

Mark your Calendar for onsite Biometric Screening on 10/14/22. Flu shots currently pending...

Mark your calendars for **Friday, October 14, 2022** for the Annual FREE On-site Biometric Screening. The biometric screening will qualify for a \$150 wellness benefit from Delaware Valley Health Trust – Kent County’s health insurance provider using the Aetna network and the paperwork will be filed automatically for you. Covered employees and spouses as well as covered retirees and their covered spouses can participate. **Please note that you are required to wear a face covering in order to participate in the Biometric Screening Event due to the continuing COVID-19 pandemic.**



**Biometric
screening**

The Biometric Screening takes about 15 minutes and will require 9-12 hours of fasting for accurate results and includes measurements of blood pressure, weight, height, & waist along with a finger stick to measure glucose, and cholesterol. You get your results that day along with other valuable health related information. Be sure to drink plenty of water before the event.

Like prior years, the biometric screening will be conducted by Quest Diagnostics staff between 8:00 a.m. - 12:30 p.m. in the Room 220 located on the second floor of the Administrative Complex. Additional locations within the building may be required to maintain social distancing and is subject to change depending upon the continuing response to the COVID-19 pandemic. Screening appointments must be made by **Friday, September 30, 2022** at <https://my.questforhealth.com> Enter **DVHT** as the registration key or call (855) 623-9355 to sign up, then enter your Aetna ID card number (include suffix before your name with no spaces between numbers), date of birth, and select the relationship to the primary card holder. Create an account with a user name and password, enter requested information (phone & email), then select “at an event”, then select “Kent County Levy Court” event, then select a time for your appointment, review for accuracy and then confirm or change as needed. Instructions for the event will be provided after registration is completed. If your desired time is not available, wait and keep checking the website. If you previously created a Quest Labs account then log in with your username and password or use the “Forgot Username or Forgot Password” links to retrieve your account information. Please note that your biometric data will **NOT be shared** with the County or DVHT.

Please keep in mind that the County must have 30 people registered in order to host an onsite event. For any number of unutilized appointments less than 30 at the screening event, the County will be charged for the cost of those appointments at a rate of \$48.00. (For example: If the County has 28 employees attend a screening with 35 appointments available including the 5 walk-in appointments provided by the Health Trust, the County will pay \$96.00 [\$48.00 per appointment for 2 appointments]). So, it is very important to report as scheduled.

DVHT also offers 2 other alternatives to the onsite Biometrics Screening (cholesterol, HDL/LDL cholesterol, triglycerides, glucose, blood pressure, height, weight, and waist circumference) event including:

Option 1: With a Physician or at the Delaware Valley Health Trust Center. Log onto <https://My.QuestForHealth.com> (use access code “DVHT” to register) and click “Physician Results Form” to download and sign your pre-populated Physician Results Form. Take the signed form to your physician to complete the lower portion of the form. *(Unfortunately, the HR Office cannot print a blank form for you).* Fax the completed form to 844-560-5221 or upload to <https://My.QuestForHealth.com> under “Upload Completed Form.”

Option 2: At a Quest Diagnostics® Patient Service Center (PSC). Log onto <https://My.QuestForHealth.com> (use access code “DVHT” to register) and click “At a Patient Service Center.” To schedule a screening, choose the Quest location closest to the zip code of your choice and click “Next”. This will take you to a calendar of available dates and times to schedule an appointment convenient for you! Click “Confirm” to finalize your appointment. In the event that you need to **re-schedule or cancel** an appointment, you may do so from the screening tab. You can also schedule your appointment by calling 1-855-623-9355. No paperwork necessary! **Please note that you are required to wear a face covering in order to enter the Patient Service Center due to the COVID-19 pandemic.** The face covering can be as simple as a bandana, handmade mask, scarf, etc. If you arrive at the PSC without a face covering, you will need to reschedule your appointment and return to the PSC at a later date with a face covering

ON-SITE INFLUENZA VACCINATION (pending)

During this challenging time, it is more important than ever to get the flu shot. However, DVHT has advised the County that it will not be able to coordinate influenza vaccination clinics this year.

As a result, the Personnel Office has requested Quadrivalent Influenza immunizations for the same date as the Biometric Screening from CVS Pharmacy – the parent company of Aetna, but the request is still pending approval. It is anticipated that a minimum registration will be required and if not achieved, the site(s) will be cancelled. Flu vaccinations can also be administered by your physician.

There are several options for Delaware Valley Health Trust enrollees and their covered dependents to receive the flu shot in fall 2022:

- 1) **Doctor’s Office** – Call your primary care physician to make an appointment.
- 2) **Aetna participating retail or walk-in clinic** – To find a provider, log onto [Aetna.com](https://www.aetna.com) and click “Find Care & Pricing”, then “Flu Shot.”
- 3) **Host an On-Site Flu Clinic Event** (pending).

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

[CLICK HERE](#) for a video tutorial of the registration and participation process or use the tutorial documents below for assistance.

