SJVIA
San Joaquin Valley Insurance Authority

Meeting Location:
Tulare County Employees' Retirement
Association Board Chambers
136 N Akers St
Visalia, CA 93291
April 29, 2016 10:00 AM

AGENDA DATE: April 29, 2016

ITEM NUMBER: Item 14

SUBJECT: Report on Wellness and Prevention Activities (I)

REQUEST(S):   That the Board Receive and File the Report on Recent and Upcoming Wellness Activities

DESCRIPTION:

The annual SJVIA Walking Works challenge is scheduled to be held the week of May 9th and is in the planning stages. A kick off call with all of the participating entities was held on April 8, 2016. A total of 23 SJVIA entities will be participating in the challenge this year with a targeted participation of over 7,000 employees. In 2015, approximately 3,422 employees participated in the challenge. Employees will receive a free pedometer to track their steps. Anthem Blue Cross again donated 7,500 pedometers and over 117 prizes to be awarded to participants through a raffle. The prizes consist of Fit Bits, gift cards to Dick's Sporting Goods Store, Foot Locker, and Subway. Other prizes were donated by SJVIA vendors and will be distributed to all of the participating entities.

Mobile mammography screenings were conducted at the County of Tulare and the County of Fresno in March and April respectively. The County of Tulare screenings resulted in 179 participants with 166 of those considered normal and 13 screenings flagged as abnormal and follow-up was recommended. The County of Fresno screenings resulted in 168 participants. The final outcome report is not yet available. Overall, there was a decrease of screenings performed in comparison to 2015; County of Tulare had 190 and County of Fresno had 168. Nevertheless, this is still an important cause and a preventive measure for early detection. The cost of an onsite mammography screening is $95 versus the average of $300 if performed by a healthcare provider.

As approved by your Board at the November 7, 2014 meeting, SJVIA health plan members were eligible to earn incentives by engaging in the SJVIA wellness program. A $50 incentive was paid to members that participated in the onsite

biometric health screenings and completed the online Member Health Assessment. This incentive was paid in June and July 2015. In addition to the previously mentioned $50 incentive, SJVIA members were eligible for an additional $50 incentive for engaging in wellness activities throughout the year and reaching 200 points by December 31, 2015. Points were earned by participating in health screenings, Employer Challenges, Online Courses, Webinars, and Health Questionnaires, Healthy Events like the Health Fair or Weight Watchers, and many more. Members were required to login to the Viverae (former SJVIA wellness vendor) Employee Portal to record their activities and earn the points. Earlier this year, a total of 642 members received a $50 incentive for reaching 200 points in 2015.

Lastly, the County of Tulare implemented a two-year wellness pilot program in 2014 and 2015. The pilot program included an incentive for participating in biometric screenings and improving health results in a period of 12-months. The incentive for 2015 is dependent on the results of the biometric screening that should have taken place in early 2016. As of this date, biometric screenings have not been scheduled and thus affecting the final payout for the County of Tulare's two-year pilot program. If SJVIA will not be sponsoring onsite biometric screenings, then Tulare County members will be directed to have screenings performed by their regular primary care physicians and costs will be processed through the SJVIA health claims. Staff will be looking for direction from your Board on the wellness program going forward.

FISCAL IMPACT/FINANCING:

None.

ADMINISTRATIVE SIGN-OFF:

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Rhonda Sjostrom   Paul Nerland
SJVIA Manager   SJVIA Assistant Manager