

Mark your Calendar for onsite Biometric Screening on 10/06/21. Flu shots currently pending...

Mark your calendars for **Wednesday, October 6, 2021** for the Annual FREE On-site Biometric Screening. The biometric screening will qualify for a \$150 wellness benefit from Delaware Valley Health Trust – Kent County’s health insurance provider using the Aetna network and the paperwork will be filed automatically for you. Covered employees and spouses as well as covered retirees and their covered spouses can participate.

The Biometric Screening takes about 15 minutes and will require 9-12 hours of fasting for accurate results and includes measurements of blood pressure, weight, height, & waist along with a finger stick to measure glucose, and cholesterol. You get your results that day along with other valuable health related information.



Like prior years, the biometric screening will be conducted by Quest Diagnostics staff between 8:00 a.m. - 12:00 noon in the Room 220 located on the second floor of the Administrative Complex. Additional locations within the building may be required to maintain social distancing and is subject to change depending upon the continuing response to the COVID-19 pandemic. Screening appointments must be made by **Wednesday, September 22, 2021** at <https://my.questforhealth.com>. Enter **DVHT** as the registration key or call (855) 623-9355 to sign up, then enter your Aetna ID card number (include suffix before your name with no spaces between numbers), date of birth, and select the relationship to the primary card holder. Create an account with a user name and password, enter requested information (phone & email), then select “at an event”, then select “Kent County Levy Court” event, then select a time for your appointment, review for accuracy and then confirm or change as needed. Instructions for the event will be provided after registration is completed. If your desired time is not available, wait and keep checking the website. Please note that your biometric data will NOT be shared with the County or DVHT.

Please keep in mind that the County must have 30 people registered in order to host an onsite event. For any number of unutilized appointments less than 30 at the screening event, the County will be charged for the cost of those appointments at a rate of \$48.90. (For example: If the County has 28 employees attend a screening with 35 appointments available including the 5 walk-in appointments provided by the Health Trust, the County will pay \$97.80 [\$48.90 per appointment for 2 appointments]). So, it is very important to report as scheduled.

DVHT also offers 3 other alternatives to the onsite Biometrics Screening (cholesterol, HDL/LDL cholesterol, triglycerides, glucose, blood pressure, height, weight, and waist circumference) event including: *(Note: this program replaces the Annual Physical Program/\$100 incentive.)*

Option 1: With a Physician or at the Delaware Valley Health Trust Center. Log onto <https://My.QuestForHealth.com> (use access code “DVHT” to register) and click “Physician Results Form” to download and sign your pre-populated Physician Results Form. Take the signed form to your physician to complete the lower portion of the form. Fax the completed form to 844-560-5221 or upload to <https://My.QuestForHealth.com> under “Upload Completed Form.”

Option 2: At a Quest Diagnostics® Patient Service Center (PSC). Log onto <https://My.QuestForHealth.com> (use access code “DVHT” to register) and click “At a Patient Service Center.” To schedule a screening, choose the Quest location closest to the zip code of your choice and click “Next”. This will take you to a calendar of available dates and times to schedule an appointment convenient for you! Click “Confirm” to finalize your appointment. In the event that you need to **re-schedule or cancel** an appointment, you may do so from the screening tab. You can also schedule your appointment by calling 1-855-623-9355. No paperwork necessary! **Please note that you are required to wear a face covering in order to enter the Patient Service Center due to the COVID-19 pandemic.** The face covering can be as simple as a bandana, handmade mask, scarf, etc. If you arrive at the PSC without a face covering, you will need to reschedule your appointment and return to the PSC at a later date with a face covering

Option 3: At an Onsite Event (scheduled for 10/06/21). Log onto <https://My.QuestForHealth.com> (use access code “DVHT” to register) and click “At an Event.” This will take you to a calendar of available events of which you are able to choose which works best for you. Click “Confirm” to finalize your appointment. In the event that you need to **re-schedule or cancel** an appointment, you may do so from the screening tab. No paperwork necessary!

