

# 2022 WELLNESS PROGRAM

## \$150 Biometric Screening

A biometric screening includes bloodwork (cholesterol levels, triglycerides, glucose) and vital signs (height, weight, waist circumference, blood pressure). Starting January 31, 2022, log on to [My.QuestForHealth.com](http://My.QuestForHealth.com) (enter registration key DVHT) to schedule an appointment at a Quest lab or on-site event, order an At Home Test\*, or download your unique Physician Results Form to complete with your primary doctor or at the DVHT Health Center.

## Incentives

### \$150 Colonoscopy

Enrollees age 45 and over are eligible. Cologuard® colon cancer tests accepted. Proof of procedure required. For those under 45, a physician letter is required stating medical necessity for preventive screening.

### \$100 Health Education

Attend at least 4 hours of hospital-based education class(es) or program(s) on topics to improve personal health. Proof of education hours required.

### \$50 Women's Well Visit

Annual visit for female health and/or preventive pap smear. Proof of procedure required.

### \$50 Mammogram

Enrollees age 40 and over are eligible. Proof of procedure required. For those under 40, a physician letter is required stating medical necessity for preventive screening.

## Reimbursements

### Up to \$300 Gym Membership

Up to \$25 reimbursement for each month that you achieve at least 8 daily workouts (including exercise classes, personal training, digital exercise programs, online activity apps, and traditional fitness facilities). Proof of payment and workouts required at the end of the year to receive reimbursement for all eligible months.

### Up to \$200 Fitness Event Registration

Multiple submissions accepted per year. Proof of payment and registration required.

### Up to \$200 Weight Watchers

At work, in-person, or online Weight Watchers (WW) programs. Proof of payment and participation (at least 3 touchpoints per month) required.

### Up to \$25 Bike (Sport) Helmet

Dependent children are also eligible to participate. Proof of payment required.

## INCENTIVES AND REIMBURSEMENTS ONLY

**No forms required. Submit proof of procedure, payment, and/ or participation by January 13, 2023 to:**

Email: [wellness@dvtrusts.com](mailto:wellness@dvtrusts.com)

Fax: (267) 803-5796

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

2022 Health Trust incentives and reimbursements must be earned between January 1 and December 31, 2022. Submissions are accepted from current Health Trust enrollees and their covered spouses through January 13, 2023. Enrollees whose Health Trust coverage terminates in 2022 must submit complete incentive and reimbursement requests no later than 2 weeks after their coverage termination date to be eligible for incentives/reimbursements in 2022. One submission is permitted per incentive/reimbursement per calendar year unless otherwise indicated above. Incentives and reimbursements totaling \$600 or more in a calendar year shall result in a Form-1099 being mailed to you. Proof of procedure is most easily obtained as an Aetna Explanation of Benefits (EOB), available by logging in to [www.aetna.com](http://www.aetna.com). Please allow up to 6-8 weeks for processing. For more information on programming and eligibility, please visit the "Wellness Programs" webpage under "Member Resources" at [www.dvtrusts.com](http://www.dvtrusts.com). \*The At-Home Test will only be available during the COVID-19 pandemic.



DELAWARE VALLEY  
HEALTH  
TRUST

# HEALTH TRUST RESOURCES

Log on to [www.dvtrusts.com](http://www.dvtrusts.com) and click “Member Resources” for information about programs and services available to Delaware Valley Health Trust enrollees.

## DVHT Health Center & Anuva Health Centers

### *DVHT Health Center, Horsham, PA*

The DVHT Health Center is operated by Cerner and is available exclusively to Health Trust enrollees and their covered dependents by appointment. The Center is located at 719 Dresher Road, Horsham, PA. To schedule an appointment or to register for the online patient portal, call 833-227-3558.

### *Anuva Health Centers, West Chester & Malvern, PA*

The Anuva Health Centers are also operated by Cerner and are available to Health Trust enrollees and their covered dependents by appointment. The Centers are located at 51 Valley Steam Parkway, Malvern, PA 19355 and 1234 West Chester Pike, West Chester, PA 19382. To schedule an appointment or to register for the online patient portal, call 833-692-6882.

## Healthcare Bluebook

You can now earn bigger and better rewards with Healthcare Bluebook. As a Delaware Valley Health Trust enrollee, you and your covered dependents have access to Healthcare Bluebook. Every time you search for eligible procedures on the Healthcare Bluebook tool and pick a Fair Price (green) facility for your care, you can earn a cash reward. For more information, visit [healthcarebluebook.com/cc/dvht](http://healthcarebluebook.com/cc/dvht).

### **QUESTIONS?** Contact the Delaware Valley Health Trust

Eligibility: (267) 803-5739

[dmeikrantz@dvtrusts.com](mailto:dmeikrantz@dvtrusts.com)

Wellness: (267) 803-5721

[wellness@dvtrusts.com](mailto:wellness@dvtrusts.com)

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

## Employee Assistance Program (EAP)

The EAP is a voluntary program that provides Health Trust enrollees and their spouses, dependent children, parents, and parents-in-law with free, short-term counseling services (up to five free visits). EAP counselors can also work with your Aetna medical plan to refer you for additional treatment if longer term counseling is needed. Contacting the EAP is confidential and easy to do:

- Call 877-240-6863 for confidential 24/7 access 365 days per year, or
- Download the Health Advocate app through the app store by searching “Health Advocate”. Enter “Delaware Valley Trusts” as your organization, or
- Log onto [www.healthadvocate.com](http://www.healthadvocate.com), enter “Delaware Valley Trusts” as your organization, then click “MyHelp” to connect with a counselor by text, chat or video anytime, anywhere.
- EAP specialists can also assist with supportive services for eldercare and childcare issues, financial and legal concerns, time management and relocation support.

More EAP resources can be found at [www.healthadvocate.com/members](http://www.healthadvocate.com/members). Enter “Delaware Valley Trusts” as your organization to access online resources including helpful links, monthly newsletters and free live and pre-recorded work/life balance webinars.

## Nurse Navigator

Personalized in-house program to help Health Trust enrollees and their covered dependents better understand treatment and care options, claims processing, and offer an added support system when needed. Contact the Health Trust Nurse Navigator at [nursenavigator@dvtrusts.com](mailto:nursenavigator@dvtrusts.com).

