## G & L Newsletter 2018



"George & Lynch will always be the preferred company that provides high-value added services to safely build, operate and maintain infrastructure that supports the continued quality of life in our communities."

## Chris' Corner

As I write this, the wind is howling. It wouldn't be a very pleasant day to work outside. However, I'm hoping the wind does help to dry out the ground that has seen frequent rain over the past few weeks. Sometimes we have to endure a little before we enjoy more later. By now everyone should have received a new policy manual. It wasn't our intent to reinvent the wheel or to create a bunch of new regulations to follow. It is our intent to be more consistent in our practices, and to be fair to employees and employer. I don't recall ever receiving such a document and, if I did, it's been missing for some time. I was hired before the internet was commonly used, so I couldn't search for it online. Most of them should look familiar to you, as they put in writing practices we have been following for decades. They represent our values as a company while assuring we are compliant with state and federal regulations.

I spoke about the importance of our work at the recent safety meeting. I gave examples of the results of our projects. They don't always stand out to the public like a new house or a tall building. Some of our work is underground and much of it is at ground level. Hopefully, we won't see the underground work again, a least not for a very long time. The

public will travel over our roads, but won't see much of it at highway speeds. But **you** will know the challenges the work presented and the quality of workmanship that went into it.

**You** will see the progress we made each day and notice the difference in the finished product compared to when the project first started.

I also mentioned at the safety meeting we have been tracking new customers and retention

of existing customers. We are able to do that thanks to our professionalism, reliability, and quality of work. Every one of you contributes to that success.

Looks like the wind is dying down some and the sun is trying to come out. I'll take those as signs we're going to have a busy and productive year. Bye for now and **BE SAFE!** 

## **Years of Service Awards at the Annual Safety Meeting**













## Mark your calendars! - Christina Funk

On Sunday, April 15th the Heritage Half Marathon and 5K run/walk will take place at the Dover Air Force Base. This race benefits the USO. The USO strengthens America's military service members by keeping them connected to family, home and country, throughout their service to the nation. If you are interested in participating in this event George & Lynch will pay your entry fee. In order to take advantage of this please fill out the attached form and bring it into the office to Rhiannon Harper. We will submit all employee forms together for this race. If you need more information about the event please email rharper@geolyn.com.



## Benefits USO Delaware Sunday - April 15, 2018 - 8:00 A.M.

Registration: Race day registration will be available! Day of packet pickup starts at 7 a.m. at the Air Mobility Command Museum (AMC), Dover, DE. 5K Run/Walk - \$20 before April 8 - \$25 after. Half Marathon - \$50 before April 8 - \$60 after. Make checks payable to USO Delaware and mail to TriSports, 2772 Hazlettville Rd, Dover, DE 19904. Contact Ray at 302-674-3213/ ray@trisportsevents.com. Register online at TriSportsEvents.Com.

<u>Pre-Packet Pickup:</u> Race packets can be picked up at the Dover Mission BBQ located at 365 N Dupont Hwy between 3pm and 5pm on Saturday, April 14, 2018. Late registration will also be accepted at this time. FREE Mission BBQ sandwich coupons will be given to all that register or pick up their packets.

<u>Directions:</u> From the North on US 113 / DE 1: Drive past Dover Air Force Base and take exit 91. Travel approximately. 1/2 mile down RT 9 and turn left into the museum entrance. From the South on US 113/DE 1: Take exit 91, travel approximately. 1/2 mile down RT 9 and turn left into the museum entrance. From the North or South on US 13: Take DE Route 10 East toward Dover Air Force Base. Just before you reach an overpass take the left exit lane to get on US 113/DE 1 South. Drive past Dover Air Force Base. Take exit 91, travel approximately 1/2 mile down RT 9 and turn left into the museum entrance. GPS address:1301 Heritage Road. GPS coordinates N 39° 06' 52.7", W 075° 26' 52.5"

<u>Awards:</u> Unique awards for overall male/female and masters winners and top 3 in 5-year age groups in the Half Marathon and 5K Run. Awards to top 3 male & female walk finishers in the 5K. Custom event medals to all half marathon finishers! <u>5K awards</u> will be presented after last finisher. <u>Half marathon awards will be presented 3 hours after start.</u>

Course: The event starts and finishes at the AMC Museum. The course is very flat and is run entirely on Dover Air Force Base. The out and back race is considered the fastest 5K/half marathon course in Delaware. The half marathon course will take participants down the flight line in front of the C5 and C17 aircraft. The largest aircraft in the free world. 5K and half marathon courses are USATF certified.

