# Achieve Your Best Health NOW!

Program Year: July 1, 2012 - May 31, 2013

**A journey toward good health starts with small steps, by setting realistic health and wellness goals. Whether you want to lose weight, become more active, quit smoking, manage your stress, improve your nutrition or maintain a healthy lifestyle, Dela*WELL* rewards your efforts![1]**

## Just Getting Started?

Visit the Dela*WELL* Health Portal at https://delawell.alerehealth.com to register and set up your personal profile. In just a few minutes, you'll set up your own username and password to keep your information secure.

## Earning the Dela*WELL* $200 Gold Level Reward Is As Easy As 1-2-3:

**1) Know Your Numbers:** Participate in a Dela*WELL* Health Screening to be held at various locations throughout the state from July through November 2012 and January through April 2013. Log on the Dela*WELL* Health Portal (https://delawell.alerehealth.com) and click on the links on the left side for more information, including a screening calendar and to sign up for a screening appointment.

**2) Get A Plan:** Complete your confidential online Wellness Assessment questionnaire for 2012-2013 by visiting the Dela*WELL* Health Portal (https://delawell.alerehealth.com). In just 15-20 minutes, you will get your Wellness Score and personalized report with recommendations for healthy steps you can take to reach your goals. Current members can view their past wellness assessment results to measure progress and health changes.

**3) Join a Program:**

- **NEW!** Enroll in a worksite or online Weight Watchers Program![2] Visit the Dela*WELL* Health Portal at https://delawell.alerehealth.com to learn more and get started.
- Or, actively participate in an Alere Health Coaching Program or Condition Care Program[2] to get the support and tools you need to make a healthy change or maintain your health. Visit the Dela*WELL* Health Portal (https://delawell.alerehealth.com) or call 1-866-674-9103 to find out more and enroll today.

## Dela*WELL* Rewards Your Efforts![1]

SILVER LEVEL: Complete Steps 1 and 2 to earn $100!

OR

GOLD LEVEL: Complete Steps 1 and 2 and 3 to earn $200!

NEW – "Early Bird Payment" Complete Steps 1 and 2 by October 15, 2012 and get your Silver Level Reward in December 2012!

**https://delawell.alerehealth.com 1-866-674-9103**

[1] Dela*WELL* Silver Level Reward amounts earned between July 1, 2012 and October 15, 2012 will be paid in December 2012. Dela*WELL* Silver Level Reward amounts earned between October 16, 2012 and May 31, 2013 and all Dela*WELL* Gold Level Reward amounts earned between July 1, 2012 and May 31, 2013 will be paid in July 2013. Employees who earn the incentive will receive a cash incentive included as part of their pay in either December 2012 or July 2013, as appropriate. State non-Medicare eligible pensioners who earn the incentive will have it applied toward either their December 2012 or July 2013 pension check, as appropriate. Rewards are NOT offered to spouses, dependents or participating group members (with the exception of University of Delaware and Delaware Transit Corporation employees). Both the Wellness Assessment and Health Screening are required to earn rewards. All activity requirements must be met no later than May 31, 2013.

[2] Qualification for a Health Coaching or Condition Care program is determined by the results of your Wellness Assessment or healthcare claims. Participants must enroll in and participate in a Health Coaching program or Condition Care program or complete one of the two Weight Watchers program options to complete Step 3 and qualify to earn the $200 incentive. Your Health Coach will validate completion, and credit will automatically be awarded upon meeting the criteria of completing 8 interactions (i.e., phone call, email or online conversation) with a coach during the first 6 months after enrollment, as well as completing a follow-up health coaching survey. Credit will be awarded to participants of a Condition Care Program who keep scheduled phone calls with their Alere nurse care manager throughout the program year to meet completion criteria. Participants must meet the purchase requirements and submit their reimbursement form to Weight Watchers by April 15, 2013 to qualify to earn the $200 incentive.

Dela*WELL*
Placing Delaware at the Forefront of Wellness

Alere