



DELAWARE VALLEY HEALTH TRUST WELLNESS PROGRAM UPDATES

Flu Shots

Employees are encouraged to protect themselves and their loved ones against the flu. The CDC recommends that September and October are generally good times to be vaccinated. There are several options for Delaware Valley Health Trust enrollees and their covered dependents to receive the flu shot in 2022:

- **Doctor's Office** – Call your primary care physician to make an appointment.
- **Aetna participating retail or walk-in clinic** – To find a provider, log onto www.aetna.com, click “Find Care & Pricing,” and search “Flu Shot.”

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

The Health Trust will not be coordinating on-site Flu Clinic events in 2022, but the Kent County HR Department is working to coordinate an event.

Reminder: 2022 Wellness Program Deadline

Friday, January 13, 2023 (at 11:59pm)

All preventive screenings, health education classes, and purchases of wellness items or services that are eligible for reimbursement must be completed by December 31, 2022 and submitted by January 13, 2023 (at 11:59pm).

[Please click here for Wellness Program Frequently Asked Questions \(FAQs\).](#)

Wellness in the Workplace

World Suicide Prevention Day | Saturday September 10

You can help raise awareness, reduce the stigma around suicide, and encourage well-informed action to help reduce instances of suicide around the world. Visit www.iasp.info/wspd for more information.

How can you make a difference in the workplace? [Check out this article from the International Association for Suicide Prevention.](#)

Source: International Association for Suicide Prevention in partnership with the World Health Organization.

World Heart Day | Thursday September 29

World Heart Day activities inspire people to take charge of their own heart health as well as that of others. The World Heart Federation's 2022 campaign highlights that we are all in this together, with the key message "Use ♡ For Every ♡." [Click here for the World Heart Day playbook with flyers, posters, event ideas, and more!](#)

Health Trust Wellness Events

Registration and additional information about the events below are available at www.dvtrusts.com/events. Marketing flyers are available upon request.

DVHT Biometric Screening Information Sessions

[Thursday September 15, 12:00pm – 12:30pm, Zoom virtual webinar](#)

[Tuesday October 11, 4:00pm – 4:30pm, Zoom virtual webinar](#)

This session will focus on the Biometric Screening Incentive, how to navigate the My.QuestForHealth.com website, and what to expect along the way.

Get to Know Your Wellness Program Information Session

[Tuesday November 8, 12:00pm – 1:00pm, Zoom virtual webinar](#)

Enrollees can get to know the many value-added wellness benefits provided by Delaware Valley Health Trust to improve wellbeing while earning cash incentives! An ideal session for new hires!

Health Advocate Presentations

These workshops provide an overview of the Employee Assistance Program (EAP) benefit and information about Mental Wellbeing. Confidentiality of the program is stressed.

- **A Healthier You: How Mental Health Affects Physical Health**
[Tuesday September 13, 10:00am – 11:00am](#)
[Wednesday October 19, 3:30pm – 4:30pm](#)
- **Employee Orientation to the EAP and Work/Life Website**
[Tuesday September 20, 10:00am – 11:00am](#)

Virtual Wellness Presentations

These sessions are eligible for the \$100 Health Education Incentive.

- [Preventing Pre-Diabetes](#) | **Tuesday September 20, 3:00pm – 4:00pm**
- [Mental Health Wellbeing](#) | **Thursday October 20, 4:00pm – 5:00pm**
- [Healthy Alternatives to Holiday Favorites](#) | **Tuesday November 15, 4:00–5:00pm**

Healthcare Bluebook

Healthcare Bluebook Trivia Game | Available September 19 – October 2

[Click here to play.](#)

Play Healthcare Bluebook Trivia to test your knowledge and learn how you can use Healthcare Bluebook to find a Fair Price™ (green) facility in your area for hundreds of procedures. Complete the game, earn 6 stars, and qualify to win one of four (4) \$50.00 Amazon Gift Cards.

Healthcare Bluebook Member Orientation: Healthcare Quality and Cost Matter

[Thursday September 22, 11:00am – 11:30am, Zoom virtual webinar](#)

[Thursday September 22, 3:30pm – 4:00pm, Zoom virtual webinar](#)

As an enrollee with the Delaware Valley Health Trust, you and your covered dependents have access to Healthcare Bluebook. This session will provide more information about using the program's web and mobile platforms to search for eligible procedures and earn rewards for choosing Fair Price™ providers.

Contact the Health Trust Wellness Team at wellness@dvtrusts.com or call 267.803.5721 for more information. You can also log onto our website at www.dvtrusts.com and click on "Wellness Programs" under Member Resources.

