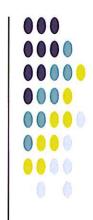




11:00 - noon

- Update of out of non-California network options (PSW Benefit Resources)
- 2. Health Care Reform, A timeline-where we are? (PSW Benefits Resources)
- 3. PSW-Review of Health & Wellness Plan (PSW Benefits Resources)
- 4. Next Meeting 2/7/13 & Other Topics?
  - Medicare Coordination Letters and Process per union agreement
  - JPA Exploration
  - 3. Review of current budget expenses for fiscal year July 1 through December 2012
  - 4. Continued discussion on wellness



### Housekeeping

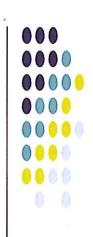
- Please sign in (include preferred email)
- Welcome new faces to the committee and around the District.

### Announcement & Communications

- 1. January Newsletter
  - 403(b) and 457 Plan and MidAmerica-an update
    - Limits have increased for 2013
    - Continue to use MidAmerica, even retirees
  - Compliance Corner
    - Required information on the employerissued w-2's, active and working retirees
    - Fiscal Cliff and Flexible Benefit Plan under IRS Code 132, employee contribution limit increased
  - Enrollment Tables
  - Subsidy information
    - Approaching 1.5m in subsidies
  - Retiree Distribution by Date
- Review of Website Useage

|                                   | Retiree Be | enefits Infor | mation Center |
|-----------------------------------|------------|---------------|---------------|
| YEAR                              | Active     | Retiree       | Total         |
| 2011                              | 6067       | 1305          | 7372          |
| 2012                              | 7125       | 1800          | 8925          |
| increase hits over the prior year | 17%        | 38%           | 21%           |

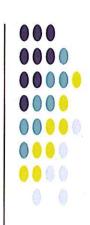
### Medicare Enrollment Drive 2013



3. Review of progress toward 100 participation-Medicare non-enrollment statistics 2011 and 2012

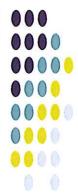
|                      | Non-Coord | inated Retire | es and Dependents January 2013 |
|----------------------|-----------|---------------|--------------------------------|
| YEAR                 | Kaiser    | CoreSource    | Total                          |
| 2011                 | 46        | 29            |                                |
| 2012                 | 20        | 14            | pending TPA & PSW Verification |
| change in population | -57%      | -52%          |                                |

### Medicare Enrollment Drive 2013-Exceptions and/or annual revalidation with the District



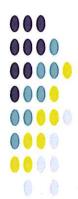
- Exceptions resulting from 2012 efforts:
- Primary other coverage exist because or current coverage under another group
- The requirement for Medicare coordination does not exit based on retirement date and then current <u>union affiliation</u>
- The requirement of Medicare coordination does not exist based on retirement date or retirement as of <u>management</u>, <u>confidential</u>
- 4. Enrollment in Kaiser Senior Advantage out-ofarea plan non serviced by Medicare or approved by the <u>Centers for Medicare and</u> <u>Medicaid Services</u> (self-funding enrollment is a non-preferred option)





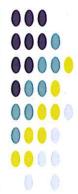
- Part of our on-going process includes the quarterly purge of deceased records for retirees and their enrolled dependents
- We are performing this exercise now through
  - Mailings, returned mail
  - Interactive database which is coordinated by Social Security, but is not the Social Security database





- 1. Announcement sent to retirees in the *January 8,*2013 Peralta Benefits Everyone Newsletter
  - Caretakers are welcome
- Kaiser Senior Advantage, Benefit Dynamics, Social Security/Medicare Administration represented
  - Onsite enrollment for Medicare and/or Kaiser Senior Advantage
  - Onsite acceptance of Medicare statements
- Another postcard or announcement will go out in 2 weeks
- 4. We will integrate the two topics:
  - Medicare Coordination
  - What every survivor should know
  - Lunch provided, no rsvp necessary
- 5. Hardcopies will continue to be available
  - 2013 Medicare A & B Premium Plan Document, Claim forms





- In March, we will continue efforts and schedule personal appointments
- 2. Medicare enrollment becomes effective July 1 unless there is a qualifying reason to allow earlier enrollment





 Language and Spirit of the Charge: Why are we exploring?