Course Records: 5K course records: Male - Andrew Jakubowitch 17:36 - 2014, Female - Christine Marks 20:32 - 2014, Masters Male - Rich Jones 19:25 - 2014, Masters Female - Danielle Dash 22:33 - 2011. Half marathon course records: Male - Jack Sutter 1:19:58 - 2014, Female - Ruth Afiesimama 1:37:14 - 2014, Masters Male - Mark Muzzi 1:26:26 - 2015, Masters Female - Leticia Rodriguez 1:41:14 - 2015

<u>Amenities:</u> Quality "Heritage Half Marathon & 5K Run/Walk" <u>Tech Shirts</u> provided to all participants. Food and refreshments at the finish line! Police controlled roads, mile markers and directional arrows on road. Water/sports drink and volunteers on the course. Sponsor booths and food trucks will be onsite. Bring the family and enjoy the museums 9 exhibits and over 30 refurbished aircraft.

Gait Analysis: Sign up for a HUGE discount on a 3D Running Analysis from ATI Physical Therapy. Typically, only available for professional athletes, a 3D assessment of your running form can help you to run at your best and reduce your risk of injury. Get a \$300 analysis for only \$50! Sign up for your time on Saturday April 14<sup>th</sup>. Contact Doug at <a href="Doug.Adams@ATIPT.com">Doug.Adams@ATIPT.com</a> with any questions or to reserve your spot, go to <a href="https://docs.google.com/spreadsheets/d/lieW92fyy6HH3XT82KqBvGxfZtx5USjieifbbVw80JTA/edit#gid=0">https://docs.google.com/spreadsheets/d/lieW92fyy6HH3XT82KqBvGxfZtx5USjieifbbVw80JTA/edit#gid=0</a>. You must be signed up for the half marathon to take advantage of this offer. Only 24 slots available!

Water stops/Restrooms: Water/sports drink stops will be located at miles 1, 2.6, 4.2, 5.5, 7.3, 8.8, 10.4, 12, and at the start/finish. On course male/female restrooms (inside facilities) will be located miles 4.2 and 8.8.

<u>Spectators</u>: Due to security concerns, spectators will not be allowed outside of the AMC Museum fenced in area (unless you have a military ID card). Please enjoy the museums many exhibits and refurbished aircraft. Visit <u>amcmuseum.org</u> for complete details on the AMC Museum.

Hotels/Motels: The following area hotels/motels are available for your convenience. Holiday Inn 302-747-5050 (special event rates), Marriott Residence Inn 302-677-0777, Galaxy Inn 302-735-4700, Mainstay Inn 302-678-8383, Comfort Suites 302-736-1204, Dover Downs Hotel & Casino 302-857-2107.

<u>MyLaps Chip timing</u> will be used for the 5K and half marathon. <u>Tech shirts</u> provided to all preregistered participants. <u>Custom event medals</u> to half marathon finishers. <u>New USATF certified 5K and half marathon courses</u>. On course <u>indoor facilities (restrooms)</u> provided on the half marathon course. <u>Event results/photos</u> will be posted at TriSportsEvents.com.

#### ENTRY FORM

WAIVER AND RELEASE OF LIABILITY: I know that running/walking a road race is a potentially hazardous activity. I should not enter and run/walk unless I am medically able and properly trained. I assume all risks associated with running/walking this event including, but not limited to, falls, contact with other participants, the effects of the weather, including high heat and/or humidity, extreme cold, the conditions of the road and traffic on the course, all such risks being known and appreciated by me. Having read this waiver and knowing these facts, and in consideration of your accepting my entry to participate in the Dover Air Force Base Heritage Half Marathon & 5K Run/Walk, I, for myself and anyone entitled to act on my behalf, waive and release TriSports Events Management, USO Delaware, Dover Air Force Base, AMC Museum and all sponsors, their representatives and successors from all claims or liabilities of any kind arising out of my participation in this event even though that liability may arise out of negligence or carelessness on the part of the persons named in this waiver. I hereby give my permission to the event organizers and sponsors to use my name and/or picture in any publication, broadcast, telecast or other account of this event without limitation or obligation of further compensation therefore. Entry fees are non-refundable may not be transferred. By signing this wavier and release I certify that I fully understand its significance.

