

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

Date: 09/04/2025 Weekly Agenda Date: 09/09/2025

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 4 different types of tests: Wellness Blood Profile, PSA, TSH and AC1. Also included are 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 schedule. Last year approximately 260 employees and spouses participated in the wellness program at a cost of approximately \$43,000.00. This year the prices for each test have remained the same. Please see attached.

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



Health and Wellbeing Services Proposal

WOODBURY COUNTY WELLNESS PROGRAM

7.29.2025

Contact: Kris Hartje, M.A.

Account Manager

Kris.hartje@mercyhealth.com

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.

Woodbury County	Program Design Biometric Screening & Results Review + Flu Vaccine Clinic
<p>Goal:</p> <p>To continue our Partnership with Woodbury County and their wellness program.</p> <p>Timeline:</p> <p>To be determined</p>	<p><u>Wellness Screening & Results Review:</u></p> <ul style="list-style-type: none"> 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 = \$65 per hour <u>Additional Screening Opportunities Available during Wellness Screening</u> 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. <p><u>Flu Vaccine Clinic:</u></p> <ul style="list-style-type: none"> Flu Vaccine/ \$35 per person + onsite hourly fee of \$65 per resource per hour Vouchers may be available/yet to be determined for 2026 flu season. Date/Time to be scheduled at Woodbury County Health Fair. <p><u>Program Components:</u></p> <ul style="list-style-type: none"> To Be determined based on aggregate screening data availability



improve their health and wellbeing as well as reduce healthcare expenditure.

MercyOne Business Solutions appreciates the opportunity to propose a collaborative partnership to improve the wellbeing of your employees and their family members. We hope the information provided within this proposal will help in the evaluation of the services needed to enhance the wellbeing offerings at your organization.