- [Registration](#)
- [Username retrieval / password recovery](#)
- [Onsite event scheduling](#)
- [PSC scheduling](#)
- [How to complete your screening with the Physician Results Form](#)

WELLNESS BENEFITS INFORMATION

Other wellness benefits available through DVHT include a \$150 reward for colonoscopy screening, \$100 for hospital based/virtual education, \$50 for Women's well visit, and \$50 for a mammogram. Gym membership reimbursement up to \$300 per calendar year, race registration fees up to \$200, weight watchers up to \$200, and bike helmets up to \$25.

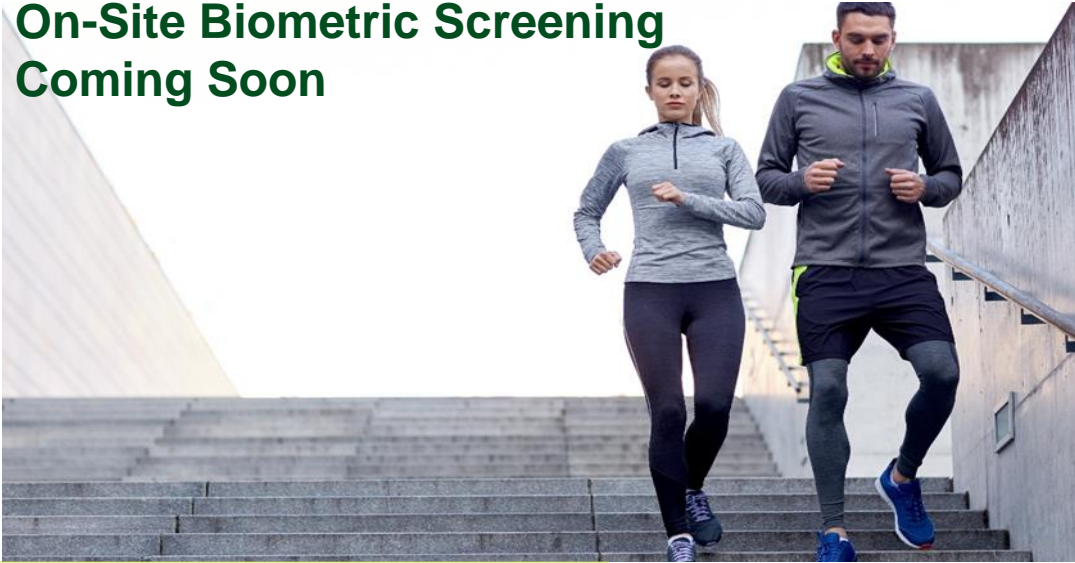
Remember reimbursement for fitness membership fees, including exercise classes, personal training sessions, athletic leagues, digital exercise programs and activity app, and traditional fitness facilities, based on monthly participation. Up to a \$25 reimbursement for each month that you achieve at least eight (8) gym visits. Available to enrollees and covered spouses.

To receive the reimbursement: One combined reimbursement request will be accepted per year. Submit proof of payment and visits (computer generated verification from your gym/fitness provider documenting your visits to the Health Trust Wellness Team at wellness@dvtrusts.com, 267-803-5796 (fax), or 719 Dresher Road, Horsham, PA, 19044-2205

If you have any questions, please contact the Personnel Office at 744-2310 or visit the Employee Portal on the County website under the "online" tab.

(posted 07/13/22)

On-Site Biometric Screening Coming Soon



Earn a \$150 Biometric Screening Incentive from the Health Trust

When: Friday, October 14

Time: 8:00 a.m. – 12:30 p.m.
15-minute appointments

**Where: Kent County Levy Court
Room 220**

Registration Key: DVHT

What is a Biometric Screening?

A Biometric Screening is a fingerstick blood draw and vital signs check that will help to identify high cholesterol, diabetes risk, hypertension and much more. Following the biometric screening, you will receive a copy of your lab results that you can share with your healthcare provider.

Register Today!

Log on to My.QuestForHealth.com or call 855.623.9355 to schedule your appointment. Please note you will need to create an account using registration key DVHT or log on using your username and password previously created. Health Trust enrollees and their covered spouses are eligible to participate.

Remember to Fast

Fast 9-12 hours prior to screening. Take any regularly scheduled medications as usual. Drinking water is permissible and recommended during fasting period.

With respect to programming, the Delaware Valley Health Trust conforms to the public health infection control recommendations corresponding to the most current CDC COVID-19 Community Level. At the time of publication (06/16/22), CDC COVID-19 Community Level for Kent County, DE. was HIGH. When community transmission is HIGH, the CDC recommends masks be worn by the public during indoor events. As a result of this guideline and in order to protect member employees and vendors, masks shall be required for all event participants and vendors. Additionally, individuals with symptoms, who have tested positive for COVID-19 or are unvaccinated and who recently had significant contact with a COVID-19 infected individual should not participate in the wellness event.

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 (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

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. 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. *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 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.

QUESTIONS? Contact the Delaware Valley Health Trust

Eligibility: (267) 803-5739

dmeikrantz@dvtrusts.com

Wellness: (267) 803-5721

wellness@dvtrusts.com

Claims: 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, 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. 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.

