

Respond to quick survey about Weight Watchers At Work program

Would you participate if Weight Watchers offered a program at the Kent County Administrative Complex? Please promptly reply to a quick two question survey recently sent to your County email in-box. The survey at <https://www.surveymonkey.com/r/N3XQRZW> asks about your interest and preferred day of the week and closes December 19.

If 30 or more employees express interest, Weight Watchers can offer a 17-week Wellness that Works program at 5:15p.m. in Room 220 on a day to be determined for a fee of \$186 paid by the participant lump sum at the Kickoff session – likely to be held in late January or early February. Family members are eligible to participate, and anyone joining the 17-week program will receive a "FREE" Kick-Start Kit valued at \$50!!! WW digital access is also included.

County employees/retirees and eligible spouses on the County's health insurance program (DVHT/Aetna) are eligible for reimbursement up to \$200 a year through the wellness benefit. The DVHT wellness program requires proof of participation in at least three sessions per month. The program will reimburse one combined submission per calendar year. Weight Watchers is also an eligible expense for those employees with a Flexible Spending Account.

Current Weight Watchers members or lifetime members should contact County workplace coordinators Amy Minner or Christina Elliott for information about participating in the Weight Watchers at the Workplace program.

Be sure to take advantage of this worksite wellness opportunity that can be fully reimbursed by your wellness benefit.

(posted 12/07/18)



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