ON-SITE INFLUENZA VACCINATION (pending)

During this challenging time, it is more important than ever to get the flu shot. According to the Centers for Disease Control (CDC), “Flu vaccination for the upcoming flu season will be very important to reduce flu because it can help reduce the overall impact of respiratory illnesses on the population and thus lessen the resulting burden on the healthcare system during the COVID-19 pandemic. A flu vaccine may also provide several individual health benefits, including keeping you from getting sick with flu, reducing the severity of your illness if you do get flu and reducing your risk of a flu-associated hospitalization.”

Kent County has requested Quadrivalent Influenza immunizations for the same date as the Biometric Screening (10/06/21), but the request is still pending approval. If the minimum registration is not achieved, the site(s) will be cancelled. Flu vaccinations can also be administered by your physician. The flu shots are provided to covered employees, retirees & dependents at no cost to the County or employee (unless the site minimum is not achieved).

There are several options for Delaware Valley Health Trust enrollees and their covered dependents to receive the flu shot in fall 2021:

- 1) **Doctor's Office** – Call your primary care physician to make an appointment.
- 2) **Aetna participating retail or walk-in clinic** – To find a provider, log onto [Aetna.com](https://www.aetna.com) and click “Find Care & Pricing”, then “Flu Shot.”
- 3) **Host an On-Site Flu Clinic Event** (pending) – The Delaware Valley Health Trust coordinates the details and marketing materials for an on-site flu clinic provided by CVS. On-site clinic locations must have enough space to accommodate the [CDC guidance](#). All providers will be following prevention guidelines to reduce the spread of COVID-19 and will be wearing personal protective equipment (PPE). Minimum estimated 24 participants.

Important: Flu shots are not covered if administered at urgent care centers or hospital emergency rooms.

[CLICK HERE](#) for a video tutorial of the registration and participation process or use the tutorial documents below for assistance.

- [Registration](#)
- [Username retrieval / password recovery](#)
- [Onsite event scheduling](#)
- [PSC scheduling](#)
- [How to complete your screening with the Physician Results Form](#)

WELLNESS BENEFITS INFORMATION

Other wellness benefits available through DVHT include a \$150 reward for colonoscopy screening, \$100 for hospital based/virtual education, \$50 for Women's well visit, and \$50 for a mammogram. Gym membership reimbursement up to \$300 per calendar year, race registration fees up to \$200, weight watchers up to \$200, and bike helmets up to \$25.

Remember reimbursement for fitness membership fees, including exercise classes, personal training sessions, athletic leagues, digital exercise programs and activity app, and traditional fitness facilities, based on monthly participation. Up to a \$25 reimbursement for each month that you achieve at least eight (8) gym visits. Available to enrollees and covered spouses.

To receive the reimbursement: One combined reimbursement request will be accepted per year. Submit proof of payment and visits (computer generated verification from your gym/fitness provider documenting your visits to the Health Trust Wellness Team at wellness@dvtrusts.com, 267-803-5796 (fax), or 719 Dresher Road, Horsham, PA, 19044-2205

If you have any questions, please contact the Personnel Office at 744-2310 or visit the [Employee Portal](#) on the County website under the “online” tab.

(posted 08/13/21)



Your quest for better
health starts today.

On-Site Biometric Screening Coming Soon

Earn a \$150 Biometric Screening Incentive from the Health Trust

When: Wednesday, October 6

Time: 8:00am-12:00pm

15-minute appointments

Where: Administrative Building

What is a Biometric Screening?

A Biometric Screening is a fingerstick blood draw and vital signs check that will help to identify high cholesterol, diabetes risk, hypertension and much more. Following the biometric screening, you will receive a copy of your lab results that you can share with your healthcare provider.

Register Today!

Log on to My.QuestForHealth.com or call 855.623.9355 to schedule your appointment. Please note you will need to create an account using registration key DVHT or log on using your username and password previously created.

Health Trust enrollees and their covered spouses are eligible to participate.

In accordance with current CDC guidance, masking is recommended for this event even for those who are fully vaccinated.

Remember to Fast

Fast 9-12 hours prior to screening. Take any regularly scheduled medications as usual. Drinking water is permissible and recommended during fasting period.