

2021 WELLNESS PROGRAM

\$150 Biometric Screening

Annual bloodwork and vital signs check (height, weight, waist, blood pressure, cholesterol levels, triglycerides, and glucose). Log on to My.QuestForHealth.com (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 DVHT Health Center.

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, 2021. Health Trust enrollees and their covered spouses are eligible to participate. One submission 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. Please allow up to 6-8 weeks for processing. More information available at dvtrusts.com under "Member Resources."
*The At-Home Test will only be available during the COVID-19 pandemic.

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 payments 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 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.

INCENTIVES AND REIMBURSEMENTS ONLY

No forms required. Submit proof of procedure, payment, and/ or participation by January 14, 2022 to:

Email: wellness@dvtrusts.com

Fax: (267) 803-5796

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



DELAWARE VALLEY
HEALTH
TRUST

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.

DVHT Health Center & Anuva Health Centers

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.

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 an enrollee in benefits with Delaware Valley Health Trust, 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 will earn a reward. For more information, visit healthcarebluebook.com/cc/dvht.

QUESTIONS? Contact the Delaware Valley Health Trust

Eligibility: (267) 803-5739,
dmeikrantz@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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