

San Joaquin Valley Insurance Authority

BOARD OF DIRECTORS

SUSAN B. ANDERSON

JUDITH CASE

MIKE ENNIS

ALLEN ISHIDA

PHIL LARSON

DEBORAH POOCHIGIAN

PETE VANDER POEL

Meeting Location:
Fresno County Employee Retirement
Association Board Chambers
1111 H Street
Fresno, CA 93721
April 20, 2012
9:00 AM

AGENDA DATE: April 20, 2012

ITEM NUMBER: 12

SUBJECT: Approve the Recommended Action Plan for Wellness Activities

REQUEST(S): That the Board Approve the Recommended Action Plan for Wellness Activities

DESCRIPTION:

At the October 7, 2011 meeting, your Board approved a contract with Delta TeamCare to perform wellness evaluations and provide other services to heighten SJVIA health plan participants' aware of the importance of healthy living. The results in the aggregate reporting of the evaluations that took place earlier in the year show that there is significant opportunity for SJVIA to promote preventive care and healthy and more active lifestyles.

The Anthem Blue Cross 360 Health Program and the Delta TeamCare Wellness plan have many options for the members of the SJVIA, and entities can choose to offer activities as many or as few as desired. Both Counties have reviewed the reporting results both for the SJVIA and for their respective population along with the offerings from both vendors and have developed a calendar of activities that would benefit their employees.

Wellness centered activities, whether a walking program with pedometers, or a seminar taught by a health professional, have shown to impact not only employee health, but also morale and attendance. A walking program is the first activity that will be kicked off in the near future. As part of the program, participants will be given a pedometer supplied by Anthem Blue Cross and Delta TeamCare. Staff from both counties had developed a calendar to include the following topics of interest:

- Diabetes Awareness
- Smoking Cessation and COPD

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- Breast Cancer Awareness
- Mammography Screenings
- Prostate Cancer
- Heart Health
- Walking Programs
- Weight Management

FISCAL IMPACT/FINANCING:

All activities presented in the attached calendar are offered as a part of the budgeted costs for both the Anthem 360 Health Program and also the Delta TeamCare Wellness Program.

ADMINISTRATIVE SIGN-OFF:



Paul Nerland
SJVIA Manager



Jeffrey Cardell
SJVIA Assistant Manager

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

IN THE MATTER OF Approve the Recommended Action Plan for Wellness Activities for the remainder of 2012

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 APRIL 20, 2012 BY THE FOLLOWING VOTE:

AYES:
NOES:
ABSTAIN:
ABSENT:

ATTEST:

BY: _____

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That the Board Approved the Recommended Action Plan for Wellness Activities