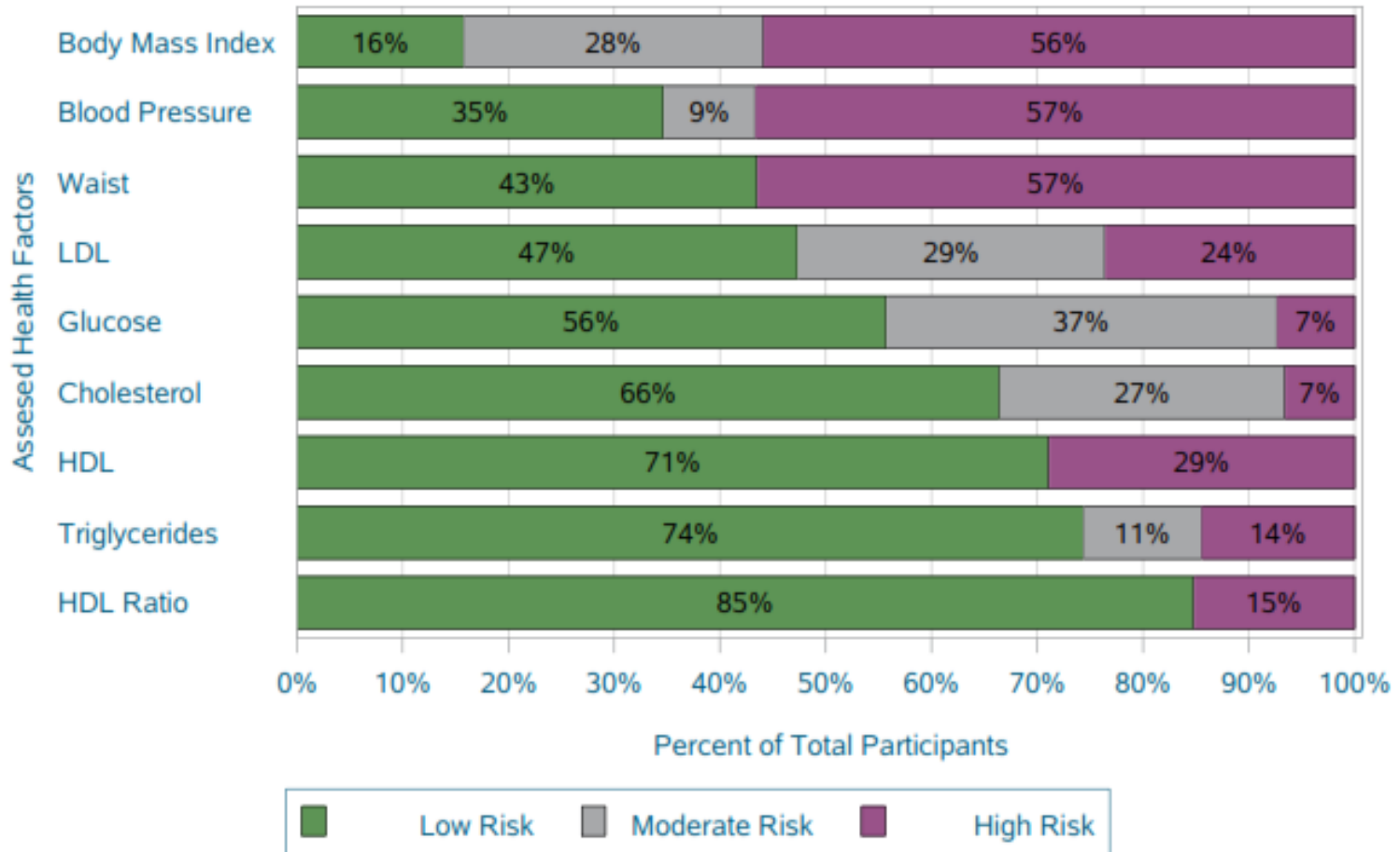
<https://www.heart.org/en/health-topics/metabolic-syndrome/about-metabolic-syndrome>



# Biometric Screening Results Summary

(Kent County Levy Court 2020)

