

2020 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, or download your unique Physician Results Form to complete with your primary doctor or Delaware Valley Health Trust 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.

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 15, 2021 to:

Email: wellness@dvtrusts.com

Fax: (267) 803-5796

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

Incentives and Reimbursements must be earned between January 1 and December 31, 2020. 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 totalling \$600 or more in a calendar year shall result in a Form-1099 being mailed to you. Proof of procedure is most easily obtained 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."



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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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Notice Regarding Wellness Programs

The Delaware Valley Health Trust (the “Health Trust”) makes a voluntary wellness program available to all employees covered through a Health Trust medical plan and their covered spouses. These programs are administered according to federal rules permitting employer-sponsored wellness programs that seek to improve employee health or prevent disease, including the Americans with Disabilities Act of 1990, the Genetic Information Nondiscrimination Act of 2008, and the Health Insurance Portability and Accountability Act, as applicable, among others.

The Health Trust’s wellness program offerings are all participatory-based. This means that to qualify for the associated financial incentive, you only need to participate in the designated activity rather than achieve a certain/specific health outcome. The annual financial incentives and reimbursements available under the wellness program are as follows:

Biometrics Screening Incentive – \$150	Gym Membership Reimbursement – up to \$300
Colonoscopy Incentive – \$150	Fitness Race Reimbursement – up to \$200
Hospital-Based Health Education Incentive – \$100	Weight Watchers Reimbursement – up to \$200
Women’s Well Visit Incentive – \$50	Bicycle Helmet Reimbursement – up to \$25
Mammogram Incentive – \$50	

As indicated in the above chart, included in this wellness program is an opportunity for each eligible participant to complete a biometric screening, which is a blood test that obtains data to identify and inform an individual if they have or are at risk of developing a chronic condition (e.g., heart disease, diabetes). You are not required to participate in the blood test or other medical examinations. Although you are not required to participate in the biometric screening, only eligible participants who do so will receive the associated financial incentive. The information from your biometric screening will be used to provide you with information to help you understand your current health and potential risks, and may also be used to offer you wellness services through the Health Trust, such as wellness coaching or counseling. You also are encouraged to share your results or concerns with your own doctor.

The Health Trust is required by law to maintain the privacy and security of your personally identifiable health information. The Health Trust will receive aggregate information collected pursuant to a biometric screening, which will be used to better design wellness programming based on identified health risks and may be shared with your employer upon request (but only if the group consists of at least 40 participants). The Health Trust will never disclose any of your personal identifiable health information either publicly or to the employer, except as expressly permitted by law. Medical information that personally identifies you that is provided in connection with the wellness program will not be provided to your employer and may never be used to make decisions regarding your employment.

Your health information will not be sold, exchanged, transferred, or otherwise disclosed except to the extent permitted by law to carry out specific activities related to the wellness program, and you will not be asked or required to waive the confidentiality of your health information as a condition of participating in the wellness program or receiving an incentive. Anyone who receives your information for purposes of providing you services as part of the wellness program will abide by the same confidentiality requirements. The only individual(s) who will receive your personally identifiable health information is (are) providers, professional partners of the Health Trust and Health Trust personnel in order to provide you with services under the wellness program.

In addition, all medical information obtained through the wellness program that is stored electronically will be encrypted, and no information you provide as part of the wellness program will be used in making any employment decision. Appropriate precautions will be taken to avoid any data breach, and in the event a data breach occurs involving information you provide in connection with the wellness program, we will notify you immediately.

You may not be discriminated against in employment because of the medical information you provide as part of participating in the wellness program, nor may you be subjected to retaliation if you choose not to participate.

If you have questions or concerns regarding this notice, or about protections against discrimination and retaliation, please reach out to your employer’s Human Resources Department or email the Health Trust’s Wellness Department at wellness@dvtrusts.com or the Health Trust’s Privacy Department at privacy@dvtrusts.com.

Last updated January 2019