Age Day of Race	_ Sex:	F Shirt Size:	as □s	$\square M$	$\bigsqcup \mathbf{L}$	$\square XL$	
Print Name:		Email:					
Address:							
(Street or P.O. Box)		City	State		Zip		
Event Entered: (choose one)	5K Run	☐ 5K Walk	Half M	arathon (	(Run or	Race Wa	lk only)
Signature:			_ Phone: (	)			
(Signature of par	rent or guardian if	entrant is under 18)					







George & Lynch has made contributions to the following organizations over the past 6 months:

Kent-Sussex Industries Epworth Christian School Lewes Little League
Little Creek Fire Company
Robbins Hose Company No. 1
American Legion ( USO)
American Heart Association
Breast Cancer Coalition
Church of God of Prophecy – Georgetown ( Building Fund)
Dover Little League

## **HR Corner - Katie Murphy**

Hi Everyone,

Please take a few moments to read through the materials in the HR Corner.

If anyone has any questions. I'm available to you: Katie Murphy, HR Manager (office) 302-342-3136 (cell) 302-218-4351- (also by text) (e-mail) kmurphy@geolyn.com

Thank you! Let's make this benefit year a successful and HEALTHY one!!! Katie

\*\*\*\*\*\*\*\*\*\*\*\*\*\*



#### CHECK UP TIME!

How long has it been since you spoke with your Colonial Life Representative and reviewed or updated your benefits?

#### With Colonial Life products:

- Coverage is available for your spouse and eligible dependent children (with most plans).
- Benefits are paid directly to you, unless you specify otherwise.
- You can continue coverage when you retire or change jobs, with no increase in premiums (with most plans).
- You may receive benefits regardless of any other insurance you may have with other insurance companies (with most plans).



Short Term Disability Insurance — helps replace a portion of your income to help make ends meet if you become disabled from a covered accident or covered sickness. \*\*CHANGES TO INCOME DO NOT AUTOMATICALLY INCREASE YOUR BENEFIT. You have to connect Dedee and update your policy to reflect a higher income.

Accident Insurance — Helps offset unexpected medical expenses, such as emergency room fees, deductibles and copayments that can result from a fracture, dislocation or other covered accidental injury. NEWER PLANS with increased benefits

**Universal and Term Life Insurance** — Enables you to tailor coverage for your individual needs and helps provide financial security for your family members.

Cancer Insurance — Helps offset the out-of-pocket medical and indirect, non-medical expenses related to cancer that most medical plans don't cover. This coverage also provides a benefit for specified cancer-screening tests.

Critical Illness Insurance — Supplements your major medical coverage by providing a lump-sum benefit you can use to pay the direct and indirect costs related to a covered critical illness, which can often be expensive and lengthy.

**Hospital Confinement Indemnity insurance** — Provides a lumpsum benefit for a covered hospital confinement or a covered outpatient surgery to help with co-payments and deductibles that are not covered by most major medical plans.

Your Colonial Representative, Dedee Hoehn, will be glad to review your plans and update them due to any income, coverage or life changes.

Contact Dedee at: 301-518-6813 or email hoehndb@gmail.com/deirdre.hoehn@coloniallife.com

ColonialLife.com

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# HOW TO REGISTER ON YOUR MEMBER WEBSITE

JUST A FEW CLICKS AND YOU ARE CONNECTED!

- 1. Go to highmarkbcbsde.com.
- 2. Click on Register.

#### DURING REGISTRATION, YOU WILL BE ASKED TO PROVIDE:

- Your member ID number (enter numbers only; no spaces, no letters)
- · Your first and last name
- · Your date of birth
- · Your relationship to the policyholder
- Your address
- Your email address

You will also need to choose a user login ID and password, and then re-enter that password.

## YOU ARE NOW REGISTERED TO USE YOUR MEMBER WEBSITE. HERE'S WHAT YOU CAN DO:

- · Check the status of a claim
- View your explanation of benefits (EOB)
- Request eDelivery (No more paper copies of EOBs)
- · Request ID cards
- Locate providers
- Check Rx history
- Access health reference tools



# If you need help registering, please call 1-866-306-1059.

Highmark Blue Cross Blue Shield Delaware is an independent licensee of the Blue Cross and Blue Shield Association.