Excerpt from 2012 Successor Agreement (PFT Version)

Feasibility study of post-2004 hires buying into Peralta's retiree benefits

The District will look into the feasibility of allowing post-2004 unit members access to Kaiser and

Peralta's PPO in retirement at no cost to the District, after the District becomes a part of a JPA for

Kaiser.

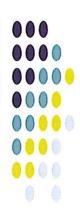
### **Joint Powers Authority Exploration**

Feasibility study of post-2004 hires buying into Peralta's retiree benefits

The District will look into the feasibility of allowing post-2004 unit members access to Kaiser and

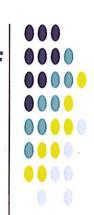
Peralta's PPO in retirement at no cost to the District, after the District becomes a part of a JPA for

Kaiser.



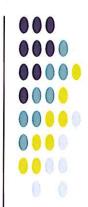
- Brief recap for the benefit of new committee members-Kaiser increase of 18%, language as referenced above.
- 2. Considerations-
  - Who can mirror the plan design we currently offer to our active employees
  - Which partnership will mirror the plan design we currently offer to our retirees
  - Which partnership will accept our Kaiser population exclusively (active or retired)
  - There are specific entry and exit times which are not currently in synch with our negotiation schedule
  - Ease of entry and exit, minimal commitment periods
- 3. Who did we look at and why?
  - Alliant (currently partners with us for the Dental Plan)
  - ASCIP (currently partners with us for workers comp)
  - SISC-Self-Insured Schools of California (Recovery Team)
- 4. During the exploration, what did we learn?
  - While we speak of JPA in terms of a shared risk pool, there are other similar types of arrangements to consider.
  - 2 CalPERS is a Joint Trust (JT)
  - Joint Trusts, JPA's and the like can become insolvent
  - We carry forward our Kaiser Renewal rates event if the JPA or JT rates are higher and we may therefore not recognize any savings.
  - 5. We are committed to the "train-in" rate
  - 6. We lose our flexibility on exceptional processes
  - We lose our subsidies (ie Medicare D)
  - 8 Some partnerships will now allow cash in-lieu
  - 9 Some partnerships REQUIRE Medicare coordination without exception
  - 10. Cost savings is an outcome of which plan design with which we partner
  - JPAs offer more than one-which would fit and help us reach goal
  - 12. We would incur old expenses on top of new expenses concurrently (\$1-2 m)
  - 13. ANYTHING ELSE needed as part of the feasibility study
  - Impact of Patient Proctection and Affordable Care Act Health Care Reforms unknown as exchanges are introduced
  - 15 Impact to Other Post Employment Benefits (OPEB) unknown
  - We can join a partnership with or without a consultant or broker
- 5. WHAT MORE DO WE NEED IN ORDER FOR THE COMMITTEE TO MAKE A RECOMMENDATION?

Out of California claims-what types of claims were paid? Follow up question from December 2012 meeting



• During the December 2012 meeting, it appears that the District would have saved quite a bit (over a million dollars) if Anthem had a national network available and for our use last year. What types of claims were re-priced in the analysis which estimated a savings of \$1m savings?

### Answer and analysis from consultant analysis



### Peralta

Volume Weighted Discount Based on Group's Claims Experience

### Charges Submitted - Priced

Pricing Based on JAA Rates

| Hospital/Facility        |                                    | Submitted Charges | Anthem JAA Allowed | Discount | % of Total Priced Utilization |
|--------------------------|------------------------------------|-------------------|--------------------|----------|-------------------------------|
|                          | Inpatient                          | 297,873           | 132,620            | 55.5%    |                               |
|                          | Sub-total Inpatient                | \$297,873         | \$132,620          | 55.5%    | 29.0%                         |
|                          |                                    |                   |                    |          | *                             |
|                          | Outpatient/ASC                     | 217,660           | 106,976            | 50.9%    |                               |
|                          | Sub-total Outpatient/ASC/Other     | \$217,660         | \$106,976          | 50.9%    | 21.2%                         |
|                          | Sub-total Hospital/Facility        | \$515,533         | \$239,596          | 53.5%    | 50.2%                         |
|                          |                                    |                   | 1                  |          |                               |
| Professional/Nonfacility |                                    |                   |                    |          |                               |
| Tiolessional/Nonachity   |                                    | 511,929           | 235,454            | 54.0%    | 49.8%                         |
|                          | Sub-total Professional/Nonfacility | \$511,929         | \$235,454          | 54.0%    | 49.8%                         |
|                          |                                    |                   |                    |          |                               |
| Total Charges Submitted  | - Priced                           | \$1,027,462       | \$475,050          | 53.8%    | 100.0%                        |

