

Health Benefits Committee



1

December 3, 2015

Agenda

- 9:00- 9:15 Announcements/Updates & Follow Ups, Jennifer Benford Seibert
 - Introduction of New Staff & Committee Members
 - Consultant Update
 - Next 2016 Meeting Dates:
 - January 21 (*note date change from 1/14*), March 24, April 28
 - Follow up: Q: How many are enrolled in Cash in lieu? A: 40
 - 9:15-9:20 Focus of Committee
- 9:20-9:50 A review of Peralta Health & Wellness Trends, CoreSource and Kaiser
 - CoreSource, Amanda Benson
 - Kaiser, Gina Hailey
- 9:50-10:00 Questions and Answers about findings and trends, all
 - Budget Review Actual V Projected,
- 10:00-10:20 Affordable Care Act –Review of Timeline, Jennifer Benford Seibert
- 10:00-10:30 Surveys, all
- 10:30-10:35 Next Newsletter Topics, Benefits Office

Announcements

- Introduction of New Staff
- Introduction/Confirmation of Committee Members
- Consultant Update
- Next Meeting Dates: January 21, March 24, April 28

Focus of Committee

Last discussed April 2015

Language reflected in the spirit of all three Collective Bargaining Agreements

The parties agree that a study committee shall be established to study manners and mechanism which will reduce the impact of health and welfare costs to the District. The study committee shall consist of representatives from PFT, SEIU Local 1021, IUOE Local 39, Confidential, Management and Retirees to review potential changes and/or modifications to health and welfare plans. The role of the Committee shall be limited to making recommendations to the unions and the District Focus of Committee

Language as proposed by Peralta Retirees Organization (PRO)

The PCCD Fringe Benefits Committee shall promote health and well-being as well as review possible manners and mechanisms to reduce the impact of health and welfare costs for all active employees, retirees, and the district without diminishing the quality and level of benefits. The committee shall consist of representatives from PFT, SEIU Local 1021, IUOE Local 39, management and retirees. Part of the members' responsibilities will also be to review potential changes and/or modifications to health and welfare plans, inform their constituents about these potential changes/modifications and report back to the Fringe Benefits Committee on behalf of their constituents. The role of the committee shall be limited to making recommendations to the groups represented on the committee.

Focus of the Committee

Language reflected in spirit of all three Collective Bargaining Agreements and incorporation of PRO Feedback:

*The parties agree that a **study** committee shall be established to study manners and mechanism which will reduce the impact of health and welfare costs to the District. The study committee shall consist of representatives from PFT, SEIU Local 1021, IUOE Local 39, Confidential, Management and Retirees to review potential changes and/or modifications to health and welfare plans.*

Part of the members' responsibilities will also be to review potential changes and/or modifications to health and welfare plans, inform their constituents about these potential changes/modifications and report back to the Fringe Benefits Committee on behalf of their constituents.

The role of the Committee shall be limited to making recommendations to the unions and the District.

Budget Review 2015-2016 Year-to-Date

6

Vendor Name	change over prior year 14-15	Amount 2015-2016	YTD Expenses	7/1/2015 thru	% of budget
MEDICAL					
Kaiser-Washington ⁽¹⁾	0	30,948	15,639.00	12/31/2015	51%
Kaiser-ATL ⁽¹⁾	0	17,861	8,930.40	12/31/2015	50%
Kaiser North	7.42	8,582,885	4,343,357.26	12/31/2015	51%
	-2.61	2,732,999	1,362,279.22	12/31/2015	50%
CoreSource Claims & RX	0	10,692,361	2,337,949.48	10/31/2015	22%
	0	7,824,429	1,538,258.23	10/31/2015	20%
CoreSource Administrativ	0	357,111	220,129.29	12/31/2015	62%
Wellpoint EAP	0	17,467	9,578.16	12/31/2015	55%
ING Stop/Loss ⁽²⁾	-21	894,570	521,100.22	11/30/2015	58%
		596,380			
DENTAL					
Pacific Union / UHDM	10%	28,745	12,831.79	11/30/2015	45%
ASIG	3.08	882,760	314,617.52	10/31/2015	36%
ASIG					
ASIG Administrative		50,718	18,317.04	10/31/2015	36%
LIFE/LTD					
ING Life ⁽²⁾	0	148,143			
		18,690			
ING LTD	0	8,097	51,259.68	12/31/2015	84%
MISCELLANEOUS					
Pension Dynamics 132/15	0	8,290	2,925.00	11/30/2015	35%
Admin Fees for 132/125/1	0	3,105	1,365.00	11/30/2015	44%
Pension Dynamics Medical	0	15,229	7,016.08	11/30/2015	46%
Medicare A & B	0	1,234,000	479,231.38	11/30/2015	39%
TOTAL		34,144,786.98	11,244,784.75		33%



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A Trustmark Company
PERSONAL. FLEXIBLE. TRUSTED.

YourCARE

A tailored health management program

-Peralta Community College District-



YourCARE solutions for employee health



HealthCenter

- Driving engagement, providing tools and resources
- Single sign-on from myCoreSource.com to HealthCenter
- Health assessments
- Health trackers
- Screening scheduler
- Incentive tracking system and more



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June 23, 2015

YourCARE HealthCenter CORESOURCE
A Truist Company
WELFARE, CLINICAL, TOOLS

Home
YourCare Program
Featured Programs
Health Resources
Healthy News
My Coach
My Health
My Workouts
My Assessments
Family Health Guide
Cool Tools
My Settings
Your Comments

tip...

WHERE IS THE SALT?
Did you know that most of the salt (sodium) we eat comes from processed foods, like baked goods, crackers and canned products? One way to reduce the salt in your diet is by eating more fresh foods, such as fruits and vegetables. Also, read food labels for sodium content. The American Heart Association recommends eating no more than 2,400 milligrams of sodium per day to help lower blood pressure. Since most people eat much more sodium than recommended, even reducing your daily sodium intake by 1,000 milligrams may be beneficial. Source: American Heart Association and American College of Cardiology

sign up to receive tips by email **GO**

health HOME

Welcome and thanks for visiting us. Use this site as your personal reference for the latest in health, fitness, and nutrition. Explore the site using the navigation on the left.

so **Health Coaching** **3 New Messages!**

Health Coaching Open a Focus Area

Add a Focus Area
[Click here to choose a Focus Area.](#)

Get Involved!

Follow these simple steps to participate in the YourCare wellness program.

1. Achieve better health...one step at a time. Take the [health risk assessment](#) today!
2. Learn more about [next steps](#) for program participation.
3. [Click here](#) to learn more about preventive care, including mammograms, colonoscopies and prostate exams, and treatment options for your chronic condition(s).
4. Learn how Self-Directed Coaching programs can help you manage your weight, eat healthier, be more active, deal with stress and/or quit smoking.

HEALTH RISK assessment

SELF-DIRECTED coaching

REWARDS!

Your Checklist

If checked ☒, activity is complete.

☒ Health Risk Assessment

☐ Health Coaching

☐ Goal Completion - 1

☐ Goal Completion - 2

☐ Goal Completion - 3

[Learn more](#) about the Rewards Program.

Check this out!

Want to earn a reward for improving your health?

Check out the YourCare [e-rewards program](#) to learn more.

Do you have questions about the program?

Click [here](#) to learn more about Frequently Asked Questions.

Just For You

- [Physical Activity](#)
- [Tobacco](#)

Recipe of the Week

- [Chicken Vegetable Casserole](#)

This Month

- [National Cancer Survivors Day](#)
- [National Men's Health Week](#)
- [National Safety Month](#)

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June 23, 2015

YourCARE HealthCenter CORESOURCE
A Truist Company
WELFARE, CLINICAL, TOOLS

Home
YourCare Program
Featured Programs
Health Resources
Healthy News
My Coach
My Health
My Workouts
My Assessments
Family Health Guide
Cool Tools
My Settings
Your Comments

Choose Your Focus!

Select the Focus Area that interests you by clicking the "Open" button. The program will walk you through the process of setting a goal.

Focus Areas that support your desire to "Improve my physical activity/exercise habits" are highlighted for you.

[Click here to go to My Health Action Plan page.](#)

Healthy Eating

Fruits
Choose this Focus Area to increase your fruit intake each day.
[Open](#)

Overeating
Choose this Focus Area to reduce the number of times you overeat each week due to eating until stuffed, out of habit, when stressed, or in response to emotional or situational triggers.
[Open](#)

Skipping Meals (Recommended)
Choose this Focus Area to decrease the number of meals you skip on a weekly basis. This can help with energy levels and weight loss efforts.
[Open](#)

Sodium
Choose this Focus Area to learn about sodium and reduce the number of high sodium foods you eat each day.
[Open](#)

Sugary Drinks
Choose this Focus Area to learn how sugary drinks such as soda or pre-sweetened tea can impact your health and reduce the number of sugary beverages that you drink each day.
[Open](#)

Unhealthy Fats
Choose this Focus Area to learn about the different types of fats in foods and healthy targets for overall fat intake. Focus on reducing the portions of foods high in unhealthy fats that you eat each day.
[Open](#)

Healthier ...step by step

Physical Activity

Aerobic Exercise (Recommended)
Choose this Focus Area to increase your level of aerobic or cardiovascular exercise.
[Open](#)

Flexibility (Recommended)
Choose this Focus Area to improve your flexibility.
[Open](#)

Strength (Recommended)
Choose this Focus Area to increase your strength.
[Open](#)

Healthy Living

Smoking Cessation
Are you ready to end your relationship with tobacco? Whether you smoke cigarettes, cigars, pipes, or use smokeless tobacco, we're here to support your efforts to stop. By choosing this Focus Area, you'll receive a QuitSmart® kit with tools and resources to help you quit for good.
[Open](#)

Stress Management
Although stress is a normal part of life, would you like to improve your ability to handle it? By choosing this Focus Area, you'll identify how stress is affecting you and learn how to use action, coping and acceptance skills to manage stress and improve the quality of your life.
[Open](#)

Health risk assessment

- Raises awareness
- Provides personalized feedback
- Triggers engagement
- Gateway for health advising and coaching
- Tool for guiding strategic health management programming
- Aggregate client reports and comparative data

Health risk assessment

Participant Reporting:

INSIGHT® Health

Your Report

Name: Doe, John
Gender: Male
Age: 32.5
Assessment Date: July 20, 2010

☐ Physician Summary
☐ Print Format
☐ Options
☒ Enroll in EMPOWERED™ Health Coaching

1. Summary
 2. Blood Pressure
 3. Blood Tests
 4. Physical Activity
 5. Safety
 6. Nutrition
 7. Stress
 8. Prevention

Congratulations on completing your health risk assessment. This report covers a variety of topics related to maintaining or improving your health, and reducing your health risks from diseases and accidents. It is based on your responses to the health assessment questionnaire and any measurements that were gathered if you participated in an on-site wellness screening.

