

# 2025 WELLNESS PROGRAM

## \$150 Biometric Screening

A biometric screening includes bloodwork (cholesterol levels, triglycerides, glucose) and vital signs (height, weight, waist circumference, blood pressure). Starting January 24, 2025, log on to [My.QuestForHealth.com](http://My.QuestForHealth.com) (enter 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 at the DVHT Health Center.

## Incentives

### \$150 Colonoscopy

Enrollees age 45 and over are eligible. Cologuard® colon cancer tests accepted. Proof of procedure required. For those under 45, a physician letter is required stating medical necessity for preventive screening.

### \$100 Health Education

Attend at least 4 hours of hospital-based education (classes or programs) on topics to improve personal health. Eligible virtual classes offered through the Health Trust are posted at [www.dvtrusts.com/events](http://www.dvtrusts.com/events). Proof of education hours required for classes completed through hospital-based programs.

### \$50 Women's Well Visit

Annual visit for female health and/or preventive pap smear. Proof of procedure required.

### \$50 Mammogram

Enrollees age 40 and over are eligible. Proof of procedure required. For those under 40, a physician letter is required stating medical necessity for preventive screening.

2025 Health Trust incentives and reimbursements must be earned between January 1 and December 31, 2025. Submissions are accepted from current Health Trust enrollees and their covered spouses through January 16, 2026. Enrollees whose Health Trust coverage terminates in 2025 must submit complete incentive and reimbursement requests no later than two weeks after their coverage termination date to be eligible for incentives/reimbursements in 2025. One submission is permitted per incentive/reimbursement per calendar year unless otherwise indicated above. Incentives and reimbursements totaling \$600 or more in a calendar year shall result in a Form-1099 being mailed to the member. Proof of procedure is most easily obtained as an Aetna Explanation of Benefits (EOB), available by logging in to [www.aetna.com](http://www.aetna.com). Please allow up to 6-8 weeks for processing. For more information on programming and eligibility, please visit the "Wellness Programs" webpage under "Member Resources" at [www.dvtrusts.com](http://www.dvtrusts.com).

## Reimbursements

### Up to \$300 Gym Membership

Exercises classes, personal training, digital exercise programs, online activity apps, and traditional fitness facilities qualify. Up to \$75 reimbursement for each quarter of the calendar year (i.e. Jan to Mar, Apr to June, July to Sep, and Oct to Dec) in which at least 12 workouts are completed. One submission per calendar year with proof of payment and workouts to receive reimbursement.

### Up to \$200 Race Event Registration

Multiple submissions accepted per year. Proof of payment and registration required. Maximum annual reimbursement \$200.

### Up to \$200 WW (formerly Weight Watchers)

In-person or online WW programs. Proof of payment and participation (at least 3 touchpoints per month) 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 16, 2026 to:**

Email: [wellness@dvtrusts.com](mailto:wellness@dvtrusts.com)

Fax: (267) 803-5796

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



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# HEALTH TRUST RESOURCES

Log on to [www.dvtrusts.com](http://www.dvtrusts.com) and click “Member Resources” for information about programs and services available to Delaware Valley Health Trust enrollees.

## Employee Assistance Program (EAP)

The EAP is a voluntary program that provides Health Trust enrollees and their spouses, dependent children, parents, and parents-in-law with free, short-term counseling services (up to five free visits). EAP counselors can also work with your Aetna medical plan to refer you for additional treatment if longer term counseling is needed. Contacting the EAP is confidential and easy to do:

- Call (877) 240-6863 for confidential 24/7 access 365 days per year, or
- Download the Health Advocate app through the app store by searching “Health Advocate”. Enter “Delaware Valley Trusts” as your organization, or
- Log onto [www.healthadvocate.com](http://www.healthadvocate.com), enter “Delaware Valley Trusts” as your organization, then click “MyHelp” to connect with a counselor by text, chat or video anytime, anywhere.
- EAP specialists can also assist with supportive services for eldercare and childcare issues, financial and legal concerns, time management and relocation support.

More EAP resources can be found at [www.healthadvocate.com/members](http://www.healthadvocate.com/members). Enter “Delaware Valley Trusts” as your organization to access online resources including helpful links, monthly newsletters and free live and pre-recorded work/life balance webinars.

## Healthcare Bluebook

You can now earn bigger and better rewards with Healthcare Bluebook. As a Delaware Valley Health Trust enrollee, you and your covered dependents have access to Healthcare Bluebook. Every time you search for eligible procedures on the Healthcare Bluebook tool and pick a Fair Price (green) facility for your care, you can earn a cash reward. For more information, visit [healthcarebluebook.com/cc/dvht](http://healthcarebluebook.com/cc/dvht).

## 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 Health Trust Nurse Navigator at [nursenavigator@dvtrusts.com](mailto:nursenavigator@dvtrusts.com).

### QUESTIONS? Contact the Delaware Valley Health Trust

Wellness: (267) 803-5721  
[wellness@dvtrusts.com](mailto:wellness@dvtrusts.com)

Eligibility: (267) 803-5739  
[dmeikrantz@dvtrusts.com](mailto:dmeikrantz@dvtrusts.com)

Claims: [dvhtclaims@dvtrusts.com](mailto:dvhtclaims@dvtrusts.com)