The Plan complies with applicable Federal civil rights laws and does not discriminate on the basis of race, color, national origin, age, disability, or sex.

ATENCIÓN: Si usted habla español, servicios de asistencia lingüística, de forma gratuita, están disponibles para usted. Llame al número en la parte posterior de su tarjeta de identificación (TTY: 711).

请注意:如果您说中文,可向您提供免费语言协助服务。 请拨打您的身份证背面的号码(TTY:711)。

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## 2018 Preventive Schedule

#### PLAN YOUR CARE: KNOW WHAT YOU NEED AND WHEN TO GET IT

Preventive or routine care helps us stay well or finds problems early, when they are easier to treat. The preventive guidelines on this schedule depend on your age, gender, health and family history. As a part of your health plan, you may be eligible to receive some of these preventive benefits with little to no cost sharing when using in-network providers. Make sure you know what is covered by your health plan and any requirements before you receive any of these services.

Some services and their frequency may depend on your doctor's advice. That's why it's important to talk with your doctor about the services that are right for you.

#### **QUESTIONS?**







#### Adults: Ages 19+





#### General Health Care



Routine Checkup\* (This exam is not the work- or school-related physical)



Pelvic, Breast Exam

Ages 19 to 49: Every 1 to 2 years · Ages 50 and older: Once a year

Once a year

#### Screenings/Procedures

Abdominal Aortic Aneurysm Screening

Ambulatory Blood Pressure Monitoring

Breast Cancer Genetic (BRCA) Screening (Requires prior authorization)

Cholesterol (Lipid) Screening

Colon Cancer Screening (Including Colonoscopy)

Certain Colonoscopy Preps With Prescription

Diabetes Screening

Hepatitis B Screening

Hepatitis C Screening

Latent Tuberculosis Screening

Lung Cancer Screening (Requires use of authorized facility)

Mammogram

Osteoporosis (Bone Mineral Density) Screening

Ages 65 to 75 who have ever smoked: One-time screening

To confirm new diagnosis of high blood pressure before starting treatment

Those meeting specific high-risk criteria: One-time genetic assessment for breast and

Ages 20 and older: Once every 5 years

· High-risk: More often

Ages 50 and older: Every 1 to 10 years, depending on screening test

· High-risk: Earlier or more frequently

· Ages 50 and older: Once every 10 years

· High-risk: Earlier or more frequently

High-risk: Ages 40 and older, once every 3 years

High-risk

High-risk

High-risk

Ages 55 to 80 with 30-pack per year history: Once a year for current smokers, or once a year if currently smoking or quit within past 15 years

Ages 40 and older: Once a year including 3-D; baseline mammogram can be performed on women ages 35 to 39 based on Delaware state mandate

Ages 60 and older: Once every 2 years

<sup>\*</sup> Routine checkup could include health history; physical; height, weight and blood pressure measures; body mass index (BMI) assessment; counseling for obesity, fall prevention, skin cancer and safety; depression screening; alcohol and drug abuse, and tobacco use assessment; and age-appropriate guidance



#### Adults: Ages 19+

#### Screenings/Procedures



Pap Test



Sexually Transmitted Disease (STD) Screenings and Counseling (Chlamydia, Gonorrhea, HIV and Syphilis)

- · Ages 21 to 65: Every 3 years, or annually, per doctor's advice
- · Ages 30 to 65: Every 5 years if combined Pap and HPV are negative
- Ages 65 and older: Per doctor's advice

Sexually active males and females

#### **Immunizations**



Chicken Pox (Varicella)

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Diphtheria, Tetanus (Td/Tdap)

† ‡

Flu (Influenza)

† ‡

Haemophilus Influenzae Type B (Hib)

† 4

**Hepatitis A** 

**†** 🛊

Hepatitis B

Human Papillomavirus (HPV)

Measles, Mumps, Rubella (MMR)

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Meningitis\*

T 4

Pneumonia

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Shingles (Zoster)

Adults with no history of chicken pox: One 2-dose series

- One-time Tdap
- Td booster every 10 years

Every year (Must get at your PCP's office or designated pharmacy vaccination provider; call Member Service to verify that your vaccination provider is in the Highmark network)

