

WOODBURY COUNTY BOARD OF SUPERVISORS AGENDA ITEM(S) REQUEST FORM

Date: 9/03/2026 Weekly Agenda Date: 09/08/2026

ELECTED OFFICIAL / DEPARTMENT HEAD / CITIZEN: Melissa Thomas, HR Director

WORDING FOR AGENDA ITEM:

Approval to provide wellness screenings and continued quarterly individual health coaching to eligible Woodbury County employees

ACTION REQUIRED:

Approve Ordinance ☐

Approve Resolution ☐

Approve Motion ☒

Public Hearing ☐

Other: Informational ☐

Attachments ☒

EXECUTIVE SUMMARY:

Wellness screenings will include four types of tests: Wellness Blood Profile, PSA, TSH and A1C. Also included are individual health coaching, other educational programs and quarterly testing.

BACKGROUND:

Woodbury County has provided these screenings and other health services for eligible employees and spouses since 2014. The program has been successful with employees' overall wellness and we continue to make improvements to fit our employees' needs and make it more convenient to participate.

FINANCIAL IMPACT:

Please see attached proposal. Last year approximately 285 employees and spouses participated in the wellness program at a cost of approximately \$53,000. This year the prices for each test have remained the same, although on-site hourly visits have increased by \$2 per hour.

IF THERE IS A CONTRACT INVOLVED IN THE AGENDA ITEM, HAS THE CONTRACT BEEN SUBMITTED AT LEAST ONE WEEK PRIOR AND ANSWERED WITH A REVIEW BY THE COUNTY ATTORNEY'S OFFICE?

Yes ☐ No ☐

RECOMMENDATION:

Approve the wellness screenings and quarterly health coaching

ACTION REQUIRED / PROPOSED MOTION:

Motion to approve the wellness screenings and quarterly health coaching

UnityPoint Health at Work

Occupational Medicine & Wellness Proposal

Prepared for

Woodbury County

August 7, 2026

Business Development Coordinator

Contact: Kris Hartje, M.A.

Kristin.hartje@unitypoint.org

Our Wellness Team is comprised of individuals with professional certifications, such as: Registered Nurse, Certified Health Coach, Physical Therapy Assistant, Certified Group Fitness Instructor and Certified Occupational Health Nurse.

UnityPoint Health at Work believes that a healthy workforce is the cornerstone of every business. We offer employer health solutions that are convenient and customized. Whether personal or employment focused, these solutions can reduce costs for the organization while improving the health and well-being of the employer's workforce and the community.

The following are charges for specific services. Charges for additional services are available upon request.

Occupational Medicine & Wellness Services Proposal

Wellness Screening & Results Review:

- **Wellness Blood Profile/ \$55 per person + onsite administration fee**

Includes height, weight, BMI, body fat and waist measurement. Over 25 blood chemistry components are included in this profile. This includes total cholesterol, HDL, LDL, triglycerides, glucose, a complete blood count (white and red blood cell counts) as well as kidney and liver function components. The results can be used to help identify health problems such as diabetes, heart disease, as well as kidney and liver disease.

This blood profile requires a 9-12 hour fast prior to your appointment. Water is recommended as it helpful to be well-hydrated for this venous blood draw. You are advised to avoid alcohol 24 hours prior to your appointment.

- **Wellness Coaching, Group Coaching, Group Fitness Class, Body Fat Testing = \$67 per hour**
- Additional Screening Opportunities Available during Wellness Screening

TSH = \$39

PSA Screening (men over age 50) = \$39

Hemoglobin A1C (HbA1C) = \$30

- **Schedule Biometric Screening Event to be held at various locations based on schedule and availability.**

Flu Vaccine Clinic:

- **Flu Vaccine/ \$35 per person + onsite hourly fee of \$67 per resource per hour**
- **Vouchers may be available/yet to be determined for 2027 flu season.**
- **Date/Time to be scheduled at Woodbury County Health Fair.**

Program Components:

- **To Be determined based on aggregate screening data availability**

- This Proposal may not be disclosed, copied, shown, or provided to anyone other than the above entities without express, written consent.
- Charges will be billed as services are provided.
- Prices are effective for 30 days from the date this Proposal was developed.
- This Proposal is for informational purposes only and is not a binding agreement.