



# SJVIA

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:  
Tulare County Employee Retirement  
Association Board Chambers  
136 N. Akers Street  
Visalia, CA 93291  
July 20, 2012  
9:00 AM

**AGENDA DATE:** July 20, 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. The kick-off for the wellness initiative for the SJVIA began with the health evaluations and biometric screenings performed on-site by Delta TeamCare. Staff for the SJVIA and the each County collaborated to follow the completion of the screenings with a walking challenge. The event took place from June 4<sup>th</sup> through June 8<sup>th</sup> and the Counties competed against each other in the categories of highest percentage of participation and highest average number of steps. Each participant in the program received a free pedometer to count the steps taken each day during the challenge and were also entered in to a drawing for prizes donated by SJVIA vendors. Participating employees tracked their steps each day during organized walks and also on an individual basis. Results were tracked daily utilizing an internet based survey engine and compiled at the end of the week to determine the winning results.

**AGENDA:** San Joaquin Valley Insurance Authority

**DATE:** July 20, 2012

The County of Fresno was the winner in the participation category with 16% of their employees taking part in the program. The County of Tulare, with 12% of their employees participating, won the highest average number of steps per day with 8,248.

An overview of the final results as well as photos of the walkers at both Counties can be found [here](#) or by visiting the following web page:

[http://www2.co.fresno.ca.us/1010/Wellness%20Page/SM\\_Final\\_Page.htm](http://www2.co.fresno.ca.us/1010/Wellness%20Page/SM_Final_Page.htm)

The materials used to promote the walking challenge are attached to this report for your review.

Though the walking challenge at both counties has ended, employees are encouraged to continue in their efforts toward a healthier lifestyle including exercise and a balanced diet.

As approved in the April Board meeting, wellness activities will continue throughout the year with seminars, campaigns and newsletters. July is designated as "Smoking Cessation" month and August will include the promotion of Immunization awareness.

**FISCAL IMPACT/FINANCING:**

None.

**ADMINISTRATIVE SIGN-OFF:**



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Paul Nerland  
SJVIA Manager



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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



*Walking Works!*



*June 4 - 8, 2012*

As part of the County of Fresno's "KNOW" wellness campaign, employees will be encouraged to voluntarily participate in "Walking Works!" during the first week of June! Walking is a gentle, low-impact exercise that can ease you into a higher level of fitness and health. Walking is a form of exercise accessible to just about everybody. It's safe, simple and doesn't require practice. The health benefits include helping to lower low-density lipoprotein (LDL) cholesterol ("bad" cholesterol), raise high density lipoprotein (HDL) cholesterol (the "good" cholesterol), lower blood pressure, reduce the risk of and manage type 2 diabetes, manage weight, improve mood and stay fit.

**Program Highlights:**



- Participation is voluntary but encouraged.
- Promote employees' walking June 4<sup>th</sup> through 8<sup>th</sup> and reporting steps daily.
- Walking can take place at home (morning/evening) or during the lunch hour.
- Anthem Blue Cross has donated 1,000 pedometers for the program.
- Participants will report how many steps they walked each day using [www.surveymonkey.com](http://www.surveymonkey.com).
- Competition between Departments and County of Fresno and Tulare
  - Percent of participation in Department/County
  - Average steps by Department/County

**Walking Works Department Liaison Responsibilities:**

- Participate in a WebEx conference call on May 16<sup>th</sup> at 9:00 a.m. (info to be provided).
- Distribute pedometers to employees who want to participate.
- Communicate any organized walks that may be taking place.
- Encourage voluntary participation and reporting of results through [www.surveymonkey.com](http://www.surveymonkey.com).
- Results will be reported daily as the week progresses.
- Remind employees of the importance of safety and hydration while walking in hot weather!



## FREQUENTLY ASKED QUESTIONS

### **1. What is the “Walking Works!” challenge?**

The “Walking Works!” challenge is a fun, friendly walking competition between County of Fresno departments and the County of Fresno and Tulare. The challenge is a great opportunity to increase (or maintain) your physical activity and find support and motivation from your co-workers while doing so. Participation is voluntary and the competition will go from **June 4 through June 8**.

