

Used your new wellness benefits yet? Get a \$150 check from DVHT!

Mark your calendars for **Friday, October 19, 2018** for the biggest most awesome Employee Health & Wellness Fair ever, because this year you can participate in a FREE Biometric Screening and get a \$150 check in the mail from Delaware Valley Insurance Trust – Kent County’s new health insurance provider using the Aetna network. Covered employees and spouses as well as covered retirees and their covered spouses can participate.

FREE flu vaccinations will also be available and numerous health & wellness displays presented by dozens of local organizations. DVHT will also offer a FREE healthy hydration and snack station at the fair.

The Biometric Screening takes 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.

The screening will be conducted by Quest Diagnostics staff between 8 a.m. and 12 Noon in the Levy Court Commissioner offices located on the second floor of the Administrative Complex. Appointments for the screening are required 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, then 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.

DVHT only permits one biometric screening per jurisdiction per year, but does allow several flu vaccination locations with a minimum of 24 participants per site. 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). The County has requested Quadrivalent Influenza immunizations at the Administrative Complex from 8:30 a.m. – 11:30 a.m.; at the Emergency Services building from 11:30 a.m. – 1:30 p.m.; and at the Regional Resource Recovery Facility from 2 p.m. – 4 p.m. If the minimum registration is not achieved, the site will be cancelled. Flu vaccinations can also be administered by your physician.

Therefore, employees and retirees are requested to call the Personnel Office at (302) 744-2310 to register for a particular flu shot site.

Other wellness benefits available through DVHT include a \$150 reward for colonoscopy screening, \$100 for hospital based 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. Learn more at a DVHT sponsored Lunch & Learn event with FREE food on **Wednesday, September 19** in Room 220 from 11:30 a.m.–12:30 p.m. and 12:30 p.m.–1:30 p.m.

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 08/15/18)



DELAWARE VALLEY
HEALTH
TRUST



Health & Wellness



Your quest for
better health
starts today.

Onsite Biometric Screening Coming Soon

When: Friday, October 19
as part of the annual Kent County
Employee Health & Wellness Fair

Time: 8:00am – 12:00pm
15-minute appointments

**Where: Kent County Levy
Court Administrative
Complex, Room 221 &
Levy Court office area**

DVHT/Aetna-covered employees
and retirees and their covered
spouses are eligible to participate.

**Earn your \$150 Biometric
Screening Incentive**

(Reward form will be submitted for you)

Register Today!

Visit <https://My.QuestForHealth.com>
enter registration key: DVHT and
schedule your appointment or call
1-855-623-9355.

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.

Call (302) 744-2310 to sign up for Free Flu Vaccination on Oct. 19 from 8:30-11:30 am



DELAWARE VALLEY
HEALTH
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2018 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
Biometric Screening – Annual biometrics (cholesterol, HDL/LDL cholesterol, triglycerides, glucose, blood pressure, height, weight, & waist) can reflect your health status each year. Log on to www.dvtrusts.com and click on ‘Member Resources’ for program information. This program replaces the 2017 Annual Physical Incentive.	\$150	Participation instructions available at www.dvtrusts.com
Colonoscopy Screening – Preventive 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.	\$150	Proof of procedure*
Hospital-Based Education – Attend a hospital-based education class(es) or program(s) to learn about various health topics.	\$100	Proof of at least 4 hours education and proof of participation
Women’s Well Visit – OB/GYN visit for female health and/or preventive pap smear.	\$50	Proof of procedure*
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).	\$50	Proof of procedure*

*Proof of procedure is most easily obtained at www.aetnavigators.com.

WELLNESS REIMBURSEMENTS

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

WELLNESS PROGRAM	REIMBURSEMENT	SUBMIT
Gym Membership – Reimbursement for fitness facility membership fees based on monthly participation. A minimum of 8 visits per month is required. One combined submission will be accepted 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.	Up to \$25 per month (Up to \$300 per year)	Proof of payment and proof of participation (8+ visits/month)
Race Registration – Reimbursement for fitness race event registration. Multiple submissions per year will be accepted.	Up to \$200 per year	Proof of payment and registration
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. One combined submission will be accepted per year.	Up to \$200 per year	Proof of payment and proof of participation and/or utilization
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.	Up to \$25 per covered family member per year	Proof of payment

Log onto www.dvtrusts.com and click “Member Resources” for more information.

Submit Wellness Reimbursement and Incentive Requests by December 31, 2018 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 for more information

Biometric Screening

The Health Trust will assist in coordinating this convenient, confidential medical assessment designed to educate covered employees and covered spouses on their personal health risk factors to 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

Visit our website at www.dvtrusts.com for information about programs and services available to members of the Delaware Valley Trusts, including member benefits, resources, and program information.

Delaware Valley Health Trust Center

The Delaware Valley Health Trust Center, operated by CareHere, is available exclusively to our Health Trust members. The Center is located at 719 Dresher Road, Horsham, PA. Health Trust members and their covered dependents can make an appointment online at www.CareHere.com by clicking "Member Login", entering your user name and password, then selecting "Appointments". First time users must create an account (access code: DVHT/unique identifier: Aetna ID). You can also call 877-423-1330 to schedule an appointment.

Employee Assistance Program (EAP)

The Employee Assistance Program (EAP) + Work/Life Program are 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 enrollees, their spouses, dependent children, parents and in-laws for a wide range of personal 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 Work/Life Program specialists can help with supportive services for eldercare and childcare issues, financial and legal concerns, and time management and relocation support.

Call 877-240-6863 for confidential 24/7 access 365 days per year to the EAP + Work/Life Program. Enrollees can also log onto healthadvocate.com/members, enter "Delaware Valley Trusts" for access to on-line resources.

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