



Value-Added Benefits

WELLNESS INCENTIVES

Covered employees and covered spouses are eligible to participate.
One submission permitted per program per year.

PREVENTIVE PROGRAM	INCENTIVE	SUBMIT
<p>Biometric Screening – Annual biometrics (cholesterol, HDL/LDL cholesterol, triglycerides, glucose, blood pressure, height, & weight) can reflect your health status each year. Have your biometrics collected in <u>one</u> of the following confidential ways:</p> <ul style="list-style-type: none"> • At the DVHT Health Center (Horsham, PA) • At your Doctor's Office (Physician's Form required) • At a Lab near you – Log on to schedule your appointment • Attend a Screening at Work – Contact your HR representative for more information 	\$150	<p>For Doctor's Visits, submit Physician Form, available at www.dvtrusts.com</p> <p><i>*No form required for other screening methods</i></p>
<p>Colonoscopy Screening – Screening for colorectal cancer for enrollees age 50 and over (or 40 and over at high risk with letter from physician stating medical necessity for preventive screening). Cologuard® Colon Cancer Tests are accepted.</p>	\$150	Proof of procedure*
<p>Hospital-Based Education – Attend a hospital-based education class(es) or program(s) to learn about various health topics.</p>	\$100	Proof of at least 4 hours education and proof of participation
<p>Women's Well Visit – OB/GYN visit for female health and/or cervical cancer (pap smear).</p>	\$50	Proof of procedure*
<p>Mammogram – Preventive breast cancer screening for enrollees ages 40 and over (or under 40 at high risk with letter from physician stating medical necessity for preventive screening).</p>	\$50	Proof of procedure*

*Proof of procedure is most easily obtained from www.aetnnavigator.com.

WELLNESS REIMBURSEMENTS

Covered employees and covered spouses are eligible to participate.
Reimbursement amount cannot exceed amount paid by enrollee.

WELLNESS PROGRAM	REIMBURSEMENT	SUBMIT
<p>Gym Membership – Reimbursement for fitness facility membership fees based on monthly participation. A minimum of 8 visits per month is required.</p> <p>One combined reimbursement request should be made per year. To maximize your benefit, please submit a request at the end of the year to reimburse your membership fees for all months in which you have achieved at least 8 visits.</p>	Up to \$25 per month (Up to \$300 per year)	Proof of payment and proof of participation (8+ visits/month)
<p>Race Registration – Reimbursement for fitness race event registration. Multiple submissions per year will be accepted.</p>	Up to \$200 per year	Proof of payment and/or registration
<p>Weight Watchers Reimbursement – Reimbursement for Weight Watchers program fees, including At Work, In-Person, or Online programs. Proof of participation must show a record of utilization and/or attendance at least 3x/month. Submissions should be made once annually.</p>	Up to \$200 per year	Proof of payment and proof of participation and/or utilization
<p>Bike Helmet – Reimbursement for purchase of a bicycle helmet. Child dependents are also eligible to participate. Submissions can be made once annually per covered family member.</p>	Up to \$25 per covered family member per year	Proof of payment

Submit Wellness Reimbursement and Incentive Requests to:

Email: wellness@dvtrusts.com | Fax: 267-803-5796

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

Please allow 6-8 weeks for processing.

ON-SITE WELLNESS SERVICES

Available upon request. Contact 267-803-5721 or email wellness@dvtrusts.com to schedule

Biometric Screening

The Health Trust will assist in coordinating this convenient, confidential medical assessment designed to educate members on their personal health risk factors and help them take the next step towards proactive health management. Minimum of 30 participants required.

Lunch & Learns

Lunch & Learns provide employees with the opportunity to learn more about various health and wellness topics. Each Health Trust member entity is eligible to receive financial support for up to four (4) Lunch & Learns annually, including reasonably-priced speaker fees and catered lunch for attendees.

Weight Watchers at Work

The Health Trust will assist in coordinating Weight Watchers meetings at the member workplace. The Health Trust will provide full reimbursement to enrollees who attend all classes (see Wellness Reimbursements). Minimum of 20 participants required.

HEALTH TRUST RESOURCES

Available to members, covered spouses, and covered dependents

Employee Assistance Program (EAP)

The Employee Assistance Program (EAP) is designed to help Health Trust enrollees lead a happier and more productive life at home and at work. Call 24/7 for confidential access to a Licensed Professional Counselor at 1-800-343-2186.

Nurse Navigator

Innovative in-house program helping enrollees to better understand treatment, care options, claims processing and offering an added support system when needed. Contact our Nurse Navigator, Colleen Komada at 1-866-706-1433 or CKomada@dvtrusts.com.

Healthcare Bluebook

Healthcare Bluebook allows enrollees to compare cost and quality for a comprehensive range of medical services, which enables members to become more educated healthcare consumers. By using "fair priced" providers for some services, employees are eligible to receive a check ranging from \$25-\$100 depending on the service. Healthcare Bluebook can be accessed at www.healthcarebluebook.com/cc/dvht.

CONTACT INFORMATION

Wellness
(267) 803-5721
wellness@dvtrusts.com

Eligibility
(267) 803-5743
staylor@dvtrusts.com

Claims
dvhtclaims@dvtrusts.com

Visit our website at www.dvtrusts.com for more information.