

HCSS

**WELLNESS STRATEGY
& INITIATIVE**

May 2015



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Summary of HCSS Wellness Strategy

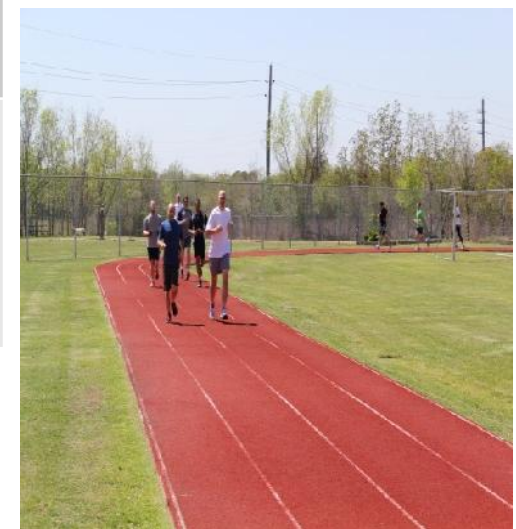
- Top Down Support
- Facilities Conducive to Wellness
- Innovative Health Plan
- On-Going Wellness Events
- Periodic Wellness Events
- Wellness Artifacts
- Financial Incentives
- Peer encouragement



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The Drivers

Innovative health plan	Wellness amenities & equipment	Wellness activities & challenges
Cost Plus	Conducive environment	Exercise classes Educational classes
ELAP	Health snacks	Team sports, relay teams
One Call Medical	Varidesk, treadmill work station	Qtr Wellness challenges
Redi MD, Snaphealth Free biometric screening with HRA contributions	Annual wellness fund \$1,000/emp	Walking meetings Walk with executives



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Results

Biometric Measurements		Medical Claims 2014
Annual biometric screening 2013 – 14 (100% participation) High risk reduction		Total Medical Claims Savings - \$363,300
Cholesterol 4.5%	Glucose 0.4%	-36.2% to US benchmark
BP 5%		Pharmacy Savings - \$151,500
Q1 BP Challenge 2015	High risk ↓ 4 - 1	Disease Management completion rate – 100%
	Mod risk ↓ 47 - 27	
	Low risk ↑ 65% - 80%	



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