### **2. How do I sign up?**

Contact your department liaison (the person who sent you this FAQ sheet) or Employee Benefits (600-1810) before June 4<sup>th</sup> to receive a free pedometer.

### **3. What resources will I receive for participating in the “Walking Works!” challenge?**

Participants will receive a FREE pedometer (while supplies last) to keep track of their steps.

### **4. How do I report my steps?**

Participants will be sent an email containing a link to an online survey each day of the competition where they will report their steps. The survey is short and very simple to complete.

### **5. I forgot to report my steps one day, what do I do?**

The online survey will allow participants to add steps for each day of the challenge. If you forget to report your steps for a day, simply enter them the next time you go online to complete the survey. All steps must be reported by noon on Monday, June 11<sup>th</sup> to be included in the final results.

### **6. I have never used a pedometer, do you have any tips?**

Remember to wear the pedometer each day of the challenge to track your steps. To keep track of the pedometer, store it in the same place each night and fasten it to your clothing first thing each morning. Clip the pedometer to your clothing at the hip. Do not hook it on the front or back of your pants, on your shoe or inside your pockets as this will provide an inaccurate reading. Pedometers that are crooked, tilted or worn in the wrong direction will provide inaccurate results.

### **7. I lost my pedometer, what should I do?**

Contact your department liaison and ask if there are any replacements available.

### **8. I participate in activities other than walking; do I have to remove my pedometer?**

No, you may wear your pedometer all day long. Although we do not offer resources to convert other physical activities (e.g. running, biking, dancing, etc.) to steps walked, the goal of this challenge is to increase your physical activity. Therefore, we encourage you to wear your pedometer as you move throughout the day, and watch those steps add up!

### **9. Are there any resources available to help me live healthier?**

Delta TeamCare, the County’s health & wellness vendor, offers free health coaching. If interested, please contact Delta TeamCare at (866) 724-0032 or email [teamcare@delapro.com](mailto:teamcare@delapro.com).



June 4 - 8, 2012

- It's easy and fun!
- Get a FREE Pedometer!
- Help our department win!
- Help the County of Fresno win!
- Start walking and report daily!
- Drink plenty of water!
- Contact your department liaison today!





# KNOW

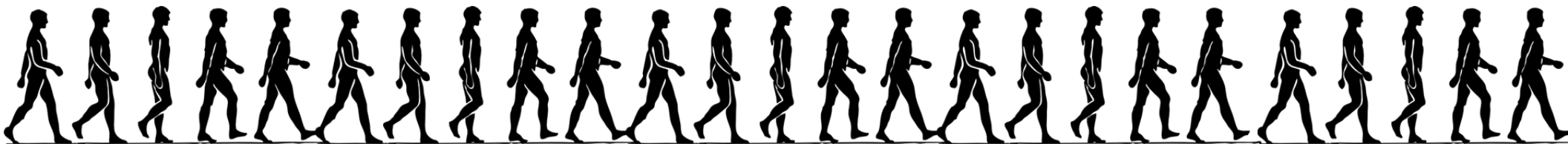


*Walking Works!*



## JUNE 4 - 8, 2012

- It's easy and fun!
- Get a FREE Pedometer!
- Help our department win!
- Help the County of Fresno win!
- Start walking and report daily!



**KNOW**



**W**

*walking works!*



**JUNE 4 - 8, 2012**

- It's easy and fun!
- Get a FREE Pedometer!
- Help our department win!
- Help the County of Fresno win!
- Start walking and report daily!
- Contact \_\_\_\_\_ to participate!

