

Keep focused on good health as **Go Pink!** fades

As October comes to a close and attention turns to Thanksgiving, KUDOS are due for another fantastic “**Go Pink!**” campaign helping increase Breast Cancer Awareness and benefit good health overall at Kent County.

The **Go Pink!** Committee coordinated by Christina Elliott from the Department of Public Works and Amy Minner from the Department of Planning Services deserve high praise for supporting this important cause and organizing the 3rd Annual Kent County Employee Health & Wellness Fair with assistance from many volunteers, the Delaware Breast Cancer Coalition, and Delaware Valley Health Trust. It was AWESOME!!!!

More than a dozen exhibitors provided valuable information about a broad spectrum of ailments and how to live a healthy lifestyle. New, this year was the free Biometric Screening offered by the Delaware Valley Health Trust, Kent County’s new employee health insurance program utilizing the Aetna healthcare provider network. More than 100 employees and eligible dependents will soon receive a check in the mail for \$150 for participating in the event as part of the DVHT Wellness program. Another 86 employees and covered dependents received a free flu vaccination.

It is not too late to get a flu shot or a biometric screening at your physician’s office. See the attached flyers below for more information. The wellness benefits reward program runs on a calendar year so if you want to stay healthy and earn some cash – take advantage of this great program soon. Visit www.dvtrusts.com for more information.

Much more wellness programming is on the horizon such as quarterly Lunch & Learn wellness programs, Weight Watchers at the County Complex, gym membership discounts, fitness equipment enhancements, and more.

Got a wellness idea, share it with the **Go Pink!** Committee, Employee Council, or the Personnel Office.

(posted 10/26/18)

Protect Yourself and Those You Love...



GET A FLU SHOT TODAY!

Health Trust enrollees and their covered dependents can get their flu shot in one of two easy ways:

- 1) Doctor's Office. Call your primary care physician to make an appointment today.
- 2) Aetna participating retail or walk-in clinic. To find a provider, log onto Aetna.com and click Find a Doctor, then Find a Pharmacy, then select Find a Flu Shot/Vaccine Provider from the drop down menu.

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

QUESTIONS? Call the Delaware Valley Health Trust at 267.803.5724 or email dvhtclaims@dvtrusts.com



DELAWARE VALLEY
HEALTH
TRUST

 DELAWARE VALLEY TRUSTS
Managed Risk. Collective Rewards.

719 DRESHER ROAD | HORSHAM, PA 19044-2205 | PHONE: (215) 706-0101 | FAX: (215) 706-0895 | WWW.DVTRUSTS.COM

/FluShot/DVHT



DELAWARE VALLEY
HEALTH
TRUST

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