

**Meeting Location:
Tulare County Employees' Retirement
Association Board Chambers
136 N Akers St
Visalia, CA 93291
April 10, 2015 9:00 AM**

AGENDA DATE: April 10, 2015

ITEM NUMBER: 8

SUBJECT: Report on Wellness and Prevention Activities

REQUEST(S): That the Board receive and file the report on recent and upcoming wellness activities

DESCRIPTION:

At the February 6, 2015 Board Meeting staff brought a report on wellness activities planned for the 2015 plan year. These activities were scheduled in conjunction with Viverae, the SJVIA's wellness partner starting in January, 2015.

The biometric screening activities are in process through the end of April at many locations and are accessible to all employees enrolled in SJVIA health plans. As of March 31st there were 723 individuals that completed both the health assessment and the screening. Screenings have been offered on site across many locations and participants also have the option of having their screening conducted at any LabCorp location. There is a \$50 incentive for employees to participate in the screenings, which will be issued after the completion of the events at the end of April.

In addition to the screenings, mobile mammograms were conducted at the County of Tulare in February and March and are scheduled for April 6th through the 10th at County of Fresno locations. The County of Tulare screenings held in late February resulted in 190 participating. Of the mammograms performed 164 were considered routine; there were 26 that were flagged as abnormal and follow-up was recommended.

AGENDA: San Joaquin Valley Insurance Authority

DATE: April 10, 2015

The annual Walking Works challenge is going to be held the week of May 11th and is in the planning stages. In addition, employees will have the opportunity to participate in the Step Ahead challenge by signing up through the website. Step Ahead is a four-week challenge designed to increase the number of steps taken each day. Participants track the total number of steps they take each day on Viverae's website. The goal is to take 100,000 steps by the end of the challenge.

Activities and Challenges reviewed at the last meeting have not changed and will proceed through the year.

FISCAL IMPACT/FINANCING:

No impact.

ADMINISTRATIVE SIGN-OFF:



Rhonda Sjostrom
SJVIA Manager



Paul Nerland
SJVIA Assistant Manager