My Health Summary

My Overall Wellness

Blood Tests
 Blood Pressure
 Tobacco & Alcohol
 Body Mass Index
 Physical Activity
 Nutrition
 Stress, Well-Being
 Home & Auto Safety

Very Poor Poor Good Very Good

My Lifestyle Results

	First 06/16/08	Prior 07/16/10	Current 07/20/10	Recommended
Tobacco Use (times/day)	0	0	0	No tobacco use
Eating Fruit (servings/day)	0	0	0	4.0
Eating Vegetables (servings/day)	0	0	0	5.0
Alcohol Intake (Drinks/Week)	0	0	0	≤ 15 (2 or fewer drinks/day)
Physical Activity (Moderate Minute Equivalents/Week)	0 moderate minutes	0 moderate minutes	0 moderate minutes	≥ 150 moderate minutes/week
Seat Belt Usage	0%	0%	0%	Always
Driving Over Speed Limit	within 5 mph	within 5 mph	within 5 mph	Within 5 mph
Perceived Stress	?	?	?	Low-Moderate

My Biometric Measures

	First 06/16/08	Prior 07/16/10	Current 07/20/10	Recommended
Weight (lb)	160	165	165	133 - 178lb
Height (ft, in)	5' 9.00"	5' 10.00"	5' 11.00"	
BMI	24	0	23.0	18.5 - 24.9
Ratio (Waist : Hip)	0.00	0.00	0.00	≤ .95
Total Cholesterol (mg/dl)	0	0	0	Below 200
HDL (mg/dl)	0	0	0	30 or more
Ratio (total chol : hdl)	0.0	0.0	0.0	Below 4.0
LDL (mg/dl)	0	0	0	Below 130 (Less than 100 is optimal)
Triglycerides (mg/dl)	0	0	0	Below 150
Glucose (mg/dl)	0	0	0	Below 100
Blood Pressure (mmHg)	125/82	0/0	0/0	Below 120/80

Personal Health History

Medical History	Prescription Medications	Over-The-Counter Medications

Personal Health Assessment – Physician's Summary

Name: John Doe
Gender: Male
Age: 35.2 years

Assessment Date
03/02/2015

Close Window

Print

Dear Doctor, This summary contains information gathered during your patient's participation in a Health Assessment. The graph below (including "Overall Wellness") is on a scale of 0 to 100. The Overall Wellness Score takes into account current lifestyle and biometric measures, but not diagnosed diseases, medication use or family history.



Your patient's health assessment results are presented in the table, below. Self-Reported biometric values are displayed in parentheses; professionally collected values are without parentheses. The Framingham Heart Score predicts the patient's risk of dying from heart disease during the next 10 years.

Health Assessment Results			
Framingham Heart 10-year risk Score	0.00%	Overall Wellness Score	29
Cigarettes/Day	10	Weight (lb)	200.00
Eat Unhealthy High Fat Foods	?	Height (ft, in)	6' 0.00"
Eat Healthy High Fat Foods	?	BMI	27.1
Alcohol (drinks per week)	0	Total Cholesterol (mg/dl)	0
Cardiovascular Disease	None		

Health advising

- Leverages teachable moment
- Multiple delivery modes
- One-time conversation
- Improves coaching enrollment



Health coaching

- Supports positive lifestyle changes
- Flexibility to interact with coach via Web, mobile device, phone and print
- 13 areas focused on physical activity, healthy eating and healthy living



Personalized lifestyle programs

Self-directed,
online programs



BALANCE for weight
management



RELAX for stress
management



NOURISH for healthy
eating

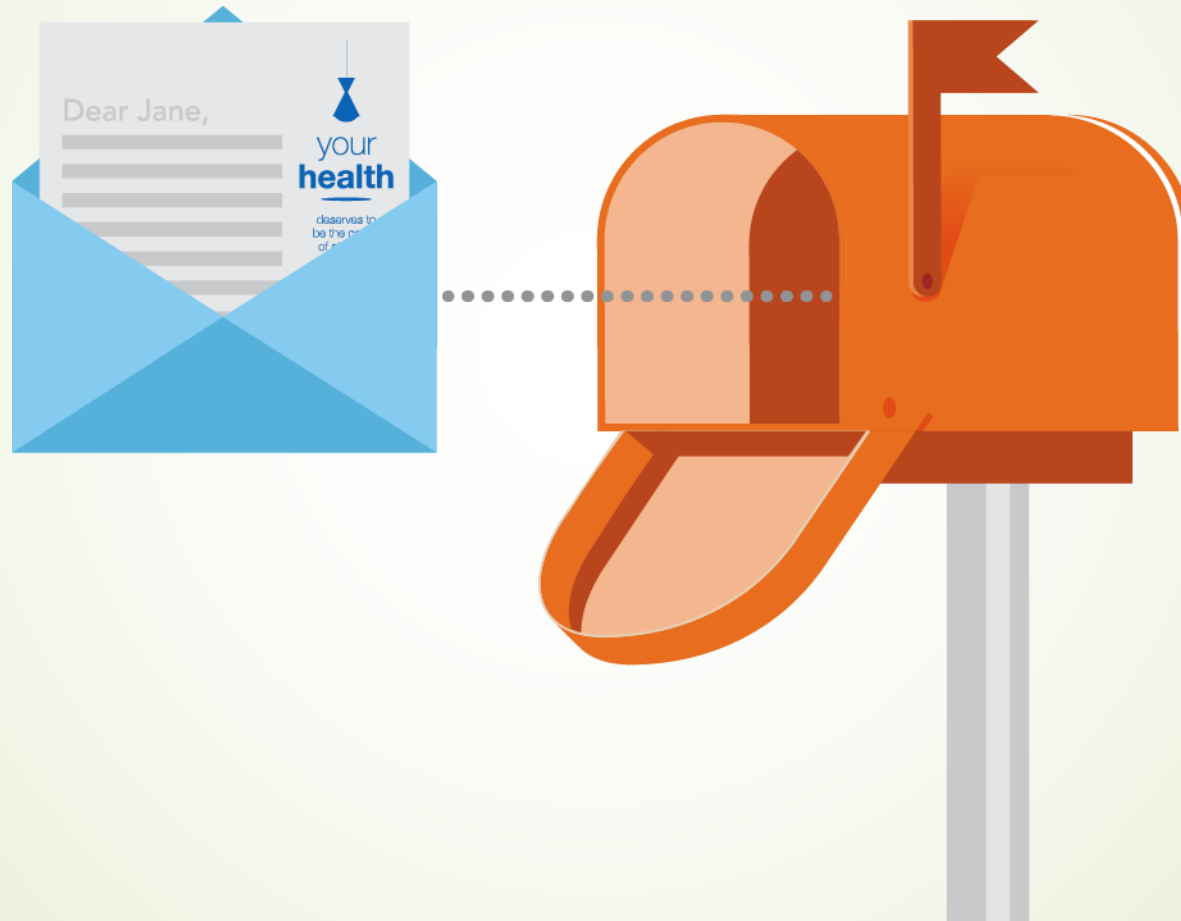


MOVE for physical
activity



BREATHE for smoking
cessation

Preventive care reminders



Condition management

- Targets top at-risk members that could affect the plan's bottom line in next 12 months
- Registered nurses engage identified members
- Nurses and coaches refer cases based on member needs



Chronic condition monitoring

- Identify members with chronic conditions
 - Asthma
 - Diabetes
 - Coronary Artery Disease
 - COPD
 - Congestive heart failure
 - Hypertension
 - High cholesterol
- Gaps in care
- Letter to primary care physician (when possible)

Where are we now?

- Peralta CCD has had YourCare program in place since 2011
- Average compliance is below the Verisk Book of Business in 6 of the 7 chronic conditions categories and in preventive categories

Where are we now?

Peralta Community College

All numbers shown are percentages of compliance for each Quality and Risk Measure and overall compliance within each condition.

		<u>2011</u>	<u>2012</u>	<u>2013</u>	<u>2014</u>	<u>2015 at Year-End</u>	<u>Average of 2015 at Year-End all QRMS combined</u>	<u>Verisk B.O.B</u>
Compliance		%	%	%	%	-	-	%
<u>Asthma</u>								
3002	Drugs	85	86	76	72	74	62	64
3003	Office Visits	87	83	92	89	93		
3402	Flu Vaccines	23	15	6	19	20		
<u>Coronary Artery Disease</u>								
3007	Lipid Profile	26	29	20	17	20	57	80
3274	Office Visits	95	91	89	91	93		
<u>Congestive Heart Failure</u>								
3028	Drugs-Ace Inhibitors	63	68	72	63	69	61	70
3029	Drugs-Beta Blockers	63	64	65	66	69		
3030	Office Visits	21	76	83	80	82		
3395	Lab Tests	88	12	33	28	22		
<u>COPD</u>								
3044	Office Visit	21	13	13	35	16	25	40
2044*	Flu Vaccine	28	23	18	18	22		
12522	Breathing Test	0	28	18	37	38		

Where are we now?

Peralta Community College

All numbers shown are percentages of compliance for each Quality and Risk Measure and overall compliance within each condition.

