

## Don't put off wellness until July 1, DVHT looks back 90 days

A major feature of the new Delaware Valley Health Trust (DVHT) health insurance program offered to Kent County employees and retirees beginning July 1, 2018 is the exceptional wellness benefits program, which includes cash rewards for annual biometric screenings, colonoscopy, mammograms, well women exams, certain health education classes, and healthcare consumerism. In addition, reimbursements are offered for gym membership fees, race registration fees, weight watchers program, bike helmets, etc. (*see the attached flyer*)

But you don't have to wait until the new plan year starts on July 1, to schedule or complete a qualifying procedure or benefit. DVHT operates a 90-day look back window and will offer the cash rewards for such services completed in April, May, or June 2018. You will be able to submit a claim immediately after July 1.

More information about the DVHT wellness program will be presented during scheduled information meetings. Open enrollment for eligible Kent County employees, retirees, and former employees/dependents with COBRA benefits is from April 30 – May 18, 2018. Remember, Open enrollment is the only time eligible participants can make changes to certain employee benefits such as health, dental, life, flexible spending, etc., unless an eligible qualifying event occurs during the plan year.

All retirees and active full-time employees covering dependents will need to complete a new DVHT enrollment form (with the dependent's social security number) and submit it to the Personnel Office by **May 18, 2018**. Enrollment information for current full-time employees with single or individual coverage will be electronically uploaded to DVHT, so no form is needed.

Information meetings with the new employee & retiree health insurance provider - Delaware Valley Health Trust (Aetna), have been scheduled as follows:

| DVHT (Aetna)<br>Info meetings | <i>Administrative<br/>Complex-220</i> | <i>Emergency<br/>Services Building</i> | <i>Resource<br/>Recovery Facility</i> | <i>Recreation<br/>Center</i> | <i>County<br/>Library</i> |
|-------------------------------|---------------------------------------|--|---------------------------------------|------------------------------|---------------------------|
| <b>Mon., Apr. 30</b>          |                                       | 5:30 p.m.                              |                                       | 2 p.m.                       |                           |
| <b>Tue., May 1</b>            | 11 a.m. & 2 p.m.                      |  | 6 a.m.                                |                              |                           |
| <b>Thu., May 3</b>            | 11 a.m. & 2 p.m.                      | 8:30 a.m.                              |                                       |                              |                           |
| <b>Mon., May 7</b>            |                                       |  | 2:30 p.m.                             |                              | 11 a.m.                   |

Aetna will replace current insurer - Highmark Blue Cross Blue Shield Delaware, effective July 1, 2018. New health insurance cards will be mailed to participants by the end of June.

DVIT (Delaware Valley Insurance Trusts – parent organization for DVHT) is a self-insured non-profit cooperative controlled by member governments that utilizes the Aetna provider network.

According to DVIT, 99.45% of the providers currently used by County employees are in the Aetna network and they have nearly 20 years of experience managing the seamless transition from one health provider network to another.

For more information, contact the Personnel Office at 744-2310.

(Posted 04/26/18)



# 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><b>Biometric Screening</b> – Annual biometrics (cholesterol, HDL/LDL cholesterol, triglycerides, glucose, blood pressure, height, &amp; 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"> <li>At the DVHT Health Center (Horsham, PA)</li> <li>At your Doctor's Office (Physician's Form required)</li> <li>At a Lab near you – Log on to schedule your appointment</li> <li>Attend a Screening at Work – Contact your HR representative for more information</li> </ul> | <b>\$150</b> | <p>For Doctor's Visits, submit Physician Form, available at <a href="http://www.dvtrusts.com">www.dvtrusts.com</a></p> <p><i>*No form required for other screening methods</i></p> |
| <p><b>Colonoscopy Screening</b> – 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>  | <b>\$150</b> | Proof of procedure*  |
| <p><b>Hospital-Based Education</b> – Attend a hospital-based education class(es) or program(s) to learn about various health topics.</p>  | <b>\$100</b> | Proof of at least 4 hours education and proof of participation   |
| <p><b>Women's Well Visit</b> – OB/GYN visit for female health and/or cervical cancer (pap smear).</p>   | <b>\$50</b>  | Proof of procedure*  |
| <p><b>Mammogram</b> – 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>   | <b>\$50</b>  | Proof of procedure*  |

\*Proof of procedure is most easily obtained from [www.aetnnavigator.com](http://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><b>Gym Membership</b> – 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> | <b>Up to \$25 per month</b><br>(Up to \$300 per year) | Proof of payment and proof of participation (8+ visits/month)  |
| <p><b>Race Registration</b> – Reimbursement for fitness race event registration. Multiple submissions per year will be accepted.</p>  | <b>Up to \$200 per year</b>                           | Proof of payment and/or registration                           |
| <p><b>Weight Watchers Reimbursement</b> – 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>   | <b>Up to \$200 per year</b>                           | Proof of payment and proof of participation and/or utilization |
| <p><b>Bike Helmet</b> – 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>   | <b>Up to \$25 per covered family member per year</b>  | Proof of payment   |

### Submit Wellness Reimbursement and Incentive Requests to:

Email: [wellness@dvtrusts.com](mailto: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](mailto: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](mailto: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](http://www.healthcarebluebook.com/cc/dvht).

## CONTACT INFORMATION

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

**Eligibility**  
(267) 803-5743  
[staylor@dvtrusts.com](mailto:staylor@dvtrusts.com)

**Claims**  
[dvhtclaims@dvtrusts.com](mailto:dvhtclaims@dvtrusts.com)

Visit our website at [www.dvtrusts.com](http://www.dvtrusts.com) for more information.