### Charges Submitted - Not Priced\*

| Total Charges Submitted              |                      | \$1,136,187 |
|--------------------------------------|----------------------|-------------|
| Total Charges Submitted - Not Priced |                      | \$108,725   |
| Total Prof                           | essional/Nonfacility | 108,725     |
| Professional/Nonfacility             |                      | •           |
| Total I                              | Hospital/Facility    | <b>#</b>    |
|                                      | Outpatient/ASC       | \$0         |
|                                      | Inpatient            | \$0         |
| Hospital/Facility                    |                      |             |

Peralta Community College District Health Benefits Fringe Committee Meeting-Thursday, January 10, 2013

### Health Care Reform, an updated timeline-PSW Benefit Resources





Service Excellence Through Dedicated Resources

January 8, 2013

### Health Care Reform Timeline 2012 - 2018

PSW Benefit Resources and Insurance Services is providing this timeline of the implementation of key reform provisions that affect employers and individuals. Please read below for more information and contact PSW Benefit Resources and Insurance Services with any questions about how you can prepare for any of the health care reform requirements.

### 2012

### HEALTH PLAN ADMINISTRATION

Uniform Summary of Benefits and Coverage. All non-grandfathered and grandfathered health plans
will be required to provide a uniform summary of the plan's benefits and coverage to participants. The
summary will have to be written in easily understood language and will be limited to four pages. Any midyear changes to the information contained in the summary will have to be provided to participants 60 days
in advance. The health care reform law indicated that plans would be required to start providing the
summary by March 23, 2012.

Note: On Nov. 17, 2011, the Department of Labor (DOL) issued guidance that delayed the deadline for plans to begin providing the summary until after the release of final regulations. On Feb. 9, 2012, HHS, the DOL and the Treasury Department issued final regulations on the summary of benefits and coverage requirement.

The final guidance provides that plans and issuers must start providing the summary by the following deadlines:

- Issuers must provide the summary to health plans effective Sept. 23, 2012;
- Plans and issuers must provide the summary to participants and beneficiaries who enroll or re-enroll during an open enrollment period starting with the first day of the first open enrollment period that begins on or after Sept. 23, 2012;
- Plans and issuers must provide the summary to participants who enroll for coverage other than through an open enrollment period (for example, newly eligible individuals and special enrollees) starting with the first day of the first plan year that begins on or after Sept. 23, 2012.

The Department of Labors' basic approach to ACA implementation is: "to work together with employers, issuers, States, providers and other stakeholders to help them come into compliance with the new law and to work with families and individuals to help them understand the new law and benefit from it, as intended. Compliance assistance is a high priority for the Department of Labor. Their approach to implementation is and will continue to be marked by an emphases on assisting (rather than imposing penalties on) plans, issuers and others that are working diligently and in good faith to understand and come into compliance with the new law." Accordingly, consistent with this guidance, during this first year of applicability, the Departments will not impose penalties on plans and issuers that are working diligently and in good faith to comply.

CoreSource and Kaiser will have SBC's for distribution during the next open enrollment scheduled for February 2013.

 Reporting Health Coverage Costs on Form W-2. Employers will be required to disclose the value of the health coverage provided by the employer to each employee on the employee's annual Form W-2.

Peralta Community College District is providing employees with the required value of medical and EAP health coverage on Form W-2 issued in 2013.