For adults with certain medical conditions to prevent meningitis, pneumonia and other serious infections; this vaccine does not provide protection against the flu and does not replace the annual flu vaccine

At-risk or per doctor's advice: One 2-dose series

At-risk or per doctor's advice: One 3-dose series

To age 26: One 3-dose series

One or two doses

At-risk or per doctor's advice

High-risk or ages 65 and older: One or two doses, per lifetime

Ages 60 and older: One dose

#### Preventive Drug Measures That Require a Doctor's Prescription

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Aspirin



Folic Acid



Raloxifene Tamoxifen

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Tobacco Cessation (Counseling and medication) Vitamin D Supplements

**†** 

\*

Low to Moderate Dose Select Generic Statin Drugs For Prevention

of Cardiovascular Disease (CVD)

Ages 50 to 59 to reduce the risk of stroke and heart attack

Pregnant women at risk for preeclampsia

Women planning or capable of pregnancy: Daily supplement containing .4 to .8 mg of folic acid

At-risk for breast cancer, without a cancer diagnosis, ages 35 and older

Adults who use tobacco products

Ages 65 and older who are at risk for falls

Ages 40 to 75 years with 1 or more CVD risk factors (such as dyslipidemia, diabetes, hypertension, or smoking) and have calculated 10-year risk of a cardiovascular event of 10% or greater

<sup>\*</sup> Meningococcal B vaccine per doctor's advice.

#### Preventive Care for Pregnant Women



Screenings and Procedures

- Gestational diabetes screening
- Hepatitis B screening and immunization, if needed
- HIV screening
- Syphilis screening
- Smoking cessation counseling
- Depression screening during pregnancy and postpartum
- Rh typing at first visit
- Rh antibody testing for Rh-negative women
- Tdap with every pregnancy
- Urine culture and sensitivity at first visit

#### Prevention of Obesity, Heart Disease and Diabeter



Adults With BMI 25 to 29.9 (Overweight) and 30 to 39.9 (Obese) Are Eligible For:

- Additional annual preventive office visits specifically for obesity and blood pressure measurement
- Additional nutritional counseling visits specifically for obesity
- · Recommended lab tests:
- ALT
- AST
- Hemoglobin A1c or fasting glucose
- Cholesterol screening

#### Adult Diabetes Prevention Program (DPP)



Applies to Adults

- Without a diagnosis of Diabetes (does not include a history of Gestational Diabetes) and
- Overweight or obese (determined by BMI) and
- Fasting Blood Glucose of 100-125 mg/ dl or HGBA1c of 5.7 to 6.4 percent or Impaired Glucose Tolerance Test of 140-199mg/dl.

 $\label{lem:condition} Enroll ment in certain select CDC recognized lifestyle change DPP programs for weight loss.$ 

## **2018 Preventive Schedule**

#### PLAN YOUR CHILD'S CARE: KNOW WHAT YOUR CHILD NEEDS AND WHEN TO GET IT

Preventive or routine care helps your child stay well or finds problems early, when they are easier to treat. Most of these services may not have cost sharing if you use the plan's in-network providers. Make sure you know what is covered by your health plan and any requirements before you schedule any services for your child.

It's important to talk with your child's doctor. The frequency of services, and schedule of screenings and immunizations depends on what the doctor thinks is right for your child.

#### **QUESTIONS?**







#### **\*\*\*** Children: Birth to 30 Months<sup>1</sup>

General Health Care	Birth	1M	2M	4M	6M	9M	12M	15M	18M	24M	30M
Routine Checkup* (This exam is not the preschool- or day care- related physical.)	•	•	•	•	•	•	•	•	•	•	•
Hearing Screening	•										
Screenings											
Autism Screening									0	0	
Critical Congenital Heart Disease (CCHD) Screening With Pulse Oximetry	•										
Developmental Screening						•			0		
Hematocrit or Hemoglobin Screening							•				
Lead Screening						•					
Newborn Blood Screening	•										
Immunizations											
Chicken Pox							Do	se 1			
Diphtheria, Tetanus, Pertussis (DTaP)			Dose 1	Dose 2	Dose 3			Di	ose 4		
Flu (Influenza)**					Ages 6 months to 30 months: 1 or 2 doses annually						
Haemophilus Influenzae Type B (Hib)			Dose 1	Dose 2	Dose 3		Do	ose 4			
Hepatitis A							Dose 1		Dose 2		
Hepatitis B	Dose 1		Dose 2		Dose 3						
Measles, Mumps, Rubella (MMR)							De	ose 1			
Pneumonia			Dose 1	Dose 2	Dose 3		Di	ose 4			
Polio (IPV)			Dose 1	Dose 2	Ages 6 months to 18 months: Dose 3						
			Dose 1	Dose 2	Dose 3	1	1	1	1		

