



BOARD OF DIRECTORS

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**Meeting Location:
Fresno County Employees' Retirement
Association Board Chambers
1111 H Street
Fresno, CA 93721
April 25, 2014 9:00 AM**

AGENDA DATE: April 25, 2014

ITEM NUMBER: 9

SUBJECT: Receive and File Report on the Upcoming Wellness Activity

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

DESCRIPTION:

For the last two years, the SJVIA has sponsored a "Walking Works" challenge for employees of SJVIA member entities as part of the wellness program. Historically, pedometers have been sponsored by Anthem Blue Cross, Health Now Administrative Services, and Delta TeamCare. Also, prizes for walking challenge participants were donated by all SJVIA vendors and included bikes, Fitbits, giftcards, etc. The walking challenge has been very successful and well received in past and is planned for the week of May 5th – 9th. SJVIA staff and Gallagher Benefit Services have been working with Anthem, Delta TeamCare, and other vendors to secure sponsorship for this year's event including pedometers, tote bags, water bottles, and prizes.

Communications have been sent out to all SJVIA participating entities announcing the program and encouraging participation. A copy of the initial notification sent out is attached to this item. Each entity is encouraged to delegate a "wellness champion" to assist other employees in the process. Each employee will report their daily walking results for the challenge on the website. Results will be tracked online and there are contests for highest percentage of participation by entity/department, most average steps per day by entity, and a virtual "Walk to the Top" China peak challenge. A special prize will be given to the first 5 people that make it to the top.

AGENDA: San Joaquin Valley Insurance Authority

DATE: April 25, 2014

The 2014 walking challenge is being funded by wellness funds available through Anthem Blue Cross. There will be more wellness targeted events as the year goes on and staff will update your Board in future meetings.

FISCAL IMPACT/FINANCING:

None.

ADMINISTRATIVE SIGN-OFF:



Paul Nerland
SJVIA Manager



Rhonda Sjostrom
SJVIA Assistant Manager

**BEFORE THE BOARD OF DIRECTORS
SAN JOAQUIN VALLEY INSURANCE
AUTHORITY**

IN THE MATTER OF Receive and File Report on the Upcoming Wellness Activity

RESOLUTION NO. _____
AGREEMENT NO. _____

UPON MOTION OF DIRECTOR _____, SECONDED BY
DIRECTOR _____, THE FOLLOWING WAS ADOPTED BY
THE BOARD OF DIRECTORS, AT AN OFFICIAL MEETING HELD _____
_____, BY THE FOLLOWING VOTE:

AYES:
NOES:
ABSTAIN:
ABSENT:

ATTEST:

BY: _____

* * * * *

That the Board received and filed the report on the upcoming wellness activity



May 5-9, 2014

As part of the SJVIA's Wellness Program, participants from across the valley will be encouraged to voluntarily take part in the SJVIA "Walking Works!" Challenge this May. Walking is a gentle, low-impact exercise that can ease you into a higher level of fitness and health and can be done by almost anyone! It's safe, simple and doesn't require practice. The health benefits include helping to lower low-density lipoprotein (LDL) cholesterol ("bad" cholesterol), raise high density lipoprotein (HDL) cholesterol (the "good" cholesterol), lower blood pressure, reduce the risk of and manage type 2 diabetes, manage weight, improve mood and stay fit.

To begin, each city will be asked to designate a Wellness Champion to be a liaison for the SJVIA during the challenge. Please encourage your employees to participate! Here's how to get started:

HOW CAN WE PARTICIPATE?

- Participation is voluntary but encouraged.
- Assign a "Wellness Champion" for your City to receive information and help employees
- Tracking Dates for the Challenge will be May 5-9 2014
- Raffle prizes will be awarded during the challenge to motivate participation
- Employees will track and report steps daily on a website (more information to come)
- Pedometers and goody bags will be provided to all employees participating
- Walking can take place at home, during breaks or lunch hour to count toward daily totals
- Competitions will be held between City and County entities. Your City will be paired against similar sized entities and reports will be provided to your wellness champion.
- Contests include:
 - Highest Percentage of participation by Department/County/City
 - Most Average steps per day by Department/County/City
 - "Walk to the Top" China Peak challenge: this will be a "virtual walk" up China Peak for anyone who would like to try it. A special prize will be given to the first 5 people to make it to the top!

"WALKING WORKS!" DEPARTMENT CHAMPION RESPONSIBILITIES:

- Distribute pedometers to employees who want to participate.
- Communicate any organized walks that may be taking place.
- Encourage voluntary participation and reporting of results.
- Remind employees of the importance of safety and hydration while walking in hot weather!
- Notify employee if she/he has won a prize!

