CONNECTING THE PIECES

HEALTHY COUNTY
BOOT CAMP

Jan. 31-Feb. 2, 2018 • Horseshoe Bay Resort, Horseshoe Bay
2018 Need to Know: Coordinator Orientation
Where to Start?

- What is Healthy County?
  - Vision
  - Strategy
- A Look at 2017
- 2018 Programs
- Communication
What is Healthy County?

Healthy County is a three-way partnership that includes:

• Employers investing in employee health by providing benefits programs and supporting wellness at the county

• TAC HEBP providing access to the best programs and resources; and

• Employees committing to a healthy lifestyle and making responsible health decisions.
Vision for TAC HEBP Wellness

In the beginning... and today

The vision for TAC wellness remains the same:

Take care of the county family

Together. Better. Stronger
Healthy County Strategies

1. Reduce chronic illness costs and eliminate the barriers to caring for chronic illnesses;
2. Identify and reduce preventable health risks among the employee population; and
Let’s Go Back... Waaay Back...
To 2017...

<table>
<thead>
<tr>
<th>Wellness Activity</th>
<th>Participation</th>
</tr>
</thead>
<tbody>
<tr>
<td>Challenges (completed/participated)</td>
<td>Spring Into Motion 3,903</td>
</tr>
<tr>
<td></td>
<td>Passport to Health 2,898</td>
</tr>
<tr>
<td></td>
<td>Colorful Choices 2,015</td>
</tr>
<tr>
<td></td>
<td>Health Trails 1,725</td>
</tr>
<tr>
<td>Healthy Lifestyle Rewards</td>
<td>1,626</td>
</tr>
<tr>
<td>Registered Portal Accounts</td>
<td>7,098</td>
</tr>
<tr>
<td>Weight Watchers</td>
<td>150 employees from 7 Counties</td>
</tr>
</tbody>
</table>

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# Prevalence of Chronic Conditions

<table>
<thead>
<tr>
<th>Chronic Conditions</th>
<th>Percentage</th>
</tr>
</thead>
<tbody>
<tr>
<td>High Blood Pressure</td>
<td>36%</td>
</tr>
<tr>
<td>High Cholesterol</td>
<td>34%</td>
</tr>
<tr>
<td>Diabetes</td>
<td>13%</td>
</tr>
<tr>
<td>Asthma</td>
<td>11%</td>
</tr>
<tr>
<td>Depression</td>
<td>8%</td>
</tr>
<tr>
<td>Coronary Artery Disease</td>
<td>6%</td>
</tr>
<tr>
<td>Chronic Obstructive Pulmonary Disease</td>
<td>3%</td>
</tr>
<tr>
<td>Kidney Disease</td>
<td>3%</td>
</tr>
<tr>
<td>Congestive Heart Failure</td>
<td>2%</td>
</tr>
</tbody>
</table>
# Prevalence of Preventive Screenings

<table>
<thead>
<tr>
<th>Preventive Care</th>
<th>Percentage of Members</th>
</tr>
</thead>
<tbody>
<tr>
<td>LDL Cholesterol Screening</td>
<td>91%</td>
</tr>
<tr>
<td>Cervical Cancer Screening</td>
<td>43%</td>
</tr>
<tr>
<td>Preventive Exams</td>
<td>23%</td>
</tr>
<tr>
<td>Breast Cancer Screening</td>
<td>20%</td>
</tr>
<tr>
<td>Colorectal Cancer Screening</td>
<td>20%</td>
</tr>
</tbody>
</table>

*Dates: 10/1/2016-9/30/2017*
Healthy County Programs and Resources

- Naturally Slim
- Medicine Match
- Healthy Byte
- Catapult
- Well onTarget
- Tobacco Cessation
- Physical Activity Program
- Weight Watchers
- Preventive Benefits
- Blue Access for Members
- 24-Hour Nurseline
- Condition Mngmnt (BCC)
- Airrosti
- BCBSTX Fitness Program
- Naturally Slim
- Medicine Match
- Healthy Byte
- Catapult
- Well onTarget
- Tobacco Cessation
- Physical Activity Program
- Weight Watchers
- Preventive Benefits
- Blue Access for Members
- 24-Hour Nurseline
- Condition Mngmnt (BCC)
- Airrosti
- BCBSTX Fitness Program
2018 Program Highlights

- Airrosti
- Catapult Screenings
- Employer Rewards
- Healthy County Portal & Challenges
- Healthy Lifestyle Rewards
- Naturally Slim
- Weight Watchers
• Outcome-based care
• Rapid recovery for common conditions and injuries
• Opportunities to help avoid surgeries, imaging, or other unnecessary care
• Is available to provide Onsite Injury Assessments and Workshops - AT NO COST TO THE MEMBER
• A provider of BCBSTX; billed as a claim like chiropractor and physical therapy visits
• 30-40 minute comprehensive health evaluation includes finger stick blood test, biometrics, and a personal health history.
  • **New for 2018**: Screening for Clinical Depression