		<u>2011</u>	<u>2012</u>	<u>2013</u>	<u>2014</u>	<u>2015 at Year-End</u>	<u>Average of 2015 at Year-End all QRMS combined</u>	<u>Verisk B.O.B</u>
Compliance		%	%	%	%	-	-	%
<u>Diabetes</u>								
3063	HBA1C	37	40	35	38	40	53	67
3065	Lab Tests	35	37	30	34	34		
3072*	Microalbumin Tests	33	31	36	41	47		
3087	Office Visits	95	91	92	94	91		
<u>Hyperlipidemia</u>								
5004	Labs	60	59	58	62	59	59	70
12526	Anti-hyperlipid Meds	100	61	61	58	59		
<u>Hypertension</u>								
3344	Office Visits	95	92	90	92	91	90	88
3393	Drugs	78	92	91	88	88		
<u>Male Preventive</u>								
6003	Male Colonoscopies	30	25	22	25	24	24	36
<u>Female Preventive</u>								
12521	Female Colonoscopies	32	27	25	23	25	39	44
6008	Mammograms	55	51	47	50	47		
6010	Pap Tests	53	51	50	43	45		

Where are we now?

		<u>2011</u>	<u>2012</u>	<u>2013</u>	<u>2014</u>	<u>2015</u>
Total Number of Subscribers		787	767	735	720	705
Average Age Active	Male	57	57	55	53	54
	Female	56	55	55	54	54
Average Age Retired	Male	79	78	78	77	76
	Female	77	76	75	75	74
	Total Medical Claims Costs	(Jan-Jun) \$2,290,640.51	\$8,868,808.40	\$6,075,662.38	\$7,319,517.46	\$6,308,891.85
<u>Health Risk Assessment</u>		<u>2013</u>	<u>2014</u>	<u>2015</u>		
Participants that have completed HRA		3	2	6		
<u>Focus Disease Management</u>		<u>From previous Mid-Year Report (As of June 2015)</u>				
		17 Currently Enrolled in FOCUS				

GOALS moving forward

- Increase awareness and communication of the YourCare program
- Engage member population
- Complete a successful Health Risk Assessment campaign.
 - Upon HRA campaign completion we will analyze results to identify health promotion opportunities specific to Peralta.
- Healthcare cost avoidance

Strategy for 2016

- Health Risk Assessment Campaign
 - 3 month campaign – January thru March
 - Peralta will advertise via newsletter and website
 - Incentivize members to increase participation
- Suggested incentives
 - Paid Time Off
 - 6 hours if HRA is completed in January
 - 4 hours if HRA is completed in February
 - 2 hours if HRA is completed in March
 - Grand Prize Raffle
 - Weekend Getaway
 - Golden State Warriors Game

Questions?



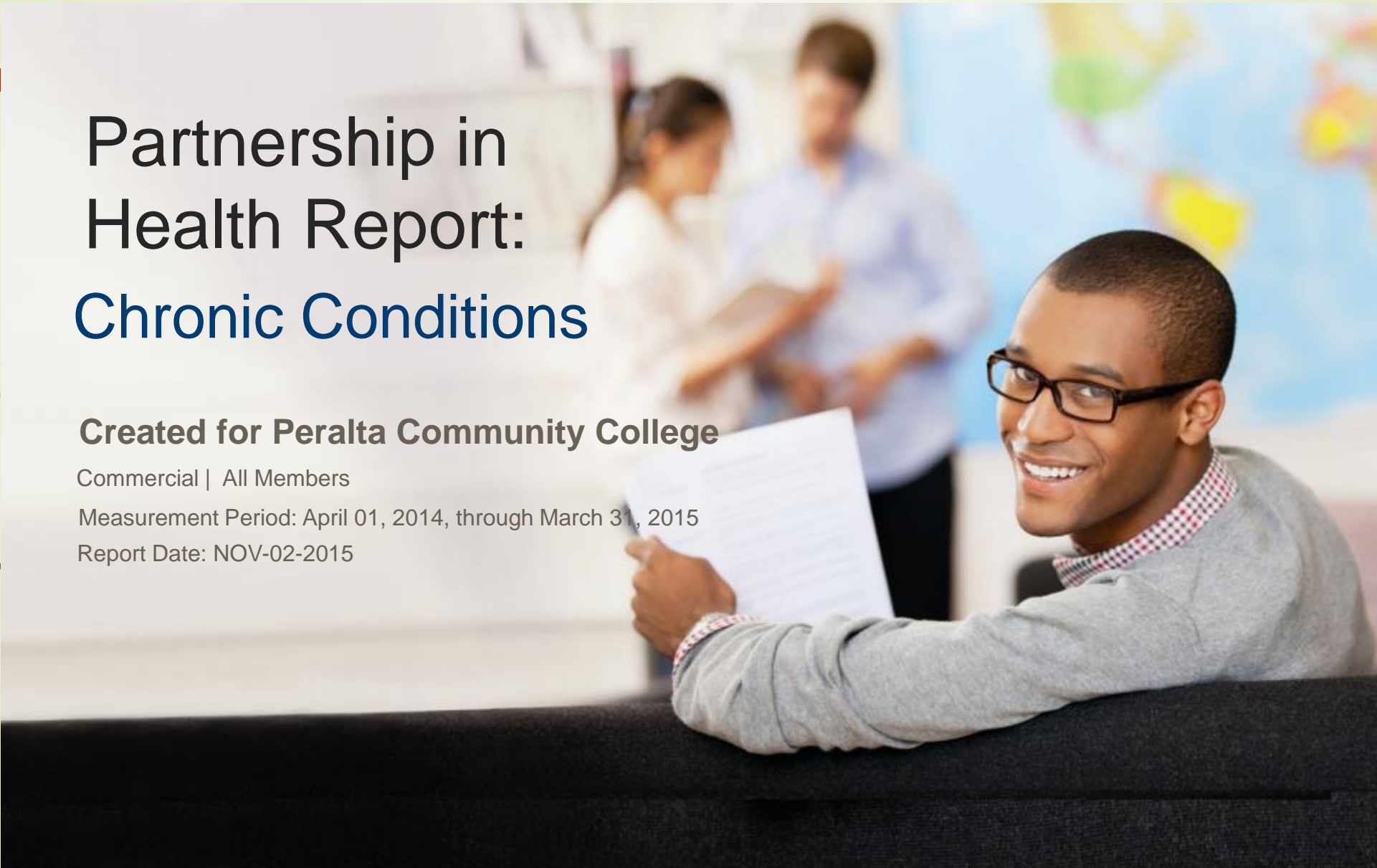
Partnership in Health Report: Chronic Conditions

Created for Peralta Community College

Commercial | All Members

Measurement Period: April 01, 2014, through March 31, 2015

Report Date: NOV-02-2015



Partnership in Health (PIH) reports

A full picture of workforce health



Claims and utilization data only tell you part of the story.

Clinical data — driven by our electronic health record system — gives you the full story.

Based on your group results, we'll recommend a more effective action plan.

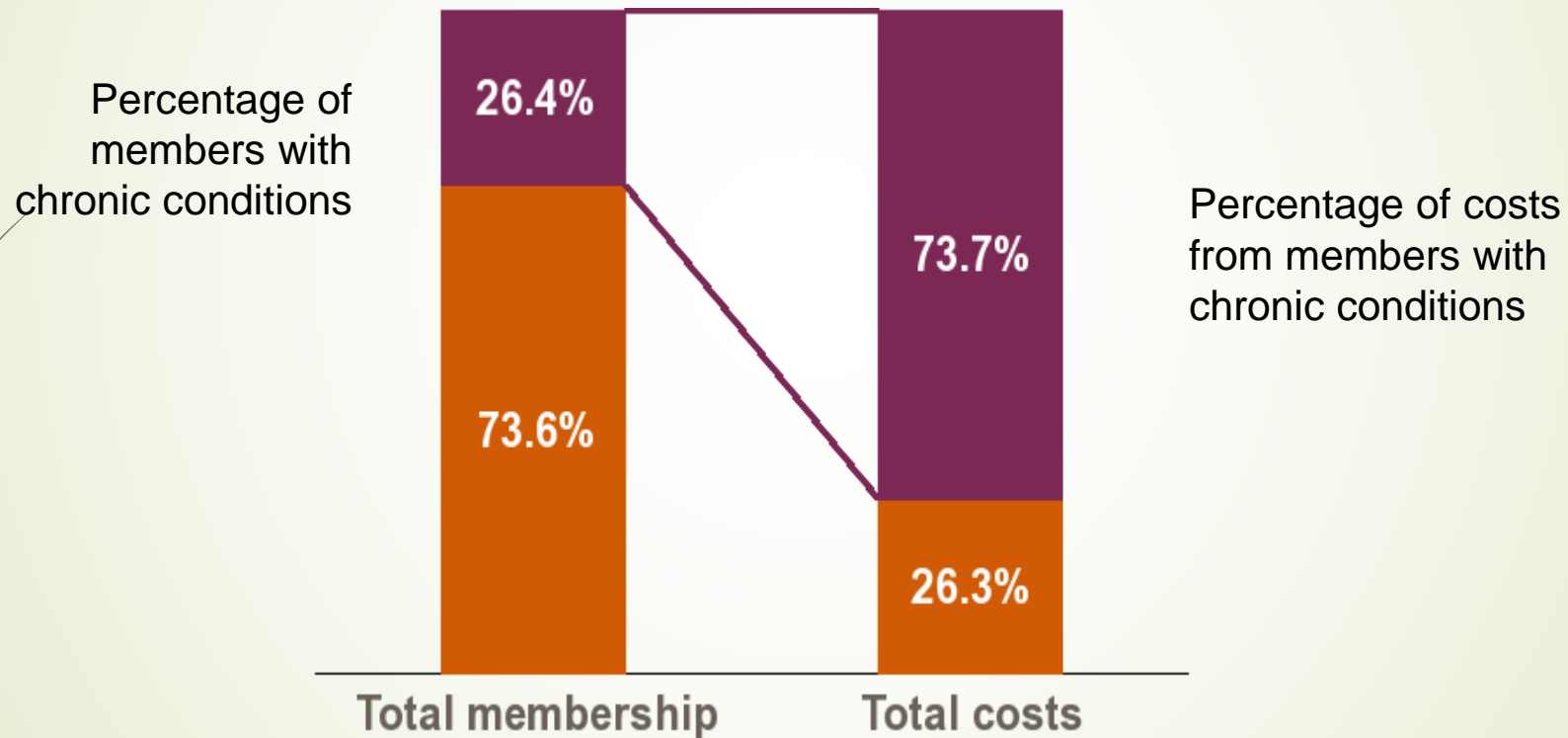
Your group at a glance – measurement period ending March 31, 2015

	Peralta Community College	Kaiser Permanente regionally adjusted average	Comparison
Subscribers	590	-	-
Members	1,241	-	-
Average Age	41.0	34.4	6.6 yrs older
Gender (% female)	53.5	50.8	2.7% pts higher
Average Family Size	2.1	1.9	0.2 higher
% who saw a clinician	82.7	-	-
Enrollment Stability Index	91.9	-	-

The Kaiser Permanente regionally adjusted averages are based on the weighted average of the purchaser's distribution of members across the Kaiser Permanente regions for the time period being measured.