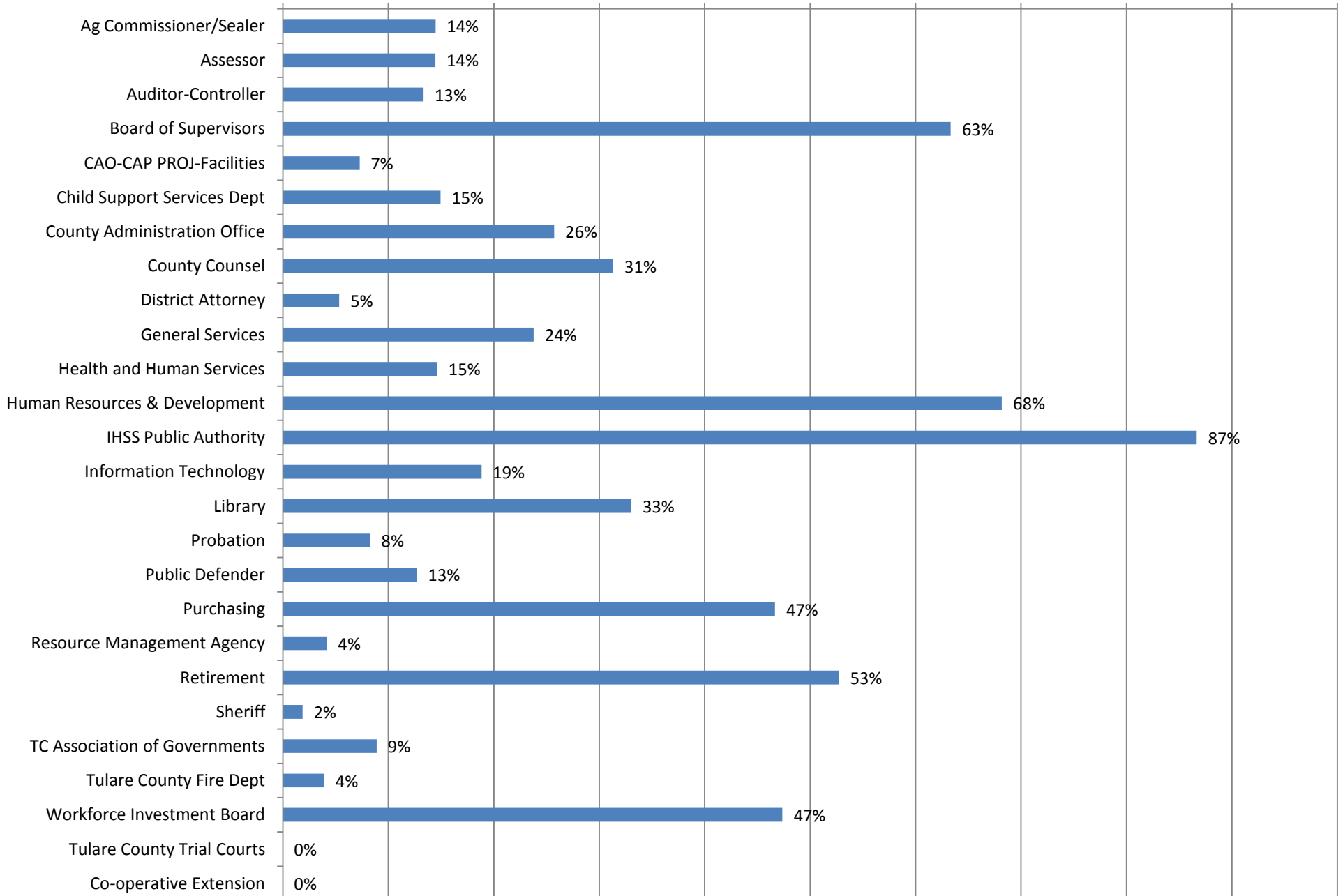




# County of Tulare

## Walking Works! - Department Participation

0% 10% 20% 30% 40% 50% 60% 70% 80% 90% 100%





# Walking Works! Challenge



## Thanks to everyone who participated in the Walking Works! Challenge!

We hope you enjoyed the friendly competition and the health benefits regular physical activity offers.

**Congratulations!**

County of Tulare for the most avg. **steps**; and County of Fresno for the most avg. **participation**.

**A special recognition:**

<u>Steps Walked</u>	(Avg.)	<u>Participation</u>	
– Tulare County Fire	17,095	– IHSS Public Authority	87%
– Retirement	14,057	– HR&D	66%
– Public Defender	12,529	– Board of Supervisors	63%
– Sheriff	10,582	– Retirement	53%
– RMA	10,163	– WIB	45%

