



Center for Health

Wellness Update

2014 HealthFlex Mini-Summit



General Board

Pension and Health Benefits

Caring For Those Who Serve

Agenda

- Program Value and Impact—Highlights
 - Handout
- 2014 Program and Incentives Update
 - Wellness Points for Health Measures
 - WebMD Website Refresh
 - HealthQuotient (HQ) Refresh
- Virgin Pulse “Max” activity tracker
- Blueprint for Wellness (BFW) screenings

Wellness Incentives: 2014



Step 1—Blueprint for Wellness

\$100 for completion April 1-July 31



Step 2—HQ

Avoid \$250-\$500 higher deductible in 2015



Step 3—Take Action

Virgin Pulse HealthMiles: \$25 per quarterly target, \$50 bonus, Charitable “stretch” goal



Step 3—Take Action

\$150 HealthCash for earning 150 Wellness Points (WebMD)

- Coaching, EAP or Work/Life, My Health Assistant, success stories

2014 Incentives

NEW

Opportunity to earn Wellness Points by achieving **healthy** results in 2014 or **improvement** from 2013 results

NEW

No \$50 incentive for partial Wellness Points achievement (100-149 points)

Rewardable Results



Blood Pressure



Fasting Glucose



HDL Cholesterol



Triglycerides



Waist Circumference



Body Mass Index

Three measures out-of-range
or requiring medication
defines metabolic syndrome

Two ways to measure weight status,
to acknowledge different body types

Rewardable Results



Blood Pressure



Fasting Glucose



HDL Cholesterol



Triglycerides



Waist Circumference



Body Mass Index

15 points for each measure
in “healthy range” in 2014

If out of range:
15 points for each measure
improved in 2014 over 2013 BFW

2014 Points Opportunities

Health Measures

Blood Pressure

Fasting Glucose

HDL Cholesterol

Triglycerides

Waist Circumference

Body Mass Index

Up to 90 points

Participation Activities

VHM activity completion

WebMD coaching

Success stories

My Health Assistant

WebMD Health Topics

EAP or Work/Life Services

Up to 365 points

150 Points = \$150

Why Reward for Results?

Ultimate wellness goal: Improved health and vitality



- Industry trend for more accountability
- Points opportunities for healthy participants
- Rewards all types of healthy behaviors that lead to health improvement

Other Considerations

- Reasonable alternatives
 - If doctor gives different recommendation
 - If cannot reach healthy range or improve
 - Alternatives offered, i.e. coaching
- Privacy—No need to send any actual health measures results to General Board
- Any concerns that lab results or measures are inaccurate must be addressed with **Quest**

HealthFlex/WebMD Website

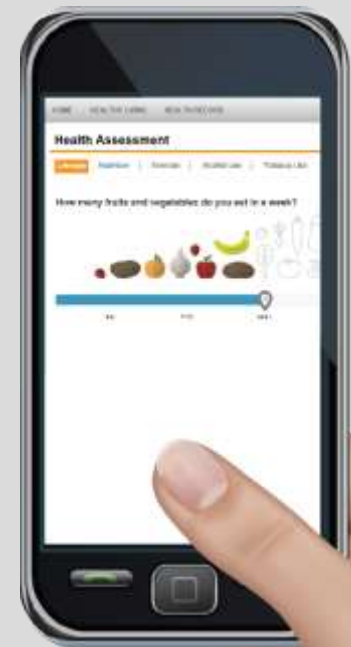
The screenshot displays the HealthFlex/WebMD website interface. At the top, a navigation bar includes links for Home, Message Center, Benefits, Videos, Health Topics, Health Tools, Wellness Success Stories, and Rewards. The main content area features a large background image of a person's legs running on a dirt path. Overlaid on this is a section titled "SHELLY's Action Plan" with the sub-header "Today would be a great day to...". Below this are three action items, each with a right-pointing arrow: "Schedule a call with your health coach", "Power up with breakfast", and "Get a good night's sleep".

Below the action plan, the page is divided into three columns:

- HealthFlex Vendor Links:** Lists various vendors with links, such as BlueCross BlueShield, Calumian Prescription Drug, and United Behavioral Health. A note at the bottom states: "denotes 'single sign on' and does not require further login."
- Details and FAQs:** Provides information on where to find more details about HealthFlex programs or benefits, listing links for "New! 2014 Incentives FAQ", "HealthFlex Benefits Identi Card FAQ", "Evoke Health FAQ", "Consumer Owned Health Plan FAQ", and "2013 Incentive FAQ".
- HQ Completion Status:** Shows the "WebMD HQ Last Completed Date: 10/10/2013". Below this are several buttons: "Join Virgin Pulse", "HealthFlex Plan Benefits", "HealthFlex Wellness Points: Earn Cash!", "Quest Diagnostics Blueprint for Wellness", and "Consumer Tools to Guide your Health Care Choices".

At the bottom left, there is a "Center for Health Videos" button with a play icon.

Streamlined HealthQuotient



Streamlined HealthQuotient

WebMD Health Manager™


HOME HEALTHY LIVING HEALTH RECORD HEALTH INFORMATION BENEFITS & COSTS CARE & MEDICATIONS

Health Assessment

Conditions | Conditions

Has a doctor ever diagnosed you with:

Asthma	<input type="radio"/> Yes	<input type="radio"/> No
Chronic obstructive pulmonary disease (COPD) or emphysema	<input type="radio"/> Yes	<input type="radio"/> No
Heart failure	<input type="radio"/> Yes	<input type="radio"/> No
Heart disease	<input type="radio"/> Yes	<input type="radio"/> No
Heart attack	<input type="radio"/> Yes	<input type="radio"/> No
Atrial fibrillation	<input type="radio"/> Yes	<input type="radio"/> No
High blood pressure	<input checked="" type="radio"/> Yes	<input type="radio"/> No
High cholesterol	<input type="radio"/> Yes	<input type="radio"/> No
Stroke	<input type="radio"/> Yes	<input type="radio"/> No



About You

Lifestyle

Well-being

Conditions

Lab Tests

Screenings

Wrap Up

Virgin Pulse Max Activity Tracker



New tracker—“Max”

- More information on the go
- Wireless upload to some mobile devices
- Water-resistant
- “Bump” challenge
- Available later this year

Blueprint for Wellness— Event Information

- Screening period: **April 1-July 31**
- 100% of plan sponsors offered on-site in 2013
- Return survey with desired event details
- Event shipments:
 - Screening supplies arrive at location 3-4 days prior
 - New! Clerical kits to lead examiner
- Optional refresher for on-site coordinators
- Staffing estimates based on 3-year history



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