Percent of your costs driven by chronic conditions

74% of your costs are driven by 26% of your members*

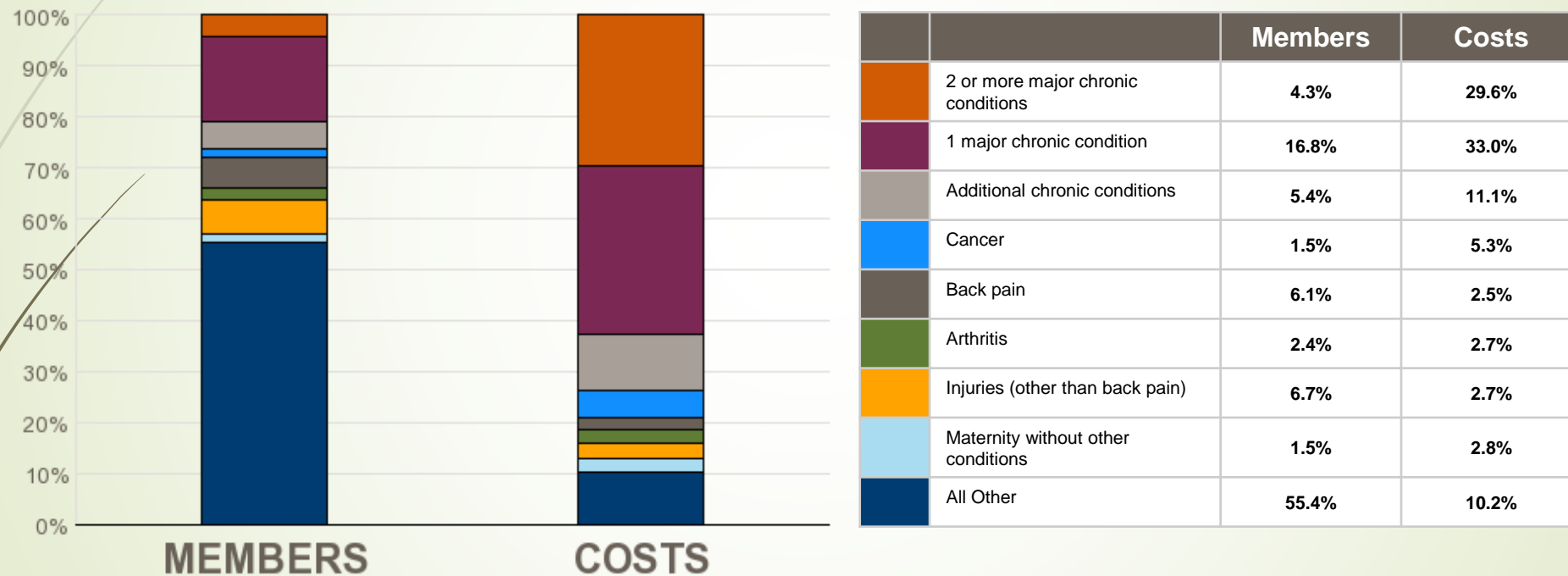


* Continuously enrolled members during measurement period (April 01, 2014 through March 31, 2015).

The calculations for this graph use DxCG methodology.

Percent of your costs driven by conditions — segmented

Percentage of members compared to percentage of cost by condition*



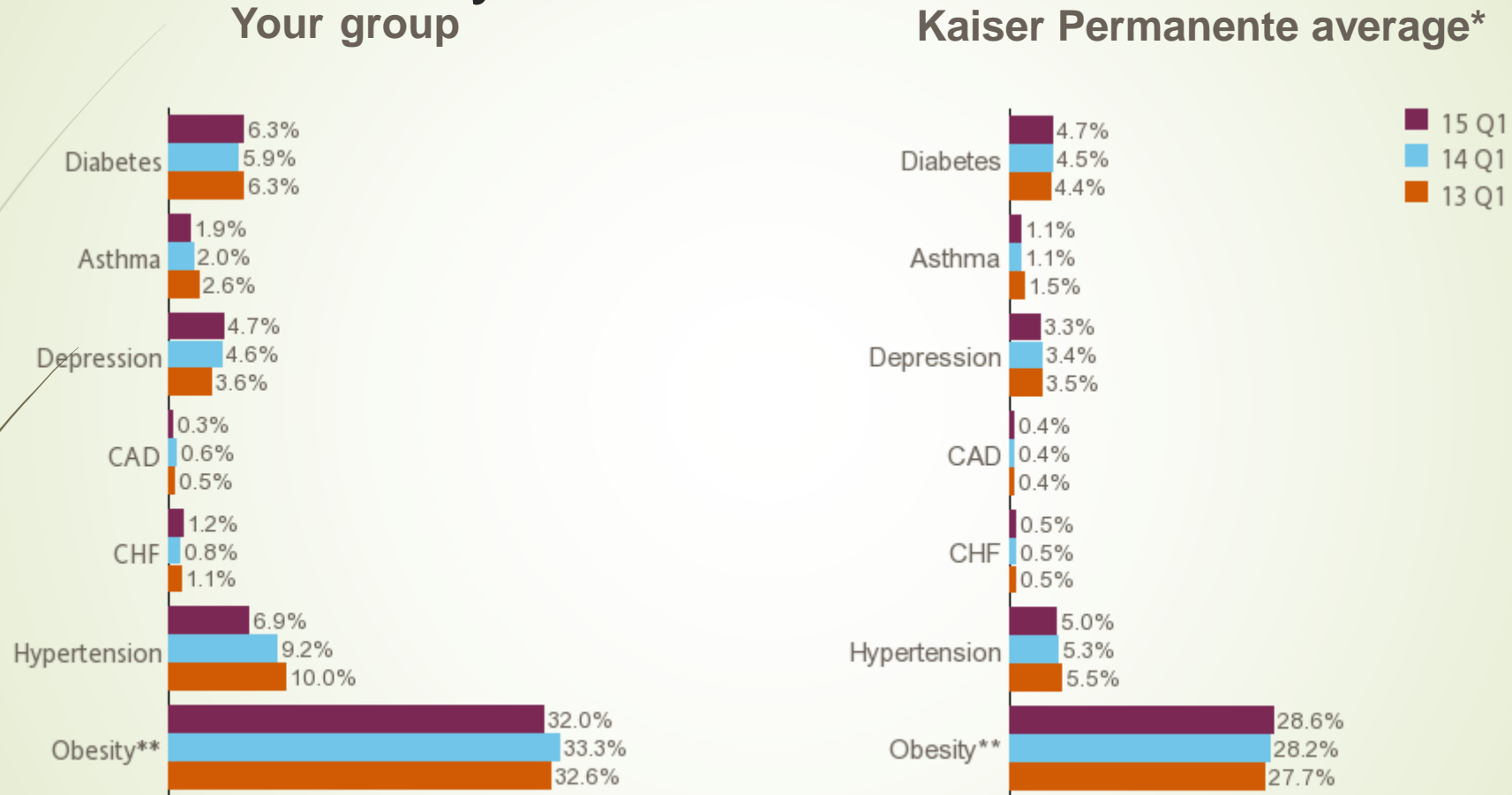
74% of your costs are driven by 26% of your members*

* Continuously enrolled members during measurement period (April 01, 2014 through March 31, 2015).

Calculations for this graph use DXCG methodology.

Note: Major chronic conditions = diabetes, asthma, coronary artery disease, chronic heart failure, COPD, CKD, and depression.

