



**SJVIA**

**2018 Conceptual Wellness Program and Budget**

**Presented: May 4, 2018**

**SJVIA Wellness Program – 2018 (Conceptual)**

<b>Program Components</b>	<b>Details</b>	<b>Timeframe</b>	<b>Participation Incentive</b>
<b>Mobile Mammography Screening</b>	<ul style="list-style-type: none"> <li>Mobile Mammography Screenings offered through LSI at select locations in Fresno and Tulare Counties.</li> </ul>	COF: Feb-Mar 2018, Sep-Oct 2018 COT: Sep 27 & Nov 2018	<ul style="list-style-type: none"> <li>No incentive provided.</li> </ul>
<b>Walking Challenge</b>	<ul style="list-style-type: none"> <li>Online walking challenge administration through Survey Monkey.</li> </ul>	April 23-27, 2018	<ul style="list-style-type: none"> <li>Participants who successfully log their steps each day during the challenge will qualify for a drawing (prizes donated by vendors and 2017 gift cards).</li> </ul>
<b>Biometric Screening</b>	<ul style="list-style-type: none"> <li>Onsite screening for blood pressure, BMI, blood lipids, and blood glucose.</li> </ul>	COT: May 2018 COF: Sept-Oct. 2018	<ul style="list-style-type: none"> <li>All SJVIA Members who complete a biometric screening will receive a \$25 gift card.</li> </ul>
<b>Finding Balance Program</b>	<ul style="list-style-type: none"> <li>Kaiser Permanente 8-week stress management email campaign program.</li> </ul>	June-July 2018	<ul style="list-style-type: none"> <li>SJVIA Members who successfully complete the end-of-program survey will qualify for a prize drawing. (Prizes to include Fitbits, gym bags, bikes.)</li> </ul>
<b>Health Fairs</b>	<ul style="list-style-type: none"> <li>2 massage chairs for COT and COF</li> </ul>	COT Sep 27, 2018 COF Oct 2018	<ul style="list-style-type: none"> <li>Anthem would pay for the massage chairs for both Counties out of the wellness fund. \$1,500 per chair/massage therapist x 4 = \$6,000</li> </ul>
<b>Wellness Challenge</b>	<ul style="list-style-type: none"> <li>Wellness Challenge focusing on a SJVIA health area of need. Health area options: exercise, healthy eating, stress.</li> </ul>	Sept.-Oct. 2018	<ul style="list-style-type: none"> <li>Participants who successfully complete the challenge will qualify for a drawing. (Prizes to include Fitbits, gym bags, bikes.)</li> </ul>
<b>Healthy Pregnancy Program</b>	<ul style="list-style-type: none"> <li>Anthem Future Moms: risk assessment, education and support to reduce the risk of pregnancy complications, particularly pre-term labor.</li> <li>Kaiser Healthy Pregnancy Program website features articles, videos, checklists, and other resources. Healthy pregnancy classes available onsite at Kaiser locations.</li> </ul>	Ongoing	<ul style="list-style-type: none"> <li>SJVIA Members who successfully complete the program will receive a car seat.</li> </ul>
<b>LiveHealth Online Kiosks</b>	<ul style="list-style-type: none"> <li>LiveHealth Online uses two-way video to connect SJVIA Anthem members with U.S. Board Certified Doctors.</li> </ul>	Ongoing	<ul style="list-style-type: none"> <li>No incentive provided.</li> </ul>

**SJVIA Wellness Program Budget – 2018**

<b>Eligible Employees: 9,000</b>	<b>Wellness Program Budget: \$138,000</b>
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**Estimated Costs for Wellness Program: 1/1/18-12/31/18**

<b>Services</b>	<b>Estimated Costs</b>
Mobile Mammography Screenings	\$159 per exam (Paid through claims.)
Walking Challenge (administered through Survey Monkey)	No Cost
Walking Challenge Incentives (Fitbit's, Sunglasses, Bikes, Bluetooth Speakers, and more)	No Cost
Biometric Screenings (total cholesterol, HDL, glucose, blood pressure, height, weight, BMI, and body fat percentage -no fasting required) (\$49PP x 1300 participants – COT: 600, COF 700)	\$63,700
Biometric Screening Incentive (\$25 gift card x 1300 participants – COT: 600, COF 700)	\$32,500
Finding Balance Program	No Cost
Finding Balance Program Incentives (Drawing to include Fitbits, gym bags, bikes)	\$2,000
Health Fair Chair Massages (2 massage chairs for COT and COF: \$1,500 per chair/massage therapist x 4)	\$6,000
Fall Wellness Challenge	\$4,000
Fall Wellness Challenge Incentives (Drawing to include Fitbits, gym bags, bikes)	\$2,000
Anthem's Future Moms Program (.21 PCPM x 9,647 contracts x 12)	\$24,310.44
Healthy Pregnancy Program Incentives (Car Seats)	\$3,000
LHO Kiosks	Purchased with 2017 funds
<b>Total Estimated Cost</b>	<b>\$137,510.44</b>