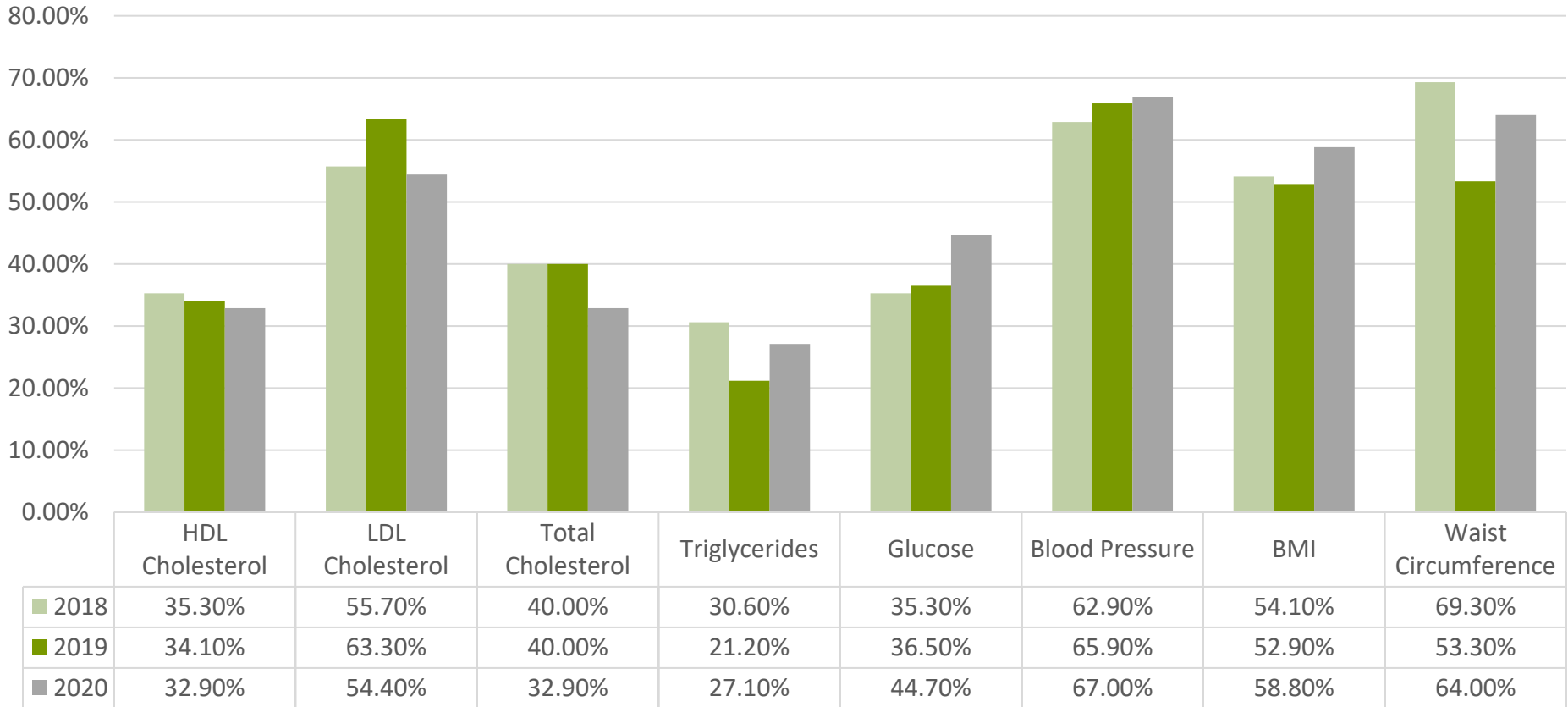
## Top Risks Of All Participants (N=152)





# Biometric Screening Cohort Risk Analysis

(Kent County Levy Court Percent at Moderate to High Risk 2018-2020; n=85)



The clinical results showing most improvement in 2020 were **LDL Cholesterol** (20% out of range participants migrated into range) and **Blood Pressure** (18% out of range participants migrated into range).



# Health Trust Wellness Resources

- **Healthy Workplace Checklist** – Entity leaders can consult with the Health Trust Wellness Team to develop an action plan to develop a culture of health in the workplace.
- **Workplace Wellness Grant** – Kent County Levy Court has \$33,680.00 remaining in Grant funds through November 30, 2021.
- **Wellness Services** – Virtual Wellness Presentations are available upon request. On-site Flu Clinics and Biometric Screenings will be available when pandemic conditions safely permit. Request a wellness service at [www.dvtrusts.com](http://www.dvtrusts.com) on the ‘Wellness Programs’ page under Member Resources.
- **Aetna** – Wellness resources and discounts, digital health coaching, and more available at [www.aetna.com](http://www.aetna.com).
- **Health Advocate** – Mental health, childcare, eldercare, legal, and financial services available at [HealthAdvocate.com/members](http://HealthAdvocate.com/members) (enter Delaware Valley Trusts) or call 877.240.6863.



# 2021 WELLNESS PROGRAM

## \$150 Biometric Screening

Annual bloodwork and vital signs check (height, weight, waist, blood pressure, cholesterol levels, triglycerides, and glucose). Log on to My.QuestForHealth.com (registration key DVHT) to schedule an appointment at a Quest lab or on-site event, order an At Home Test\*, or download your unique Physician Results Form to complete with your primary doctor or DVHT Health Center.

## Incentives

### \$150 Colonoscopy

For enrollees age 45 and over. Cologuard® colon cancer tests accepted. Proof of procedure required. For those under 45, physician letter required stating medical necessity for preventive screening.