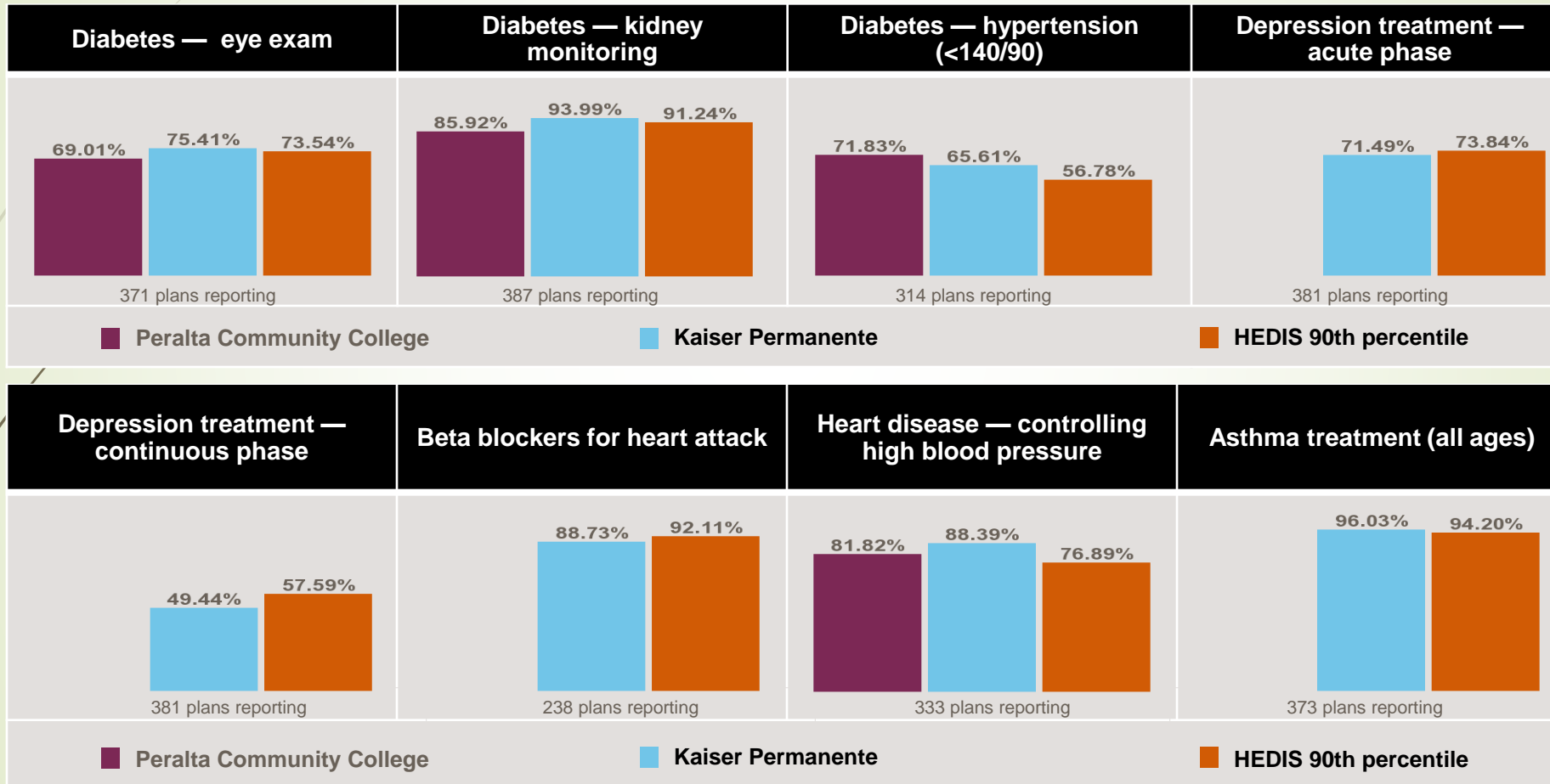
Prevalence by chronic condition



* Continuously enrolled members during measurement period (April 01, 2014 through March 31, 2015).

** Based on BMI for all members (adults and children) with a measurement recorded within the last 12 months.

Proven care outcomes — 2014 HEDIS® national scores

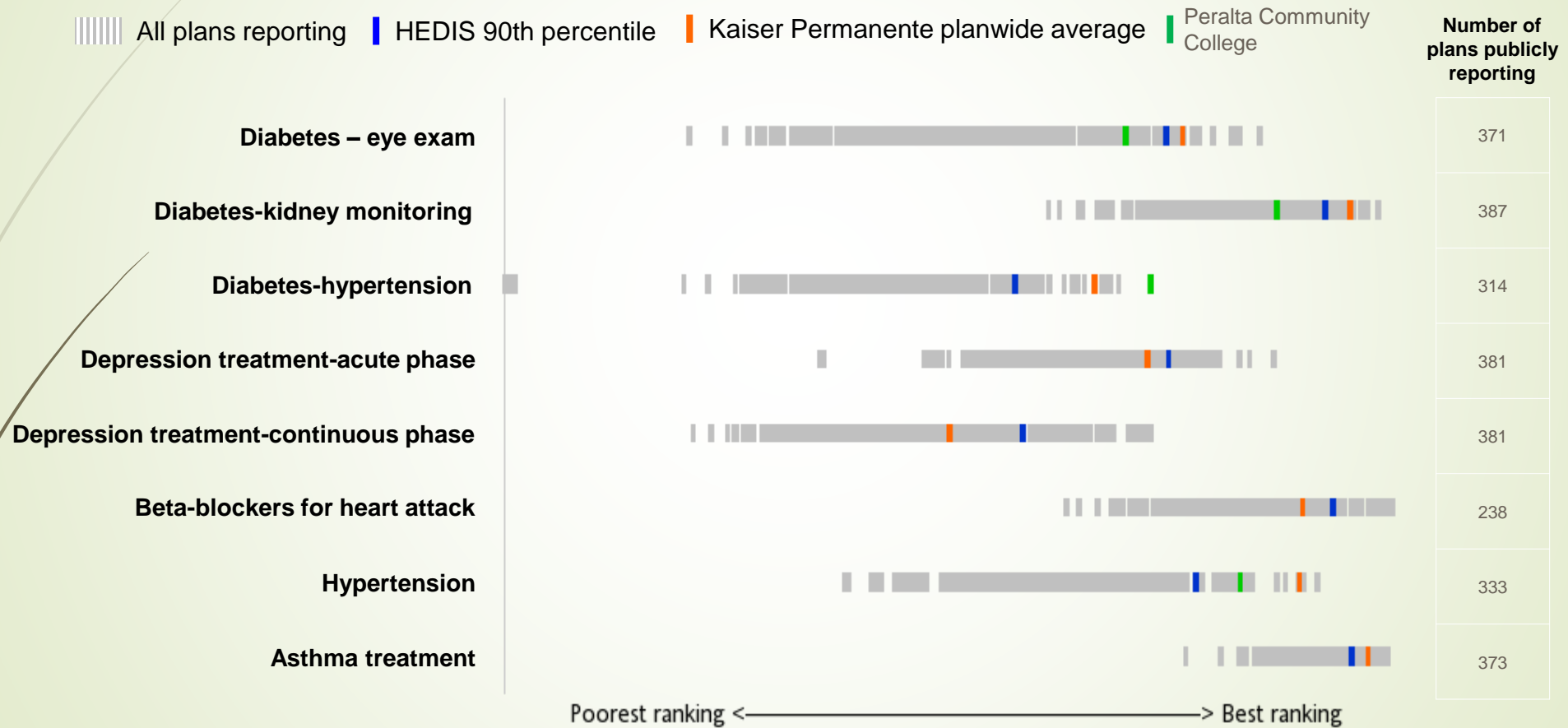


Kaiser Permanente 2014 HEDIS® scores. Benchmarks provided by the National Committee for Quality Assurance (NCQA) Quality Compass® and represent all non-PPO lines of business.

Note: Results will not be displayed if the eligible member population for the metric is less

Peralta Community College | Measurement Period: April 01, 2014, through March 31, 2015
than 30.

Proven care outcomes — 2014 HEDIS® national scores



Kaiser Permanente 2014 HEDIS® scores. Benchmarks provided by the National Committee for Quality Assurance (NCQA) Quality Compass® and represent all non-PPO lines of business.

Note: Results will not be displayed if the eligible member population for the metric is less than 30.

Peralta Community College | Measurement Period: April 01, 2014, through March 31, 2015

Your group's numbers

Measure	Your group's results
Obesity rate (based on BMI)*	32.0%
High blood pressure rate	7.8%
High blood glucose levels rate among diabetics	28.2%
Breast cancer screening rate	84.3%
kp.org registration rate	85.8%
Online refill rate	41.1%
Healthy lifestyle program participation rate	0.5%

* Based on BMI for all members (adults and children) with a measurement recorded within the last 12 months.

Overview of your clinical risk factors that could lead to chronic conditions

Measure	Description	Your results (2013 Q1)*	Your results (2015 Q1)*	Kaiser Permanente adjusted regional average	National comparative data+	% of eligible members screened
Weight (BMI)	% of adult members who are overweight or obese	68.6%	68.8%	67.5%	68.7%	70.6%
Cholesterol	% of members with borderline high or high total cholesterol	35.5%	36.4%	35.4%	N/A	66.5%
Blood pressure	% of members with blood pressure >140/90	11%	8.5%	7.3%	33.3%	73.8%
Smoking rates	% of members who smoke	9.5%	9.3%	10.6%	19%	97.4%
Childhood obesity	% of child members who are overweight or obese	37.2%	35.1%	31.5%	31.7%	76.7%

* Includes members enrolled at the end of the measurement period. ISS (Insufficient Sample Size) will be displayed if eligible member population for the prevention measure is less than 30.

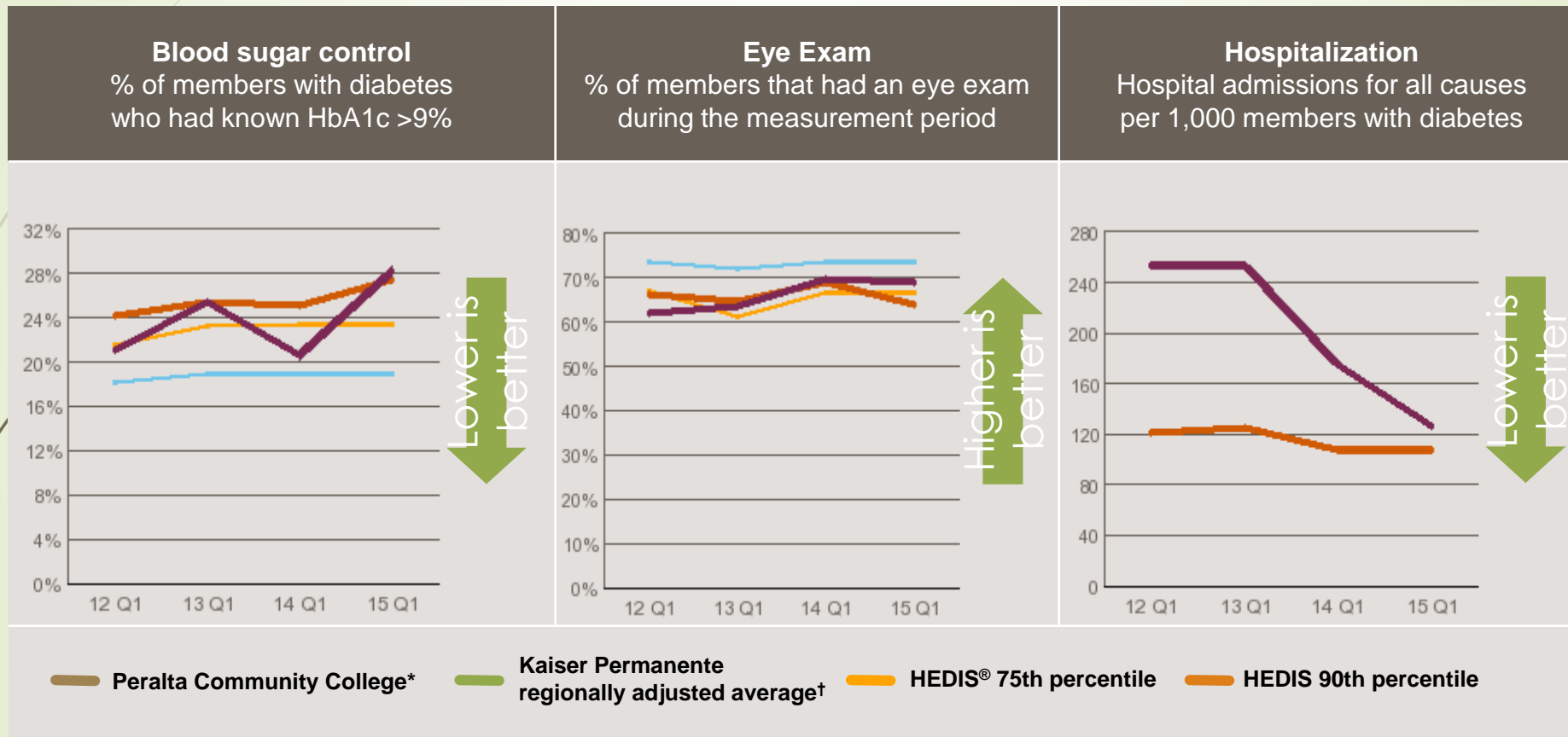
+ *F as in Fat: How Obesity Threatens America's Future*, Trust for America's Health and the Robert Wood Johnson Foundation, 2013.

