

# Invest In Your Health And Earn \$\$\$

Beginning October 1, 2010 through May 31, 2011, eligible members<sup>1</sup> can earn **Wellness Credits** for participating in various activities throughout the program year.

These credits can translate into valuable **DelaWELL Rewards**:



**Silver Level:** Earn 20 wellness credits (including Wellness Assessment) and earn a **\$100 DelaWELL Reward<sup>2</sup>**

**OR**

**Gold Level:** Earn 20 wellness credits (including Wellness Assessment AND Health Screening) and earn a **\$200 DelaWELL Reward<sup>2</sup>**



## Follow These Simple Steps To Get Started:

- 1. Register and Set Up Your Personal Profile** - Visit the DelaWELL Health Portal at <https://delawell.alerehealth.com> and follow the steps to register on the login page.
- 2. Attend a DelaWELL Health Screening** - Visit the DelaWELL Health Portal at <https://delawell.alerehealth.com> and sign up for a **FREE Health Screening Appointment** provided at various State of Delaware locations during October, November and December 2010.
- 3. Complete Your Online Wellness Assessment** - After you attend your health screening appointment, your next step is to complete your confidential online Wellness Assessment. **To receive the most comprehensive report and recommendations, include your recent health screening values.** You can enter these directly from the sheet provided at your DelaWELL Health Screening **OR** wait about two weeks after your screening event for your screening values to be automatically included in your assessment for you. If you want your values loaded for you, do not click "Finish" on your assessment until after your values are included.
- 4. Participate in Program Activities and Earn Credits** - The DelaWELL program has many options, including healthy living programs, health coaching programs, condition care programs, onsite health seminars, wellness challenges, online seminars and more.

Program Activities	Wellness Credit Value	Annual Max
<b>Wellness Assessment</b> (A <b>Confidential</b> 15-20 minute online questionnaire about your health habits. Available on the DelaWELL Health Portal from October 1 – December 31, 2010.)	6	6
<b>Health Screening</b> ( <b>FREE, Confidential</b> Health Screenings will be held at various locations throughout the state from October - December 2010. Measurements include Blood Pressure, Cholesterol, Triglycerides, Blood Sugar (Glucose) and Height/Weight (Body Mass Index (BMI)).	4	4
<b>Healthy Living Programs</b> (Online)	4	8
<b>Online Monthly Seminars</b>	1	8
<b>Health Coaching or Condition Care Program</b>	5	5
<b>DelaWELL University Onsite Health Seminars<sup>1</sup></b> (Available October 2010 – April 2011. <b>Register for a location nearest you by visiting the DelaWELL Health Portal at <a href="https://delawell.alerehealth.com">https://delawell.alerehealth.com</a>!</b>	3	12
<b>Local Activity / Community Event</b>	2	4
<b>Attend Open Enrollment Health Fair</b> (May 2011)	2	2
<b>Online Satisfaction Survey</b>	2	2
<b>CHALLENGES</b>		
<b>Strive for 5! Challenge</b> (November 1 – 30, 2010)	5	5
<b>Weigh Down, Stay Down Challenge</b> (January 10 – March 4, 2011)	5	5
<b>Get Moving Challenge</b> (April 1 – May 15, 2011)	5	5
<b>Total Credits Available</b>		<b>66</b>

**Learn More.** Visit the DelaWELL Health Portal at <https://delawell.alerehealth.com> or call (866) 674-9103 to speak with a program representative.

<sup>1</sup> The DelaWELL Program is available to individuals who are currently enrolled in a State of Delaware Group Health Plan (non-Medicare plan); however, the DelaWELL University Onsite Health Seminars and DelaWELL Rewards are **ONLY** offered to benefit eligible state agency, school district, charter school and higher education employees, as well as state non-Medicare eligible pensioners, who are currently enrolled in a State of Delaware Group Health Plan. The rewards and onsite health seminars are **NOT** offered to spouses, dependents or participating group members (with the exception of University of Delaware and Delaware Transit Corporation employees).

<sup>2</sup> DelaWELL Reward amounts will be paid in July 2011.

