



## SJVIA Wellness Activities Update – July 20, 2018 Board Meeting

- **Biometric Screenings:** County of Tulare administered their 2018 Biometric Screening Campaign in May. A total of 456 employees completed a screening provided by Elite Medical Services and received a \$25 gift card. Once the biometric screening aggregate report is received, it will be provided to the SJVIA Wellness Subcommittee for review.
- **Discount on Gym Memberships:** SJVIA reached an agreement for discounts on gym memberships at Planet Fitness (9 locations). All employees and retirees have access to the reduced rates (enrollment fee \$5, \$10 monthly membership fee). Marketing pieces have been distributed at both County of Fresno and County of Tulare regarding these discounts.
- **Finding Balance Program:** County of Fresno launched Kaiser's 8-week stress-focused program on June 18. During the challenge, participants receive a Finding Balance Workbook, Stress Journal, and weekly emails promoting different stress-relieving techniques. All participants who complete the end-of-program survey are entered into a drawing for prizes. County of Tulare is tentatively scheduled to launch Finding Balance in December.
- **Healthy Pregnancy Program:** SJVIA Members who are pregnant will be directed to resources available through their medical carriers to receive the support they need to reduce their risk of pregnancy complications. Anthem members will have access to the Anthem Future Moms Program, consisting of a risk assessment, education, and support provided telephonically from different Anthem healthcare specialists. Kaiser members will have access to the Kaiser Healthy Pregnancy Program, consisting of 7-10 prenatal visits. During the visits, expected mothers will have their risk level assessed. Higher risk pregnancies will receive an advanced level of care from Kaiser healthcare specialists. SJVIA expectant mothers who complete either of these Healthy Pregnancy Programs will qualify for an incentive (TBD).
- **Mobile Mammography Screenings:** County of Tulare has secured screening dates for fall, which are as follows: September 27, November 5, 6, 7, 8, 13, 14.
- **Open Enrollment Support:** County of Fresno and County of Tulare will host health fairs during Open Enrollment. During the events, a member of the KeenanWell team can be on-site providing blood pressure, BMI, and body fat testing and promoting the SJVIA Wellness Program.