• Screenings are **covered for employees at 100% for all groups** (no copay for non-grandfathered OR grandfathered groups).
2018 Employer Rewards

<table>
<thead>
<tr>
<th>Group Size</th>
<th>Maximum Available to Earn</th>
</tr>
</thead>
<tbody>
<tr>
<td>25 Lives or Less</td>
<td>$50 x Number of Employees who earn incentive</td>
</tr>
<tr>
<td>26-50 Lives</td>
<td>$3,000</td>
</tr>
<tr>
<td>51-99 Lives</td>
<td>$5,000</td>
</tr>
<tr>
<td>100-199 Lives</td>
<td>$7,000</td>
</tr>
<tr>
<td>200 Lives on More</td>
<td>$9,000</td>
</tr>
</tbody>
</table>

**Example:** County A has 100 employees. 20% of employees earn the $50 incentive, the county will earn 20% of $7,000. The county will receive a check for $1,400 for 2017 participation.
2017 Employer Rewards Earned

<table>
<thead>
<tr>
<th>Group Size</th>
<th>Highest Earning County</th>
</tr>
</thead>
<tbody>
<tr>
<td>25 Lives or Less</td>
<td>Burnet County Appraisal District</td>
</tr>
<tr>
<td>26-50 Lives</td>
<td>Hall County</td>
</tr>
<tr>
<td>51-99 Lives</td>
<td>Runnels County</td>
</tr>
<tr>
<td>100-199 Lives</td>
<td>Eastland County</td>
</tr>
<tr>
<td>200 Lives or More</td>
<td>Kerr County</td>
</tr>
</tbody>
</table>

Counties earned a total of **$62,319** Employer Reward dollars in 2017!
Healthy County *powered by Provant*

- **Portal:**
  - Access to all TAC HEBP member employees

- **Activity Trackers:**
  - All TAC HEBP member employees are eligible to receive a $30 subsidy through the storefront every 3 years
  - Two devices available at no cost to the employee
    - Fitbit Zip or Garmin Vivoki

- **Incentive Tracking:**
  - Counties who have elected to participate in a wellness incentive program have the option to track employee participation on the portal in addition to tracking annual challenges
2018 Healthy County Challenges

Feb. 12- Mar. 25
Apr. 23- Jun. 17
Jul. 16- Aug. 26
Oct. 1- Nov. 11
Healthy Lifestyle Rewards

• Employees who complete 3 out of the 4 challenges will earn the $50 Amazon Gift Card
  • If an employee is unable to meet the minimum requirements due to medical or disability reasons, please have the employee contact Provant’s Customer Service team

• Employees whose benefits are effective on or after April 9, 2018 must complete 2 challenges to earn the incentive
natura(y slim)

Finally...

You don't have to give up the foods you love to lose weight and keep it off.

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Program Details

• Application dates: March 5-19, 2018
• Program dates: April 2- June 10
• More details will be shared tomorrow!
- Participants must attend 80% of the meetings (at their worksite) to receive reimbursement:
  - 14 out of 17 meetings OR 10 out of 12 meetings
  - Maximum Reimbursement: **Once** per calendar year.
  - **Reminder:** WW Leader can no longer manage attendance log due to privacy concerns. Contact at the county must be responsible for attendance.
Communication is Key!

Monthly Program Update: sent to County’s Wellness Coordinator and Sponsor

Need-To-Know: Wellness Coordinator Resources

Register for the Healthy County Boot Camp Today!

Connecting the Pieces

Great workplace wellness programs are built with workplace culture in mind. Wellness programs raise employees up, helping them meet their individual potential and increasing the capabilities of the whole organization. Counties that embrace wellness, making it work for them, see increased employee productivity, improved morals and stronger workplace loyalty. The benefits employees gain translate into lower absenteeism rates, lower health care costs and fewer workers’ compensation claims.

This year’s conference theme is Connecting the Pieces. You will explore, engage and learn about different strategies and programs available to improve and support county employees’ lives, focusing on specific dimensions of health such as physical, social, emotional and environmental. Attendees will learn how each area of health affects total well-being and how they are interrelated.

Join your colleagues Jan. 31-Feb. 2 for Healthy County Boot Camp, where wellness industry experts and your peers will share powerful tips, strategies and resources you can use to help county employees lead healthier lives. You will also be one of the first to learn about an exciting new Healthy County program that will be launching in 2018!

Hotel Room Block Update: The Healthy County Boot Camp room block is sold out at the $155/night rate. However, don’t worry — the hotel is not sold out. Please email Amy Lawson with your contact information and check in/out dates to be added to the waitlist.

New this year! Class time has been extended and all attendees can be reimbursed for up to two nights at the hotel. Be sure to review the agenda prior to making your travel plans.
Communication is Key!

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