



BOARD OF DIRECTORS

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**Meeting Location:
Fresno County Employees' Retirement
Association Board Chambers
1111 H Street
Fresno, CA 93721
July 17, 2015 9:00 AM**

AGENDA DATE: July 17, 2015

ITEM NUMBER: 12

SUBJECT: Report on Wellness Program (I)

REQUEST(S): That the Board receive and file the report on wellness activities and overall program performance.

DESCRIPTION:

As approved by your Board, the SJVIA entered into an agreement with Viverae, Inc. to provide wellness, disease management, and coaching services to the SJVIA. The annual biometric screenings took place earlier this year in February, March, and April allowing SJVIA plan participants the opportunity to earn a \$50 incentive. To qualify for the incentive, members must have completed an online health assessment and the health screening either onsite or at a lab facility. A total of 1,456 members completed both the screening and the assessment and earned the \$50 incentive.

In early May, the SJVIA again sponsored the annual Walking Works Challenge. This activity was open to all member entities of the SJVIA and trophies were awarded for highest participation and highest average steps in multiple divisions. The entities were divided into groups with other similarly sized entities with the results as follows:

AGENDA: San Joaquin Valley Insurance Authority

DATE: July 17, 2015

Group 1

County of Fresno	8634	25%
County of Tulare	8734	24%

Congratulations to the County of Fresno for achieving the highest participation percentage, and congratulations to the County of Tulare for achieving the highest number of average steps in Group 1!

Group 2

ENTITY	Avg. Steps	% Participation
City of Ceres	9124	57%
City of Clovis	6809	15%
City of Hanford	9898	31%
City of Modesto	12802	9%
City of Reedley	8268	58%
City of Sanger	6728	20%
City of Tulare	7587	46%
San Joaquin VAPCD	7934	48%

Congratulations to the City of Reedley for achieving the highest participation percentage, and congratulations to the City of Modesto for achieving the highest number of average steps in Group 2!

Group 3

City of Farmersville	7992	37%
City of Gustine	4495	33%
City of Hughson	0	0%
City of Oakdale	6484	79%
City of Riverbank	6850	39%
City of San Joaquin	14417	59%
City of Wasco	9751	51%
Kings Superior Court	4825	41%

Congratulations to the City of Oakdale for achieving the highest participation percentage, and congratulations to the City of San Joaquin for achieving the highest number of average steps in Group 3!

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Staff will provide additional information through a verbal report during the Board meeting regarding challenges and proposed strategies in the wellness program.

Other activities are planned for the remainder of the year including:

- 15 for Me – encourages members to take 15 minutes every day to relieve stress. This challenge is ongoing during the month of July.
- Weigh 2 Win – encourages healthy weight loss and will run during the fourth quarter.
- Onsite Mammograms – to be scheduled later this year

FISCAL IMPACT/FINANCING:

None at this time.

ADMINISTRATIVE SIGN-OFF:



Rhonda Sjostrom



Paul Nerland