



BOARD OF DIRECTORS

SUSAN B. ANDERSON
JUDITH CASE
MIKE ENNIS
ALLEN ISHIDA
PHIL LARSON
DEBORAH POOCHIGIAN
PETE VANDER POEL

Meeting Location:
Tulare County Employee Retirement
Association Board Chambers
136 N. Akers Street
Visalia, CA 93291
November 9, 2012
9:00 AM

AGENDA DATE: November 9, 2012

ITEM NUMBER: 5d

SUBJECT: Receive and File Report on SJVIA Wellness Activities

REQUEST(S): That the Board Receive and File the Report on SJVIA Wellness Activities

DESCRIPTION:

At the April 30, 2012 Board meeting, your Board approved Staff's recommended wellness activities for 2012-13. Staff at both Fresno and Tulare County has continued to promote and plan wellness activities as part of this ongoing effort to promote healthy living.

1. Health & Wellness Fairs: The County of Tulare held their annual Health Fair and Open Enrollment Kickoff on September 27th with booths from many vendors from around the valley promoting well being and healthy living. Employees were given the opportunity to participate in flu shots at no cost and also to sign up for the mobile mammography to take place in November. The County of Fresno's Health & Wellness Fair took place on October 26th with information on healthy foods, exercise, disease awareness and prevention, free flu shots, blood pressure screening and much more.



AGENDA: San Joaquin Valley Insurance Authority

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2. Mobile Mammography: As approved by your Board on August 24, 2012, both counties will be offering free on site mammograms in the coming months. Pacific Coast Medical Services will be on location at the County of Tulare for 6 days in November and also at the County of Fresno for 6 days in December. This service will give SJVIA health plan participants the chance to access this valuable preventive care service at a convenient location and at no charge. The cost to the SJVIA is lower than what would normally be charged through Anthem Blue Cross as a standard claim. Overall results from the screenings will be shared with your Board at a future meeting. The cost of this effort is expected to be approximately \$39,900.
3. Onsite Biometric Health Screening: All three participating entities of the SJVIA are beginning the planning process for the Delta TeamCare screenings that will commence in January. Participants will be completing health risk assessments and having a full 35 panel blood test to identify any current or potential health risks. This will be the second year of the wellness program. A report providing year over year participation results and changes in health data will be presented to Board when the information becomes available throughout the 2013 plan year. The cost of these screenings at \$195 per participant is expected to be approximately \$175,000 with the hope of increased participation over last year.
4. Online Education: The County of Fresno has utilized resources available from Anthem Blue Cross and other health partners to create a monthly web page feature as part of the "KNOW" campaign. This effort has no direct cost besides the staff time expended creating the information. The attachment to this item summarizes KNOW campaign themes used in 2012 and available to member entities.

FISCAL IMPACT/FINANCING:

The estimated costs of the mammography and the biometric screenings at \$39,900 and \$175,000 respectively will be funded by the \$251,000 claims mitigation component of \$2.50 per employee per month included in the budgeted rates for plan years 2012 and 2013.

AGENDA: San Joaquin Valley Insurance Authority

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ADMINISTRATIVE SIGN-OFF:



Paul Nerland
SJVIA Manager



Jeffrey Cardell
Assistant SJVIA Manager

**BEFORE THE BOARD OF DIRECTORS
SAN JOAQUIN VALLEY INSURANCE
AUTHORITY**

IN THE MATTER OF Receive and File Report on SJVIA Wellness Activities

RESOLUTION NO. _____
AGREEMENT NO. _____

UPON MOTION OF DIRECTOR _____, SECONDED BY
DIRECTOR _____, THE FOLLOWING WAS ADOPTED BY
THE BOARD OF DIRECTORS, AT AN OFFICIAL MEETING HELD _____
_____, BY THE FOLLOWING VOTE:

AYES:
NOES:
ABSTAIN:
ABSENT:

ATTEST:

BY: _____

* * * * *

That the Board Received and Filed the Report on SJVIA Wellness Activities


AGENDA ITEM 5D ATTACHMENTS
WELLNESS ACTIVITY - THE “KNOW” ACRONYMN



1. **Knowledge**: Employees who know and use the information will be healthier and live longer. This includes regular check-ups and health screenings as recommended based on risk factors. Knowing your numbers, for example, could literally save your life (i.e. - blood pressure, cholesterol levels).
2. **Necessary Care**: Many employees know they have a medical condition but do not know how to appropriately manage it. For example, prescription utilization suggests that many employees do not refill maintenance medications as often as they should. This campaign will provide tools, education and resources to help employees get the necessary care at the right time.
3. **Opportunity**: This program will provide opportunities to learn more and participate in programs that benefit employees and the County. Stay tuned to learn about opportunities, resources and programs that you may not have known were available to you as an employee.
4. **Win/Win**: Healthy employees and families make this effort a win/win endeavor. Healthy employees are more productive and happier. Being proactive with your health contributes to saving money in the long-run for you and the County's health insurance program.

WELLNESS ACTIVITY
SUMMARY OF KNOW CAMPAIGN THEMES 2012

Fitness and Weight Management



What Every County Employee Should KNOW


KNOW  **Walking Works!**



KNOW  **Walking Works!**




Asthma & Allergy Awareness




What Every County Employee Should KNOW

Smoking Cessation




What Every County Employee Should KNOW

Childhood Obesity Awareness




What Every County Employee Should KNOW

Immunization Awareness




What Every County Employee Should KNOW


Breast Cancer Awareness



What Every County Employee Should KNOW

Diabetes Awareness



NATIONAL DIABETES MONTH 

What Every County Employee Should KNOW