### Fees and taxes

• Comparative Effectiveness Research (CER) Fees. Effective for plan years ending on or after Oct. 1, 2012, insurers and sponsors of self-insured health plans must pay CER fees to fund health care research. The CER fees do not apply for plan years ending on or after Oct. 1, 2019. Thus, for calendar year plans, the CER fees will be effective for the 2012 through 2018 plan years. For plan years ending before Oct. 1, 2013 (that is, 2012 for calendar year plans), the research fee is \$1 multiplied by the average number of lives covered under the plan. The fee goes up to \$2 for plan years ending on or after Oct. 1, 2013 and before Oct. 1, 2014, and will be indexed for future years. CER fees must be reported and paid by July 31 of each year, and will generally cover plan years that end during the preceding calendar year. The first possible due date for paying CER fees is July 31, 2013.

### Remittance of Fees

Insurers and plan sponsors must report and pay these fees annually on IRS Form 720, which will be due by July 31 of each year. The first due date is July 31, 2013. A return will generally cover policy or plan years that end during the preceding calendar year. In other words, fees for a plan year are due by July 31 of the calendar year following the calendar year containing the plan year end. Form 720 may be filed electronically. The IRS has not yet updated Form 720 to reflect the reporting of these fees.

No additional information or guidance has been released.

### <u>2013</u>

### **HEALTH PLAN ADMINISTRATION**

• Limiting Health Flexible Savings Account Contributions. The health care law will limit the amount of salary reduction contributions to health FSAs to \$2,500 per year, indexed by CPI for subsequent years.

### Peralta Community College District is already in compliance.

- Employee Notice of Exchanges. Effective March 1, 2013, employers must provide a notice to employees regarding the availability of the health care reform insurance exchanges. HHS has indicated that it plans on issuing model exchange notices in the future for employers to use.
- HIPAA Certification. By Dec. 31, 2013, employers with group health plans must certify that their plans
  comply with HIPAA's rules on electronic transactions. HHS intends to issue more guidance on this
  requirement in the future.

### **FEES AND TAXES**

Eliminating Deduction for Medicare Part D Subsidy. Currently, employers that receive the Medicare
Part D retiree drug subsidy may take a tax deduction for their prescription drug costs, including costs
attributable to the subsidy. The deduction for the retiree drug subsidy will be eliminated in 2013.

### No additional information or guidance has been released.

- Increased Threshold for Medical Expense Deductions. The health care reform law increases the (IRS) income threshold for claiming the itemized deduction for medical expenses from 7.5 percent of income to 10 percent. However, individuals over 65 would be able to claim the itemized deduction for medical expenses at 7.5 percent of adjusted gross income through 2016.
- Additional Medicare Tax for High Wage Workers. The new law increases the Medicare tax rate by 0.9 percentage points on wages over \$200,000 for an individual (\$250,000 for married couples filing jointly).

The tax is also expanded to include a 3.8 percent tax on net investment income in the case of taxpayers earning over \$200,000 (\$250,000 for joint returns).

### 2014

### **COVERAGE MANDATES**

- Individual Coverage Mandates. The health care reform legislation requires most individuals to obtain acceptable health insurance coverage or pay a penalty, beginning in 2014. The penalty will start at \$95 per person for 2014 and increase each year. The penalty amount increases to \$325 in 2015 and to \$695 (or up to 2.5 percent of income) in 2016, up to a cap of the national average bronze plan premium. After 2016, dollar amounts are indexed. Families will pay half the penalty amount for children, up to a cap of \$2,250 per family. Individuals may be eligible for an exemption from the penalty if they cannot obtain affordable coverage.
  - Legal challenges to the health care reform law have focused on whether Congress had the constitutional authority to enact the individual coverage mandate.
  - On June 28, 2012, the U.S. Supreme Court addressed these legal challenges and upheld the individual coverage mandate as constitutional. This means that the mandate will go into effect in 2014 as planned, unless it is repealed by Congress.
- Employer Coverage Requirements. Employers with 50 or more employees that do not offer coverage to their employees will be subject to penalties if any employee receives a government subsidy for health coverage. The penalty amount is up to \$2,000 annually for each full-time employee, excluding the first 30 employees. Employers who offer coverage, but whose employees receive tax credits, will be subject to a fine of \$3,000 for each worker receiving a tax credit, up to an aggregate cap of \$2,000 per full-time employee. Employers will be required to report to the federal government on health coverage they provide.