<sup>\*</sup> Routine checkup could include height and weight measures, behavioral and developmental assessment, and age-appropriate guidance. Additional: instrument vision screening to assess risk for ages 1 and 2 years. \*\* Must get at your PCP's office or designated pharmacy vaccination provider. Call Member Service to verify that your vaccination provider is in the Highmark network.

#### **\*\*\*\* Children: 3 Years to 18 Years**<sup>1</sup> General Health Care Routine Checkup\* (This exam Once a year from ages 11 to 18 is not the preschool- or day care-related physical) Ambulatory Blood Pressure Monitoring\*\* Depression Screening Once a year from ages 11 to 18 **Hearing Screening** Visual Screening\*\*\* Hematocrit or Hemoglobin Annually for females during adolescence and when indicated Screening Lead Screening When indicated (Please also refer to your state-specific recommendations) Chicken Pox Dose 2 If not previously vaccinated: Dose 1 and 2 (4 weeks apart) Diphtheria, Tetanus, Pertussis Dose 5 1 dose of Tdap if 5 doses were not (DTaP) 1 dose received previously everv 10 yrs. Flu (Influenza)\*\*\*\* Ages 3 to 18: 1 or 2 doses annually Human Papillomavirus (HPV) Provides long-term protection against cervical and other cancers. 2 doses when started ages 9-14. 3 doses all other ages. Measles, Mumps, Rubella Dose 2 (at least 1 month (MMR) apart from dose 1) Meningitis\*\*\*\*\* Dose 1 Age 16: Onetime booster Pneumonia Per doctor's advice Polio (IPV) Dose 4 Care for Patients With Risk Factors **BRCA Mutation Screening** Per doctor's advice (Requires prior authorization) **Cholesterol Screening** Screening will be done based on the child's family history and risk factors Fluoride Varnish Ages 5 and younger (Must use primary care doctor) Hepatitis B Screening Per doctor's advice Hepatitis C Screening High-risk Latent Tuberculosis Screening High-Sexually Transmitted Disease (STD) Screenings For all sexually active individuals and Counseling (Chlamydia, Gonorrhea, HIV and Syphilis) **Tuberculin Test** Per doctor's advice

<sup>\*</sup> Routine checkup could include height and weight measures, behavioral and developmental assessment, and age-appropriate guidance. \*\* To confirm new diagnosis of high blood pressure before starting treatment. \*\*\* Covered when performed in doctor's office by having the child read letters of various sizes on a Snellen chart. Includes instrument vision screening for ages 3, 4 and 5 years. A comprehensive vision exam is performed by an ophthalmologist or optometrist and requires a vision benefit. \*\*\*\* Must get at your PCP's office or designated pharmacy vaccination provider. Call Member Service to verify that your vaccination provider is in the Highmark network. \*\*\*\* Meningococcal B vaccine per doctor's advice.

## **\*\*\*\* Children: 6 Months to 18 Years**1

#### Preventive Drug Measures That Require a Doctor's Prescription

**Oral Fluoride** 

For preschool children older than 6 months whose primary water source is deficient in fluoride

#### Prevention of Obesity and Heart Disease

Children With a BMI in the 85th to 94th Percentile (Overweight) and the 95th to 98th Percentile (Obese) Are Eligible For:

- · Additional annual preventive office visits specifically for obesity
- · Additional nutritional counseling visits specifically for obesity
- · Recommended lab tests:
- Alanine aminotransferase (ALT)
- Aspartate aminotransferase (AST)
- Hemoglobin A1c or fasting glucose (FBS)
- Cholesterol screening

#### Adult Diabetes Prevention Program (DPP) Age 18



#### **Applies to Adults**

Without a diagnosis of Diabetes (does not include a history of Gestational Diabetes) and

- Overweight or obese (determined by BMI) and
- Fasting Blood Glucose of 100-125 mg/ dl or HGBA1c of 5.7 to 6.4 percent or Impaired Glucose Tolerance Test of 140-199mg/dl.

