

2019 WELLNESS PROGRAM

\$150 Biometric Screening

Annual bloodwork and vital signs check (height, weight, waist, blood pressure, cholesterol levels, triglycerides, and glucose). Starting February 15, log on to My.QuestForHealth.com (registration key DVHT) to complete your screening with your primary doctor or Delaware Valley Health Trust Center (form required), at a Quest lab, or at an on-site event.

Incentives

\$150 Colonoscopy

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

\$100 Health Education

At least 4 hours of hospital-based education class(es) or program(s) about 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

For enrollees ages 40 and over. Proof of procedure required. For those under 40, physician letter required stating medical necessity for preventive screening.

Incentives and Reimbursements must be earned between January 1 and December 31, 2019. Health Trust enrollees and their covered spouses are eligible to participate. One submission permitted per incentive/reimbursement per calendar year unless otherwise indicated above. Proof of procedure is most easily obtained from aetna.com. Please allow up to 6-8 weeks for processing. More information available at dvtrusts.com under "Member Resources."

NO FORMS REQUIRED FOR
INCENTIVES OR REIMBURSEMENTS

Submit proof of procedure, payment, and/
or participation by January 17, 2020 to:

Email: wellness@dvtrusts.com

Fax: (267) 803-5796

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

Reimbursements

Up to \$300 Gym Membership

Up to \$25 reimbursement for each month that you achieve at least 8 gym visits. Proof of payments and visits 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 programs (at least 3 touchpoints per month). Proof of payment and participation required.

Up to \$25 Bike (Sport) Helmet

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



DELAWARE VALLEY
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HEALTH TRUST RESOURCES

Log on to dvtrusts.com and click "Member Resources" for information about programs and services available to Delaware Valley Health Trust enrollees.

Delaware Valley Health Trust Center

The Delaware Valley Health Trust Center, operated by CareHere, is available exclusively to Health Trust enrollees and their covered dependents. The Center is located at 719 Dresher Road, Horsham, PA. Make an appointment online at 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 format W#####0#). You can also call (877) 423-1330 to schedule an appointment.

Healthcare Bluebook

Healthcare Bluebook allows Health Trust enrollees and their covered dependents to compare cost and quality for a comprehensive range of medical services. It also enables enrollees to become more educated healthcare consumers. Enrollees are eligible to receive a check ranging from \$25-\$100 for using "fair-priced" providers for select services. Healthcare Bluebook can be accessed at healthcarebluebook.com/cc/dvht.

QUESTIONS? Contact the Delaware Valley Health Trust

Eligibility: (267) 803-5743,
staylor@dvtrusts.com

Wellness: (267) 803-5721,
wellness@dvtrusts.com

Employee Assistance Program (EAP)

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

Call 877-240-6863 for confidential 24/7 access 365 days per year. Health Trust enrollees can also log onto healthadvocate.com/members and enter "Delaware Valley Trusts" for access to online resources.

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 nurse navigator at nursenavigator@dvtrusts.com.



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