"Statistical Fact Sheet 2013 Update: High Blood Pressure," American Heart Association, heart.org, accessed September 9, 2013.

"Smoking & Tobacco Use Fast Facts," Centers for Disease Control and Prevention, cdc.gov, accessed September 6, 2013.

Peralta Community College | Measurement Period: April 01, 2014, through March 31, 2015

Your results: diabetes

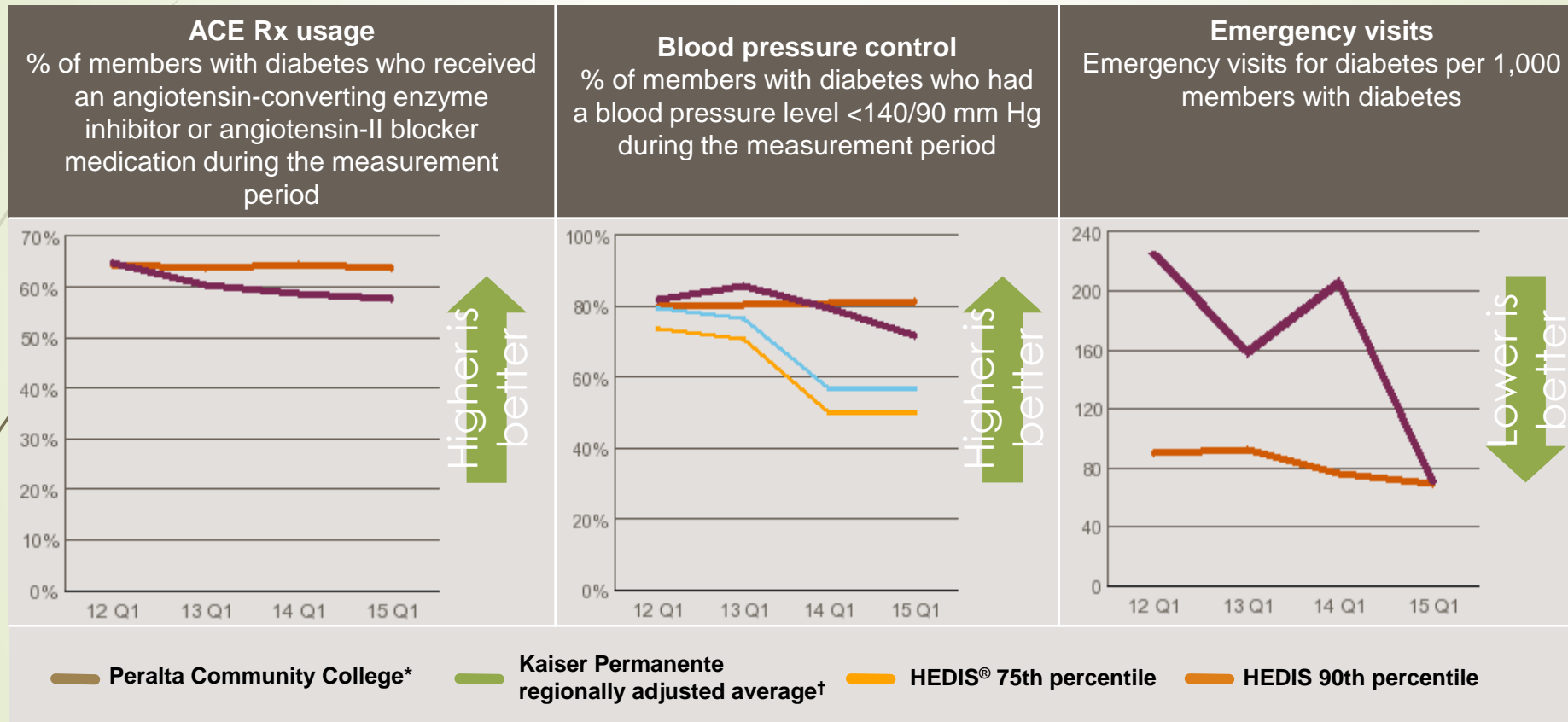


* Continuously enrolled members during measurement period (April 01, 2014 through March 31, 2015).

† The Kaiser Permanente regionally adjusted averages are based on the weighted average of the purchaser's distribution of members across the Kaiser Permanente regions for the time period being measured.

Note: Results will not be displayed if the eligible member population for the metric is less than 30.

Your results: diabetes



* Continuously enrolled members during measurement period (April 01, 2014 through March 31, 2015).

† The Kaiser Permanente regionally adjusted averages are based on the weighted average of the purchaser's distribution of members across the Kaiser Permanente regions for the time period being measured.

Note: Results will not be displayed if the eligible member population for the metric is less than 30.

Diabetes: member engagement



Clinical intervention strategy

- Automatic enrollment in a diabetes management program
- Nurse outreach calls to assist diabetics with poor control over their condition
- Diabetes care gaps addressed at every office visit
- Regular physician follow-up visits including lab work and eye and foot exams
- Preventive medications to minimize complications

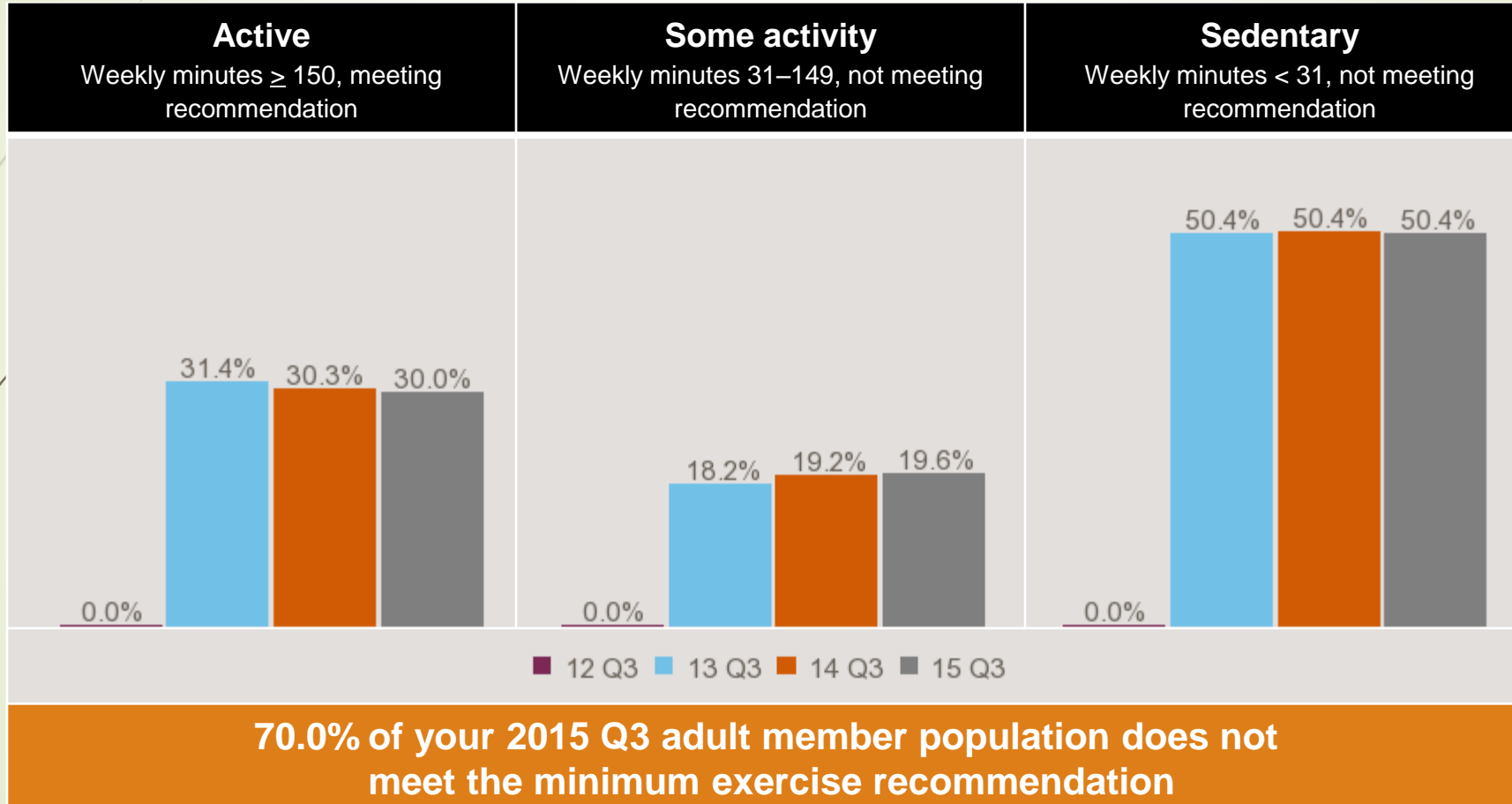
Available tools and services

- Interactive online diabetes classes
- In-person diabetes prevention and care classes
- Healthy eating classes
- Weight-management programs
- **kp.org/diabetes**

Your results: adult exercise

77.0%

of your member population was
measured in the last 12 months



Total percentage of members ages 18 and older. Excludes members who utilized maternity services.
The customer values will be displayed as 0% if the eligible member population for the metric is less than 30.
Data isn't available for any region prior to Q2 2013.