### HEALTH INSURANCE EXCHANGES

The health care reform legislation provides for health insurance exchanges to be established in each state in 2014. Individuals and small employers will be able to shop for insurance through the exchanges. Small employers are those with no more than 100 employees. If a small employer later grows above 100 employees, it may still be treated as a small employer. However, states may limit employers' participation in the exchanges to businesses with up to 50 employees until 2016. Large employers with over 100 employees are to be allowed into the exchanges in 2017. The health care reform legislation provided that workers who qualified for an affordability exemption to the coverage mandate, but did not qualify for tax credits, could use their employer contribution to join an exchange plan. This requirement is known as the "free choice voucher" provision. The federal appropriations bill signed by President Obama on April 15, 2011, eliminated the free choice voucher provision from health care reform.

### HEALTH INSURANCE REFORM

Additional health insurance reform measures will be implemented beginning in 2014.

- Guaranteed Issue and Renewability. Health insurance issuers offering health insurance coverage in the
  individual or group market in a state must accept every employer and individual in the state that applies
  for coverage and must renew or continue to enforce the coverage at the option of the plan sponsor or the
  individual.
- Pre-existing Condition Exclusions. Effective Jan. 1, 2014, group health plans and health insurance issuers may not impose pre-existing condition exclusions on any covered individual, regardless of the individual's age.
- Insurance Premium Restrictions. Health insurance issuers in the individual and small group markets
  will not be permitted to charge higher rates due to heath status, gender or other factors. Premiums will be
  able to vary based only on age (no more than 3:1), geography, family size and tobacco use. The rating
  limitations will not apply to health insurance issuers that offer coverage in the large group market unless
  the state elects to offer large group coverage through the state exchange (beginning on or after 2017).

- Nondiscrimination Based on Health Status. Group health plans and health insurance issuers offering
  group or individual health insurance coverage (except grandfathered plans) may not establish rules for
  eligibility or continued eligibility based on health status-related factors.
- Nondiscrimination in Health Care. Group health plans and health insurance issuers offering group or
  individual insurance coverage may not discriminate against any provider operating within their scope of
  practice. However, this provision does not require a plan to contract with any willing provider or prevent
  tiered networks. It also does not apply to grandfathered plans. Plans and issuers also may not
  discriminate against individuals based on whether they receive subsidies or cooperate in a Fair Labor
  Standards Act investigation.
- Annual Limits. Restricted annual limits will be permitted until 2014. However, in 2014, the plans and issuers may not impose annual limits on the amount of coverage an individual may receive.
- Excessive Waiting Periods. Group health plans and health insurance issuers offering group or individual health insurance coverage will not be able to require a waiting period of more than 90 days.
- Coverage for Clinical Trial Participants. Non-grandfathered group health plans and insurance policies
  will not be able to decline coverage because an individual chooses to participate in a clinical trial for
  cancer or other life-threatening diseases or deny coverage for routine care that they would otherwise
  provide just because an individual is enrolled in such a clinical trial.

### **EMPLOYER WELLNESS PROGRAMS**

### **FEES AND TAXES**

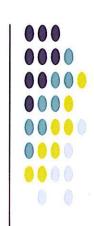
- Individual Health Care Tax Credits. The new law makes premium tax credits available through the
  exchanges to ensure people can obtain affordable coverage. Credits are available for people with
  incomes above Medicaid eligibility and below 400 percent of poverty level who are not eligible for or
  offered other acceptable coverage. The credits apply to both premiums and cost-sharing.
- Employee Health Incentives/rewards. The total of all rewards offered to an individual under the
  program cannot exceed 20 percent of the total cost (employer and employee portions) of individual
  employee health benefits coverage. In 2010, the federal Secretaries indicated that they intend to use
  their regulatory authority to raise the limit to 30 percent as of 2014, accompanied by additional consumer
  protections to prevent discrimination against employees. However, to date, no additional information or
  regulations have been issued.

