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**Meeting Location:
Fresno County Employees' Retirement
Association Board Chambers
1111 H Street
Fresno, CA 93721
February 6, 2015 9:00 AM**

AGENDA DATE: February 6, 2015

ITEM NUMBER: 10

SUBJECT: Report on Wellness Activities Planned for 2015 (I)

REQUEST(S): That the Board receive and file the report on wellness activities planned for the 2015 plan year

DESCRIPTION:

In 2012 the SJVIA contracted with Delta TeamCare to promote wellness and awareness of healthy lifestyles, provide ongoing resources and periodic physical challenges/activities. Last year, an RFP was performed to select a vendor to provide the SJVIA with a comprehensive and streamlined wellness program for all participating entities. Viverae was selected as the vendor most aligned and well suited to meet the needs of the SJVIA. Staff and the GBS team have been working with Viverae through weekly conference calls to implement and launch the 2015 wellness program.

SJVIA health plan participants have begun receiving information about how to register for the wellness program, participate in the annual screenings, and access resources and coaching from Viverae. A sample trifold communication piece is included with this item for your information. All employees of participating SJVIA entities that are enrolled as a primary subscriber in one of the health plans (Anthem Blue Cross, Blue Shield, and Kaiser) are eligible to participate.

The new wellness program with Viverae officially launched January 1 and onsite biometric health screenings are scheduled for February through early April at many locations throughout the central valley. All those that participate in these screenings and complete an online Member Health Assessment will receive a \$50 incentive.

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The success and impact of a wellness program is greatly dependent on employee engagement. In addition to the previously mentioned \$50 incentive approved by your Board at the November 7, 2014 meeting, participants may earn points towards an additional \$50 incentive by engaging in activities throughout the year. Points are earned by participating in the screenings and/or challenges, taking online courses, disease management, and engaging with a health coach. A one page overview of the program requirements and how points can be earned is included with this item. The intent of the incentives for 2015 is to increase participation in the wellness program which would have a greater impact on the overall health of the SJVIA and help to control claims costs in the future.

In addition to the biometric screenings, there will be four challenges offered throughout the year. They are:

- 1) Be Active – February/March
 - Four-week challenge designed to encourage lifestyle activity habits such as taking the stairs instead of the elevator, parking farther away than normal, or engaging in 30 minutes of physical activity every day
- 2) Step Ahead – April/May
 - Four week challenge designed to increase the number of steps taken each day. Participants earn points for tracking their daily steps
- 3) 15 for Me – June/July
 - Four week challenge designed to encourage taking 15 minutes each day to engage in healthy stress management activities. Participants award themselves one point for each day they spend at least 15 minutes performing stress management activities such as meditation, massage, journaling, yoga, etc.
- 4) Weigh 2 Win – September/October
 - Twelve-week challenge designed to encourage safe, long-term weight management. Participants earn one point for reporting a weekly weigh-in and an additional one point if they maintain or lose weight during the week.

Participants can also create and engage in peer challenges with other participants, such as number of steps taken per day, weight loss, water consumption, fruits and veggies consumption, or cardio. The peer challenges have a maximum of 20 participants and can be initiated by anyone participating in the wellness plan at any time.

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In past years, the SJVIA has also offered onsite mammography screenings during the fall season through Pacific Coast Medical Services. This activity is scheduled to be held this month at various locations, and information will soon be provided to plan participants.

Lastly, monthly focus topics are offered internally by each SJVIA entity if so desired, and resources are available through Viverae.

Participants also have access to a personal online portal to help track their progress, gain access to resources on a wide range of wellness topics, and engage with health coaches.

Staff is very excited about the new program with Viverae and the activities planned for 2015. The new partnership with Viverae provides participants in the SJVIA health plans with access to a very broad range of activities and information to promote well-being and a healthier lifestyle.

FISCAL IMPACT/FINANCING:

Informational only.

ADMINISTRATIVE SIGN-OFF:



Rhonda Sjostrom
SJVIA Manager



Paul Nerland
SJVIA Assistant Manager