### \$100 Health Education

At least 4 hours of hospital-based education class(es) or program(s) about topics to improve personal health. Proof of education hours required.

### \$50 Women's Well Visit

Annual visit for female health and/or preventive pap smear. Proof of procedure required.

### \$50 Mammogram

For enrollees ages 40 and over. Proof of procedure required. For those under 40, physician letter required stating medical necessity for preventive screening.

Incentives and Reimbursements must be earned between January 1 and December 31, 2021. Health Trust enrollees and their covered spouses are eligible to participate. One submission permitted per incentive/reimbursement per calendar year unless otherwise indicated above. Incentives and reimbursements totaling \$600 or more in a calendar year shall result in a Form-1099 being mailed to you. Proof of procedure is most easily obtained as an Aetna Explanation of Benefits (EOB) available by logging in to [www.aetna.com](http://www.aetna.com). Please allow up to 6-8 weeks for processing. More information available at [dvtrusts.com](http://dvtrusts.com) under "Member Resources."  
\*The At-Home Test will only be available during the COVID-19 pandemic.

## Reimbursements

### Up to \$300 Gym Membership

Up to \$25 reimbursement for each month that you achieve at least 8 daily workouts (including exercise classes, personal training, digital exercise programs, online activity apps, and traditional fitness facilities). Proof of payments and workouts required at the end of the year to receive reimbursement for all eligible months.

### Up to \$200 Fitness Event Registration

Multiple submissions accepted per year. Proof of payment and registration required.

### Up to \$200 Weight Watchers

At work, in-person, or online programs (at least 3 touchpoints per month). Proof of payment and participation required.

### Up to \$25 Bike (Sport) Helmet

Dependent children are also eligible to participate. Proof of payment required.

### INCENTIVES AND REIMBURSEMENTS ONLY

No forms required. Submit proof of procedure, payment, and/ or participation by January 14, 2022 to:

Email: [wellness@dvtrusts.com](mailto:wellness@dvtrusts.com)

Fax: (267) 803-5796

Mail: DVHT Wellness, 719 Dresher Road, Horsham, PA, 19044-2205



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# HEALTH TRUST RESOURCES

Log on to [dvtrusts.com](http://dvtrusts.com) and click "Member Resources" for information about programs and services available to Delaware Valley Health Trust enrollees.

## DVHT Health Center & Anuva Health Centers

The DVHT Health Center is operated by Cerner and is available exclusively to Health Trust enrollees and their covered dependents by appointment. The Center is located at 719 Dresher Road, Horsham, PA. To schedule an appointment or to register for the online patient portal, call 833-227-3558.

The Anuva Health Centers are also operated by Cerner and are available to Health Trust enrollees and their covered dependents by appointment. The Centers are located at 51 Valley Steam Parkway, Malvern, PA 19355 and 1234 West Chester Pike, West Chester, PA 19382. To schedule an appointment or to register for the online patient portal, call 833-692-6882.

## Healthcare Bluebook

You can now earn bigger and better rewards with Healthcare Bluebook. As an enrollee in benefits with Delaware Valley Health Trust, you and your covered dependents have access to Healthcare Bluebook. Every time you search for eligible procedures on the Healthcare Bluebook tool and pick a Fair Price (green) facility for your care, you will earn a reward. For more information, visit [healthcarebluebook.com/cc/dvht](http://healthcarebluebook.com/cc/dvht).

**QUESTIONS?** Contact the Delaware Valley Health Trust

Eligibility: (267) 803-5739,  
[dmeikrantz@dvtrusts.com](mailto:dmeikrantz@dvtrusts.com)

Wellness: (267) 803-5721,  
[wellness@dvtrusts.com](mailto:wellness@dvtrusts.com)

## Employee Assistance Program (EAP)

The Employee Assistance Program (EAP) is provided through Health Advocate by the Delaware Valley Trusts and your employer. The EAP is a voluntary program that provides short-term counseling services to Health Trust enrollees and their spouses, dependent children, parents and in-laws for a wide range of issues including stress, depression, anxiety, anger, grief, loss, family/parenting issues, substance abuse, work conflicts, and much more. Your counselor can also refer you for additional treatment, if needed. In addition, EAP specialists can help with supportive services for eldercare and childcare issues, financial and legal concerns, time management and relocation support.

Call 877-240-6863 for confidential 24/7 access 365 days per year. Health Trust enrollees can also log onto [healthadvocate.com/members](http://healthadvocate.com/members) and enter "Delaware Valley Trusts" for access to online resources.

## Nurse Navigator

Personalized in-house program to help Health Trust enrollees and their covered dependents better understand treatment and care options, claims processing, and offer an added support system when needed. Contact the nurse navigator at [nursenavigator@dvtrusts.com](mailto:nursenavigator@dvtrusts.com).



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