

# CONNECTING THE PIECES



## HEALTHY COUNTY BOOT CAMP



TEXAS ASSOCIATION OF COUNTIES  
HEALTH AND EMPLOYEE BENEFITS POOL

Jan. 31-Feb. 2, 2018 • Horseshoe Bay Resort, Horseshoe Bay

# 2018 Need to Know: Coordinator Orientation



BlueCross BlueShield of Texas



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# Where to Start?

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



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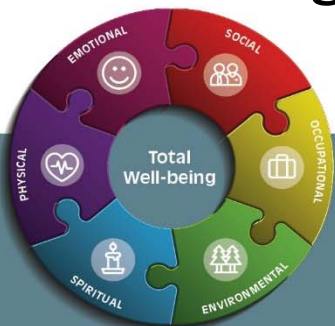


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# What is Healthy County?

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.



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Healthy  
County

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Better.  
Stronger.

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# 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**



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# 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
3. Keep healthy people healthy.



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# Let's Go Back... Waaay Back...



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To 2017... 😊

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



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# Prevalence of Chronic Conditions

Chronic Conditions	Percentage
<b>High Blood Pressure</b>	<b>36%</b>
<b>High Cholesterol</b>	<b>34%</b>
Diabetes	13%
Asthma	11%
Depression	8%
Coronary Artery Disease	6%
Chronic Obstructive Pulmonary Disease	3%
Kidney Disease	3%
Congestive Heart Failure	2%

# Prevalence of Preventive Screenings

Preventive Care	Percentage of Members
LDL Cholesterol Screening	91%
Cervical Cancer Screening	43%
Preventive Exams	23%
Breast Cancer Screening	20%
Colorectal Cancer Screening	20%

\*Dates: 10/1/2016-9/30/2017



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# Healthy County Programs and Resources



# 2018 Program Highlights

- Airrosti
- Catapult Screenings
- Employer Rewards
- Healthy County Portal & Challenges
- Healthy Lifestyle Rewards
- Naturally Slim
- Weight Watchers



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- 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



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- 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).



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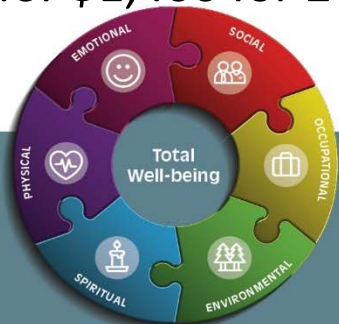


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# 2018 Employer Rewards

Group Size	Maximum Available to Earn
25 Lives or Less	\$50 x Number of Employees who earn incentive
26-50 Lives	\$3,000
51-99 Lives	\$5,000
100-199 Lives	\$7,000
200 Lives on More	\$9,000

**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.



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# 2017 Employer Rewards Earned

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

Counties earned a total of **\$62,319**  
Employer Reward dollars in 2017!



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# 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



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# 2018 Healthy County Challenges



Feb. 12- Mar. 25



Apr. 23- Jun. 17



Jul. 16- Aug. 26



Oct. 1- Nov. 11



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# 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



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natura)(y slim<sup>®</sup>

**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!



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**OPTION ONE**

**Weeks:** 12  
**Minimum Number of employees:** 15  
**Cost:** \$156.00  
**Reimbursement:** \$125  
**Payment Options:** credit/debit card, personal check, 3-part split payment or payroll deduction if offered by county

**OPTION TWO**

**Weeks:** 17  
**Minimum Number of employees:** 20  
**Cost:** \$186.00  
**Reimbursement:** \$150  
**Payment Options:** credit/debit card, personal check, 3-part split payment or payroll deduction if offered by county

- 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.



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# Communication is Key!

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



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## Healthy County

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December 19, 2017

The mission of Texas Association of Counties is to unite counties to achieve better solutions.

Connect with us:   

### Need-To-Know: Wellness Coordinator Resources

#### Register for the Healthy County Boot Camp Today! Connecting the Pieces

Great at-work 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 morale 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](mailto:amy.lawson@tacounty.org) 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.

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Subscribe at:  
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### HEALTHY BYTE

An e-newsletter from the Texas Association of Counties Health and Employee Benefits Pool

Volume 4, Issue 11  
November 17, 2017

**Health Trails Update!**



Since Oct. 9, our Texas counties have been participating in our final challenge of the year, Health Trails. Over 1,700 county employees are participating in Health Trails and, collectively, over 500,000 virtual miles have been trekked! With each step, our county employees are living healthier lives. Let's keep up the SUPERB work!

Although Health Trails will wrap up Nov. 19, that doesn't mean you can't continue your healthy habit journey. Stay active with the habits you've been practicing. And look for new ways to stay on the path toward lifelong health.

**Health Trails ends on Nov. 19.  
Backlog any missed days by Nov. 24.**

[read more](#)

**How to Redeem Your \$50 Amazon eGift Card**



Participants who complete three of four Healthy County challenges in 2017 will earn a \$50 Amazon eGift card! [see how](#)

**Bastrop County Health Fair**



Bastrop County held its third Employee Health Fair on May 31. The county was privileged to have many vendors participating...[read more](#)

- Healthy County Website
- Healthy County Portal
- Healthy County How-To Guide
- Weight Watchers
- Condition Management
- Medicine Match
- Tobacco Cessation
- MyBenefits.county.org
- TAC Homepage
- Contact Us!



# Let's Chat



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