Peralta Community College | Measurement period: OCT-01-2014 through SEP-30-2015

Adult weight & exercise: member engagement



Clinical intervention strategy

- Body mass index (BMI) recorded, based on height and weight measurements
- Exercise as vital sign (physical activity) recorded
- Medical care team discusses weight-loss options and resources with patients

Available tools and services

- Online BMI calculator
- Food and activity diary
- Online healthy lifestyle program
- Weight-management and exercise classes
- Fitness club (preferred rates)
- Calorie counts posted at our hospital cafeterias (first major health care system in U.S. to do so)
- Fitness videos and weight-loss podcast
- Wellness Coaching by Phone
- Every Body Walk! free tools, programs, and app
- kp.org/weight

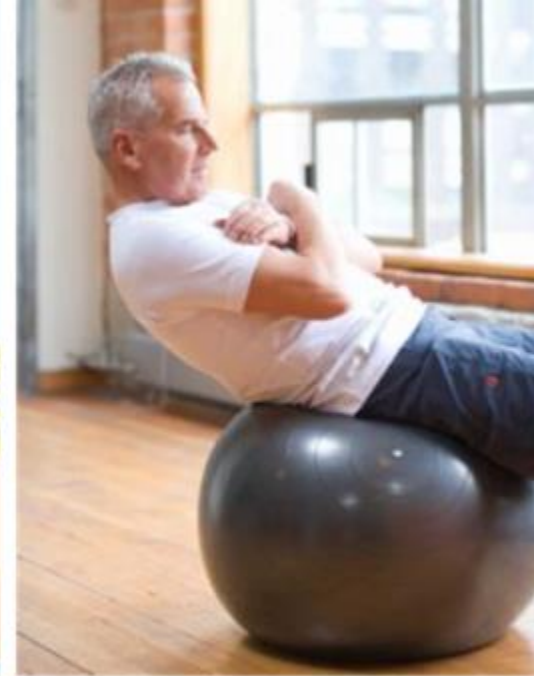
Engaging employees outside of the workplace



At our medical facilities




Online



At home

Video Visits



Video Visits
a picture is worth a thousand words

For your next appointment, you may be offered a video visit.

- Convenient access from your home or office
- Secure and easy way to visit your doctor
- Saves travel expense and time

Connect with your doctor securely over the Internet using your computer and webcam, or with your iPhone®, iPad®, Android phone or tablet computer.

Visit kp.org/mydoctor/videovisits for more information.

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KAISER PERMANENTE. thrive

The value of effective engagement

Employees are healthier and more productive

- Americans with easy access to their online personal health record (PHR) are more engaged in their health and medical care:¹
 - 38% feel more connected to their doctors
 - 32% used their PHR to improve their health
- Employees in chronic condition management programs have fewer doctor's office visits, fewer emergency visits, and shorter hospital stays.²
- Members have participated in more than 1 million online healthy lifestyle programs.³



¹ California HealthCare Foundation, April 13, 2010. ² National Council on Aging, 2009. ³ Annual Report, Kaiser Permanente Internet Services Group, 2010.

Plan your approach

Tools available to Kaiser Permanente members

Employee tools

Online resources

- Total Health Assessment
- Healthy lifestyle programs
- **kp.org** tools, including email your doctor's office, view lab results, prescription refills, and more
- Live health talks with Kaiser Permanente physicians and experts
- BMI and health calculators
- Health and drug encyclopedias
- Self-exam and symptom tools
- Videos and podcasts by health topic
- Healthy recipes

Membership extras

- Reduced rates at fitness clubs
- Reduced rates for complementary medicine (acupuncture, chiropractic)
- Wellness Coaching by Phone
- Educational theater

Facility resources

- Health education classes and peer support groups*
- Calorie counts in hospital cafeterias

* Availability varies by region. Some classes require an additional fee.

Questions and next steps



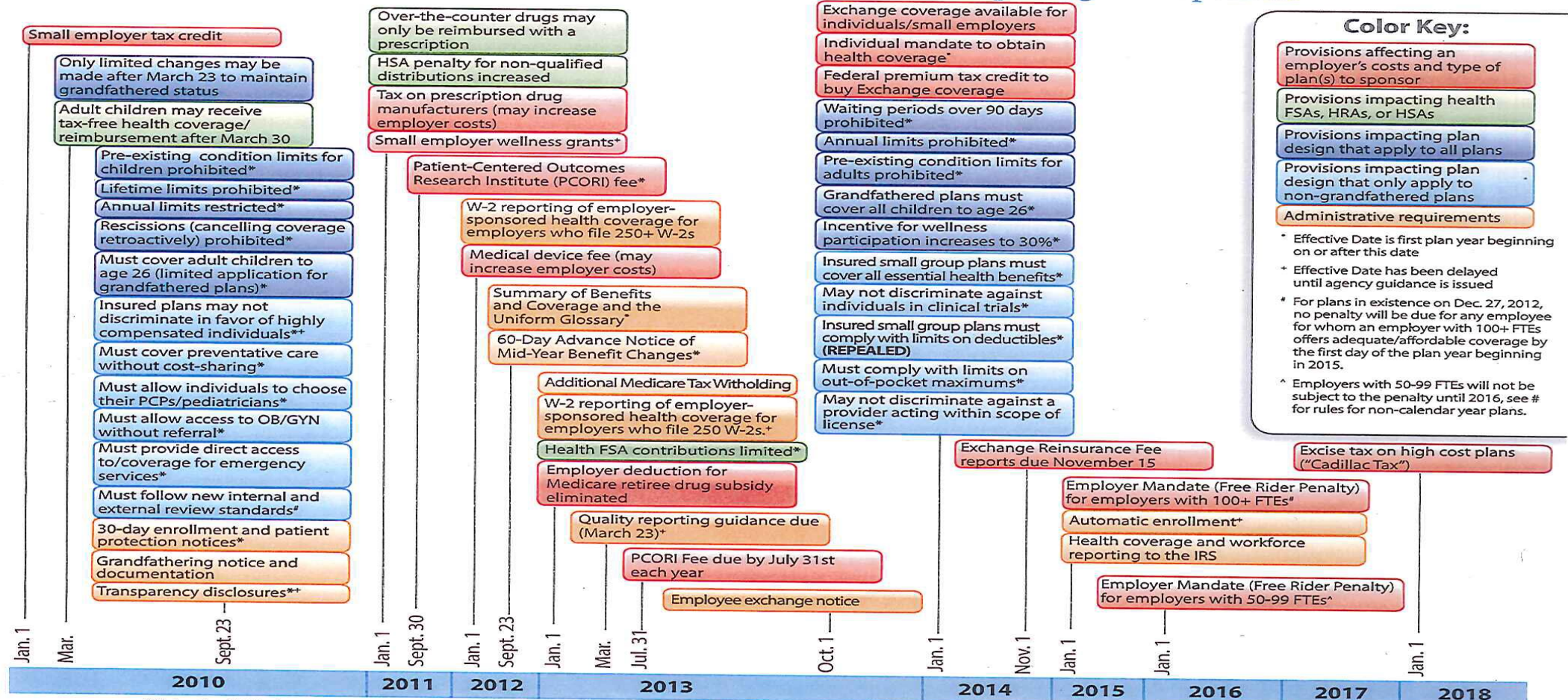
Affordable Care Act Timeline

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American Fidelity Assurance Company – Health Care Reform Timeline

Timeline of Effective Dates for Key Health Care Reform Provisions Impacting Plan Sponsors



SB-23570-0514

This is only a high level summary that reflects our current understanding of select portions of the law, sometimes in the absence of regulations. All of the interpretations contained herein are subject to change as the appropriate agencies publish guidance. The most up-to-date summary of these rules is available on our website at HCReducation.com. American Fidelity does not provide tax or legal advice and you are encouraged to seek the advice of your legal counsel.

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 877- 302-5073 • HCReducation.com

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PCCD Benefits Landing Page

← → http://web.peralta.edu/benefits/ Benefits & Medical Informa... x Translate

Peralta Colleges | Apply & Enroll | Site Index | Directory | MyPeralta | Home

Benefits & Medical Information

PERALTA COMMUNITY COLLEGE DISTRICT

Apply & Enroll | Students | Faculty & Staff | District Offices | Governance | Community

Navigation

- > **Benefits & Medical Information Home**
- > **Archived Forms & Documents**
- > **Benefits Committee Meetings**
- > **Health & Wellness**
- > **Tax-deferred 403(b) & 457(b) Plan Information**

Health Care Reform

- > 2013 Meaningful Notices Manual
- > 2013 Protected Health Information – Our Legal Duty Statement
- > HealthCare.gov
- > Marketplace Coverage Options Notice – Part A
- > Marketplace Mailing 9-23-2013

Historical Rates

- > Peralta Medical Benefit Rate Matrix 2013-2014
- > Peralta Medical Benefit Rate Matrix 2014-2015

Quick Links

- > 1. Online Enrollment for Medical & Dental Coverage
- > 2. Change of Address Form
- > 3. Archive Active BIC
- > 4. Archive Retiree BIC
- > 5. Employee Consumer Discount Programs
- > 6. Employee Fun Discounts through Legion Employee Perks Program (Catalogue)

Contact Information

Jennifer Benford Seibert

Benefits & Medical Information Home

New from the District Benefits Office

October 2015 Peralta Benefits Everyone [Peralta Benefits Everyone](#)