### 2018

### HIGH COST PLAN EXCISE TAX

A 40 percent excise tax is to be imposed on the excess benefit of high cost employer-sponsored health insurance. This tax is also known as a "Cadillac tax." The annual limit for purposes of calculating the excess benefits is \$10,200 for individuals and \$27,500 for other than individual coverage. Responsibility for the tax is on the "coverage provider" which can be the insurer, the employer, or a third-party administrator. There are a number of exceptions and special rules for high coverage cost states and different job classifications (not yet defined).

### A review of Health and Wellness - PSW Benefits Resources



### Self-Funding

- Medical Wellness Claims Data through CoreSource
- At-A-Glance View of Chronic Conditions@Year End

### 2. Kaiser HMO :Prevention and LifeStyle Risk:

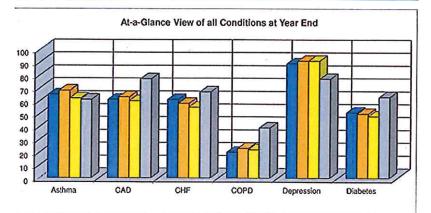
- Your results: overview
- Your recommended action plan
- Create a culture of health at work
- Use the tools included in your coverage
- More included programs and tools
- 6. Broaden your reach with HealthWorks

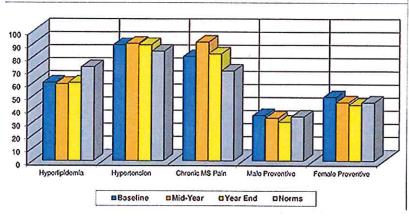
# PERALTA COMMUNITY COLLEGE DISTRICT MEDICAL WELLNESS CLAIMS DATA THROUGH CORESOURCE NOVEMBER 1, 2010 THROUGH OCTOBER 31, 2012

| TOTAL NOT RELEVANT COMPLETED   |
|--|
| Patients without any Colorectal Cancer screening 967 719 in the analysis period. |
| 400 262  |
| Patients without Preventive Care Exam in the last 2 years 962 153                |
| 537 396  |
| More than 39 years old without Mammogram 605 428 in the last 12 months           |
| Women without Pap Smear in the last two years 680 441                            |
| mogram in the last 12 months 546 401   |
| Women without Pap Smear in the last 2 years 393 195                              |
| Imogram in the last 2 years 67 38  |
| Momen without Mammogram in the last 18 months 338 166                            |

\*Based upon national data base of over 6 million lives

November 1, 2011 thru October 31, 2012





| Overall Compliance Summany | Baseline | Mid-Year | Year End | Change<br>from<br>Baseline | Norm |
|----------------------------|----------|----------|----------|----------------------------|------|
|                            | 60       | 61       | 59       | র্গ                        | 68   |

| Care Index                         | Baseline | Mid-Year | Year End | Change<br>from<br>Baseline | Norm |
|------------------------------------|----------|----------|----------|----------------------------|------|
| Asthma                             | 65       | 68       | 62       | -3                         | 61   |
| CAD                                | 61       | 63       | 60       | -1                         | 77   |
| CHF                                | 61       | 58       | 55       | -6                         | 67   |
| COPD                               | 20       | 23       | 22       | +2                         | 39   |
| Depression                         | 89       | 91       | 91       | +2                         | 77   |
| Diabetes                           | 51       | 50       | 48       | -3                         | 63   |
| Hyperlipidemia (High Cholesterol)  | 60       | 59       | 60       | 0                          | 72   |
| Hypertension (High Blood Pressure) | 89       | 90       | 89       | 0                          | 84   |
| Chronic Musculoskeletal Pain       | 80       | 91       | 82       | +2                         | 69   |
| Male Preventive                    | 35       | 33       | 30       | -5                         | 34   |
| Female Preventive                  | 49       | 45       | 43       | -6                         | 45   |

<sup>\*\*</sup> Group currently has no members identified with this condition.

### Key Points:

\* Compliance scores for 5 of the 11 conditions improved or remain unchanged at Year End,

\* The average overall year end compliance score of 59 for all of the conditions lost 1 point over the baseline and was 4 points lower than the normative average.

