

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

Date: 09/08/2022 Weekly Agenda Date: 09/13/2022

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 220 employees plus 100 spouses participated in the Wellness program at a cost of \$42,100. These expenses have been paid through the medical plan.

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 employee wellness screenings and quarterly health coaching.



Health and Wellbeing Services Proposal

Prepared for:

WOODBURY COUNTY WELLNESS PROGRAM

8.29.2022

August 26, 2022

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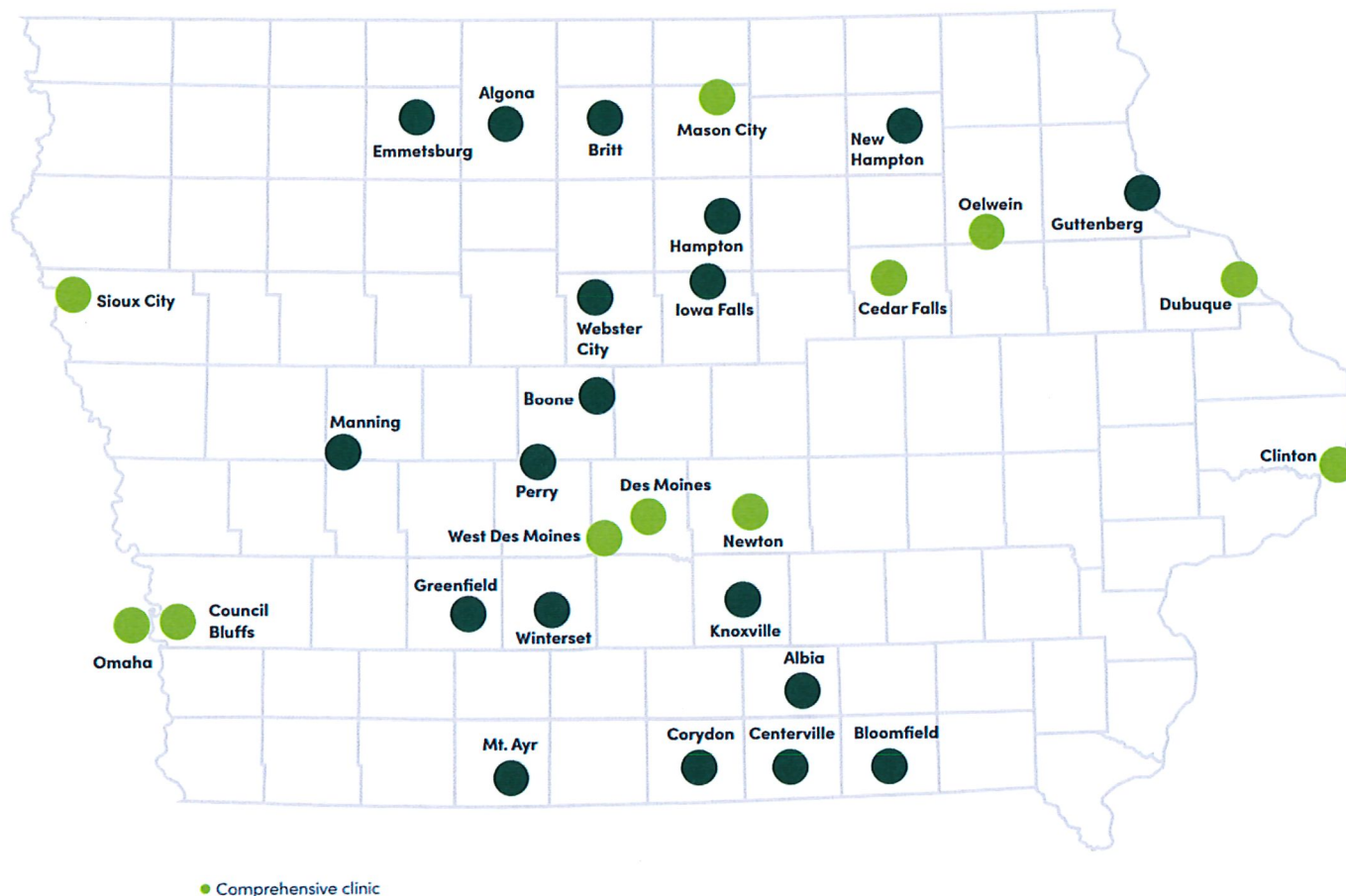
MercyOne Business Solutions understands that productive, healthy and safe employees empower organizations, such as yours, to be successful. An effective wellbeing program provides a unique and customized journey for everyone.

Our approach allows companies to focus on three strategic needs:

- improve employee productivity
- reduce cost of care
- improve the engagement and retention of the employee

We have the resources to meet the needs of your employees in Iowa as well as across the country.

MercyOne's statewide coverage



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/ \$47** per person + onsite 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. 1 Health Coaching session with review of results/\$60 per hour <u>Additional Screening Opportunities Available during Wellness Screening</u> TSH = \$35 PSA Screening (men over age 50) = \$35 Hemoglobin A1C (HbA1C) = \$27 Schedule Biometric Screening Event to be held in 2 or 3 different timeframes based on schedule and availability. Plus 2 Complimentary Zoom Education Sessions <p><i>**Woodbury County Discount Rate from \$65 per person rate to \$47 per person</i></p> <p><u>Flu Vaccine Clinic:</u></p> <ul style="list-style-type: none"> Flu Vaccine/ \$28 per person + onsite fee Those who can't make It will receive a voucher. Date/Time to be determined for (1) centrally located event <p><u>Program Components:</u></p> <ul style="list-style-type: none"> To Be determined based on aggregate screening data. <p><u>Pricing Changes:</u></p> <ul style="list-style-type: none"> \$60 onsite fee for each staff member per hour per event Mileage rate discontinued within Siouxland radius

Woodbury County	Additional Wellness Opportunities**:
	<ul style="list-style-type: none">• Employee Assistance Program• Total Brain• MercyOne Health and Engagement Hub• Health Coaching App• Onsite Nursing with Quarterly Blood Pressure Checks• CPR/1st Aid Class• Drug & Alcohol Supervisory Training <p>**Additional fees may apply</p>

These recommendations have been identified as an effective way for employers to help employees and their dependents, 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.