- Flexible Benefits Open Enrollment
- Customer Service Resources
- **BenefitBridge** Secure, Online Portal
- Medicare Reimbursement Program Expanded
- 2015 Fall Fiscal Fitness & Empowerment Series
- Flu Shots (During the Fiscal Fitness Days: CoreSource members only-bring your CoreSource card! Vaccinations provided by CVS Caremark on a first come, first served during the noon hour)
- 2015 Fit, Fun & Fab Summer Winners Circle

2016 Flexible Spending Account (FSA) Handbook 2016 Peralta FSA Handbook 102215

2016 Peralta Pre-Tax Commuter Expense Program Handbook

Fall 2015 Fiscal Fitness E

New Employee Discounts

- 24Hour Fitness Discounts 10 15
- Warriors v Miami Heat January 11, 2016
- Voluntary Insurance Products through Colonial Life Insurance: <http://visityouville.com/PeraltaCC>
- Legion Employee Perks & Discounts Programs October 2015

STEP 1: Review catalog **Legion Employee Perks & Discounts Programs October 2015**

STEP 2: Type in campus name **STEP 3:** Select your favorite discount packages

STEP 4: When ready to check out, choose "OPTION 2" to "PRE-ORDER"

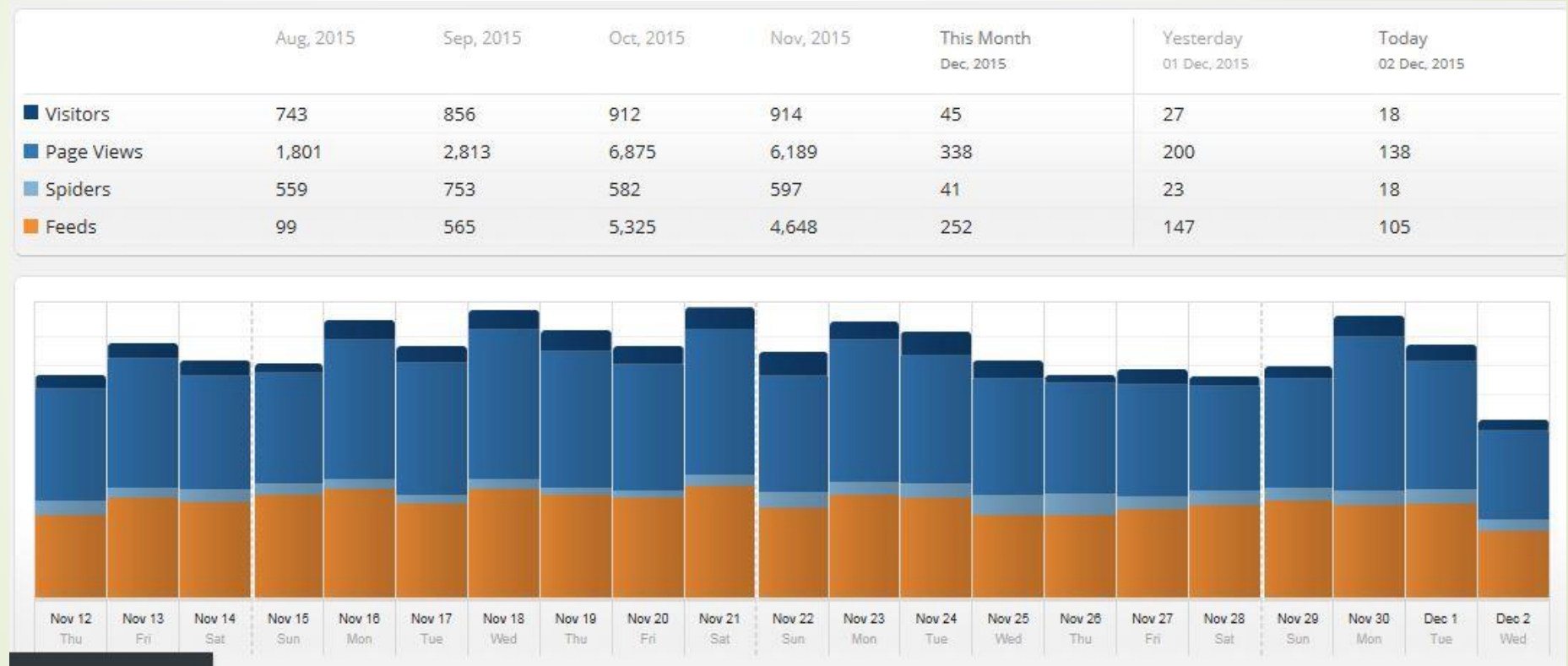
STEP 5: Fill out all information required **STEP 6:** Pick up anytime during the event

- LegalShield www.legalshield.com/info/pccd

Online Employee Information


Current information is available on our secure portal through **BenefitBridge**: [Link to online enrollment on secure portal: www.benefitbridge.com/peralta.](#)

Benefits Home Page Activity



Benefit Bridge Features

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**BenefitBridge**
A Keenan Solution

Life Event Online Benefits Enrollment

Peralta Community College District Life Event online benefits enrollment is easy with BenefitBridge!

- View current plan year benefits
- Compare plan options
- Complete qualifying life event benefits enrollment
- Quick links: carriers, health resource libraries and employer documents
- Planning tools: retirement and other life events
- Available 24/7 via the Internet

Registration & Login

- Already have login credentials? Login to BenefitBridge at: www.benefitbridge.com/peralta
- Forgot your username or password? Click on "Forgot Username/Password?"
- Please add or update your email address to receive an email confirmation of your enrollment approval.
- Need to create login credentials? Go to www.benefitbridge.com/peralta and follow the instructions below.

Step 1

➔ Select "Register" to Create an Account

Step 2


➔ Create a Username & Password

Step 3

➔ Select "Continue" to access BenefitBridge
(Print page with account information.)

Enrolling in Benefits

Access the Enrollment Center via the Enrollment tab or the Begin Life Event Enrollment button (see sample screen below).



Need Help? Contact BenefitBridge Support: (800) 814-1862; Mon. – Fri., 8:00 am – 5:00 pm PST

License No. 0451271
Confidential: Client Use Only

Innovative Solutions. Enduring Principles.

Keenan
Associates



Please click on the links below for a summary of the individual benefit plans to help you make informed decisions. Access the links to the right for more detailed information about the carriers and the offered plans.

Plans

Current Year Next Year **All Years**

Health

Medical

[Click here to Compare](#)

 Kaiser Permanente Insurance Company - HMO - Local 39	<input type="checkbox"/>
 Kaiser Permanente Insurance Company - HMO - All Employees Except Local 39	<input type="checkbox"/>
 Anthem Blue Cross - PPO - Trad - Local 39	<input type="checkbox"/>
 Anthem Blue Cross - PPO Lite - Local 39	<input type="checkbox"/>
 Anthem Blue Cross - PPO Lite	<input type="checkbox"/>
 Anthem Blue Cross - PPO - Trad	<input type="checkbox"/>

Dental

[Click here to Compare](#)

 United HealthCare Insurance Company - UHC DMO Dental	<input type="checkbox"/>
--	--------------------------

Benefit Plan Information

-  [Carrier / Vendor Links](#)
-  [Part Time Hourly Faculty](#)
-  [Other Links](#)

Tools

- ▶ [Home](#)
- ▶ [Understanding Benefits](#)
- ▶ [Resources](#)
- ▶ [Library](#)
- ▶ [Your Needs](#)
- ▶  [2015 Peralta CCD Benefits Fair](#)
- ▶ [Federal & State Programs](#)
- ▶ [Life Events](#)
- ▶ [FSA Dependent Care](#)
- ▶ [FSA Health Care](#)
- ▶  [ING Life Booklet](#)
- ▶  [ING Life Rider](#)
- ▶  [Kaiser Summary Local 39](#)
- ▶  [Kaiser Summary - All Others](#)
- ▶  [PPO Lite - Local 39](#)
- ▶  [PPO Lite - All Others](#)
- ▶  [Traditional PPO - Local 39](#)
- ▶  [Traditional PPO - All Others](#)
- ▶  [United HealthCare Dental Summary](#)
- ▶  [Delta Dental Premier Summary](#)
- ▶  [Delta Dental PPO Plus Summary](#)

Survey-Websites (Homepage and Benefit Bridge)

1. What is the reason you visit the benefits website:

For enrollment information

For updates to workshops and activities

For wellness resources

For tax-deferred planning resources

For voluntary and/or other vendor benefit information

Other (list other)

2. How often to you visit the website for benefits-related information

► Weekly

► Monthly

► After an email from the benefits office

► At my union's request

3. If you are benefit-eligible, have you confirmed that your life insurance beneficiary is current on the secure portal Benefit Bridge (in use since October 2014)?

Survey-Health & Wellness

1. Have you taken a health-risk assessment (define it)
 - Kaiser
 - CoreSource
 - Elsewhere
2. Do you know if anyone in your family covered under a Peralta plan has taken a Health Risk Assessment?
3. Did you know that the District has a health & Wellness portal on the Benefits Website?

Survey-Other Activities

- Are you interested in a spring tailgate with the Oakland A's.
 - Tailgate food and ticket \$50
- Would you be interested participating in a Napa Valley wine tour as fundraiser for the Foundation. We want to gauge interest in a variety of interests.
 - 4 winery excursions \$100
 - 3 winery excursions \$75
- Would you be interested in participating in a 3-5 day cruise in May 2015 (our last group cruise was in 2009) there is a renewed interest. Cost \$300-400
- If you attended any workshops delivered by the Managed Health Network, Employee Assistance Program, did you find it useful?

Next Newsletter December 2015

- Affordable Care Act Update (new form)
- What if payments are received late
- Medicare D Annual Announcement
- New limits for 2016 (Flexible Benefits, 403(b))
- Customer Service Resources
- Save the Dates:
 - 12/10
 - Retirement Planning Dinner sponsored by Teacher's Pension
 - 2/6
 - Medicare Campaign
 - 1/25-2/29
 - Part Time Hourly Faculty Open Enrollment
 - 5/5/16
 - Spring Open Enrollment
- Reimbursement Forms Deadlines
 - 12/31/15 Kaiser
 - 03/31/16 for 2015 reimbursements for Medicare
- In memoriam