### Prevention and Lifestyle Risk

## Your results: overview

| Measure                        | Description  | Your Results,<br>2011 Q4 | Your Results,<br>2012 Q1 | Year-Over-Year<br>Change |
|--------------------------------|--|--------------------------|--------------------------|--------------------------|
| BMI: Weight Management+        | % of adult members who are overweight or obese         | 70.16%                   | 70.18%                   | Declined                 |
| Cholesterol management+        | % of members borderline high or high total cholesterol | 36.86%                   | 37.74%                   | Declined                 |
| Blood pressure management+     | % of members with blood pressure >=140/90              | 12.33%                   | 12.92%                   | Declined                 |
| Smoking rates+                 | % of members who smoke                                 | 10.6%                    | 10.37%                   | Improved                 |
| Breast cancer screenings*+     | % of eligible population screened                      | 85.96%                   | 85.31%                   | Declined                 |
| Cervical cancer screenings*+   | % of eligible population screened                      | 87.58%                   | 86.86%                   | Declined                 |
| Colorectal cancer screenings*+ | % of eligible population screened                      | 76.67%                   | 68.72%                   | Declined                 |
| Childhood immunization rates*+ | % of eligible population screened                      | SSI                      | SSI                      |                          |
| Childhood obesity+             | % of child members who are overweight or obese         | 38.98%                   | 34.15%                   | Improved                 |

\*Continuously enrolled members during measurement period. +ISS (Insufficient Sample Size) will be displayed if eligible member population for the prevention measure is less than 30.



# Your recommended action plan

# Three steps to a healthier workforce



Create a culture of health at work



f Use the tools included in your coverage— Kaiser Permanente HealthWorks



Broaden your reach



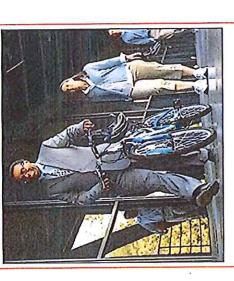
# Create a culture of health at work

## Worksite health promotion boosts employee wellness program participation by 40 percent\*

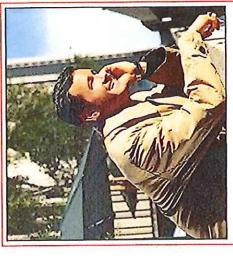
Use your worksite to encourage:



Better eating habits



More exercise



Smoking cessation



\*Closing the Gap: 2008/2009 Employee Perspectives on Health Care, Watson Wyatt, 2008.

# Use the tools included in your coverage







## Online resources

- HealthWorks workbook
- Total health and productivity library at businessnet.kp.org
- Total health assessment
- Online services, including e-mail your doctor's office, view lab results, prescription refills, and more
- Digital coaching sessions
- BMI and health calculators
- Health and drug encyclopedias
- Health screening, self-exam, and symptom tools
- Fitness widget and podcasts



Prevention and Lifestyle Risk

# More included programs and tools

## Membership extras

- Fitness clubs reduced rates
- Complementary medicine reduced rates
- Individual and phone counseling
- Educational theater program
- Kids in Dynamic Shape program

## Facility resources

- Healthy living classes and support
- Calorie counts in hospital cafeterias

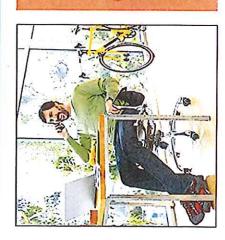






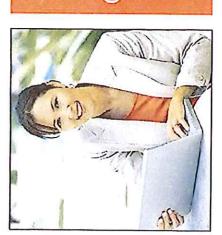
\*Availability varies by region. Some classes require an additional fee.

# Broaden your reach with HealthWorks



### Onsite

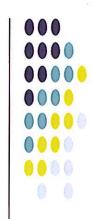
- The FruitGuys produce delivery service
- Healthy Picks vending machine program
- Health promotion classes
- Biometric screenings for cholesterol, blood pressure, and BMI
- Customized communications—flyers, posters, etc.



### Online

- Total health assessments for all employees
- Customized e-mail coaching for your entire workforce
- Customized Web site with information and links on participating in the total health assessment, digital coaching sessions, or 10,000 Steps<sup>®</sup>
- Participation reports and summaries





### **Next Meetings**

- Dates:
  - February 7
  - March 7
- Topics?
  - JPA Exploration
  - Medicare Coordination progress
  - Review of budget expenses