Enrollment in certain select CDC recognized lifestyle change DPP programs for weight loss.



#### Women's Health Preventive Schedule

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Well-Woman Visits (Including preconception and first prenatal visit)

Contraception (Birth Control) Methods and Discussion\*

Up to 4 visits each year for age and developmentally appropriate preventive services

All women planning or capable of pregnancy

**Diabetes Screening** 

- All women between 24 and 28 weeks pregnant
- · High-risk: At the first prenatal visit **HIV Screening and Discussion**

Once a year

All sexually active women: Once a year

Human Papillomavirus (HPV) Screening Testing

Domestic and Intimate Partner Violence Screening and Discussion

Breast-feeding (Lactation) Support and Counseling, and Costs for Equipment

Sexually Transmitted Infections (STI) Discussion Beginning at age 30: Every 3 years

During pregnancy and/or after delivery (postpartum)

All sexually active women: Once a year

<sup>\*</sup> FDA-approved contraceptive methods may include sterilization and procedures as prescribed. One form of contraception in each of the 18 FDA-approved methods is covered without cost sharing. If the doctor recommends a clinical service or FDA-approved item based on medical necessity, there will be no cost sharing.

#### Information About the Affordable Care Act (ACA)

This schedule is a reference tool for planning your family's preventive care, and lists items and services required under the Affordable Care Act (ACA), as amended. It is reviewed and updated periodically based on the advice of the U.S. Preventive Services Task Force, laws and regulations, and updates to clinical guidelines established by national medical organizations. Accordingly, the content of this schedule is subject to change. Your specific needs for preventive services may vary according to your personal risk factors. Your doctor is always your best resource for determining if you're at increased risk for a condition. Some services may require prior authorization. If you have questions about this schedule, prior authorizations or your benefit coverage, please call the Member Service number on the back of your member ID card.

#### <sup>1</sup>Information About Children's Health Insurance Program (CHIP)

Because the Children's Health Insurance Program (CHIP) is a government-sponsored program and not subject to ACA, certain preventive benefits may not apply to CHIP members and/or may be subject to copayments.

The ACA authorizes coverage for certain additional preventive care services. These services do not apply to "grand-fathered" plans. These plans were established before March 23, 2010, and have not changed their benefit structure. If your health coverage is a grandfathered plan, you would have received notice of this in your benefit materials.



You've made the decision to quit. Now comes the hard part. Quitting requires determination, behavior change and support. The benefits of quitting are immediate and long-term. You can reverse some of the damage tobacco causes to your body. You can reduce your risk for tobacco-related illnesses and add years to your life. Plus, you can save money — by avoiding tobacco itself and on the cost of tobacco-related illnesses.

#### **QUIT AT YOUR OWN PACE**

Your health coach can guide you through the hurdles of quitting with convenient programs that give you the information, strategies and support you need to quit at your own pace.

Programs include:

- Unlimited toll-free telephone access to a coach trained to help people quit tobacco
- · Personalized attention to meet your individual needs
- Ongoing support from your coach to keep you on track, so you can kick the habit once and for all

#### **COPE WITH WITHDRAWAL**

The discomforts of nicotine withdrawal are temporary but difficult. Every day that you remain tobacco-free is a victory. Reward yourself in some small way for another smoke-free day.

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#### FEND OFF CRAVINGS

When cravings hit, call your coach for support. Talk through your craving, identify your tobacco triggers, get tips for making behavioral changes and get the encouragement you need to stick with your decision to quit.

#### **CURB WEIGHT GAIN**

If you are tempted to replace tobacco with food, take your mind off eating by doing something else you enjoy. Call your coach for tips.

#### **MANAGE STRESS**

Part of quitting tobacco is finding ways to handle stress. Practice relaxation techniques, like yoga, deep breathing or meditation.



#### KICK THE HABIT FOR THE LAST TIME

Kick the habit for the last time. Talk to your doctor. Or contact a Blues On Call<sup>SM</sup> health coach at 1-888-BLUE-428 (1-888-258-3428) for tips to quit.



