

**WOODBURY COUNTY BOARD OF SUPERVISORS AGENDA ITEM(S) REQUEST FORM**Date: 09/10/2019 Weekly Agenda Date: 09/17/2019**ELECTED OFFICIAL / DEPARTMENT HEAD / CITIZEN:** Melissa Thomas**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 and other educational programs and testing quarterly.

**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 344 participated in the Wellness program.

**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.

# Woodbury County Employee Wellness Program Components

## AUGUST 2019

The Wellness Blood Profile screening requires a 9-12 hour fast prior to your appointment. Please be well-hydrated for this screening. Water is recommended. You should avoid alcohol 24 hours prior to your appointment.

All participants will receive the following assessments:

- **Blood Pressure:**  
This simple screening is highly recommended as part of any health event.
- **Body Mass Index (BMI):**  
This is the relationship between height and weight that is associated with body fat and health risk.
- **Body Fat (hand held):**  
This monitor uses bioelectric impedance to measure your body fat versus lean body weight.
- **Waist Circumference:**  
Waist circumference is one of the most practical tools to assess abdominal fat for chronic disease risk.
- **MyBioCheck and personal report card (\$7):**  
A biometric health risk assessment application designed for the iPad. The application generates an individual report card for each participant which explains the results and provides simple action steps for improvement. Processing physician form for participants who bring in results (\$20).

## WELLNESS BLOOD PROFILE (ALL PARTICIPANTS)

**(\$39 - includes blood pressure, BMI, body fat and waist circumference)**

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.

- **PSA Screening (men over age 50) (\$28)**

The prostate-specific antigen (PSA) is a protein produced by the cells of prostate gland. The PSA test measures the level of PSA in the blood. A venous blood sample is taken and the amount of PSA is measured in a laboratory. The PSA screening is recommended for males age 50 and older.

- **TSH (\$18)**

The Thyroid-Stimulating Hormone (TSH) is a venous blood test that is considered the frontline test to evaluate thyroid hormone levels. Low thyroid hormones can contribute to the "slowing down" of bodily functions. As many as 10% of women have hypothyroidism.

- **Hemoglobin A1C (HbA1C) Screening (all participants) (\$25)**

An HbA1C lab test reflects the average amount of sugar in the blood over the past 3 months. It shows how well blood glucose (blood sugar) is controlled. The normal level is less than 6%. Most people with diabetes should have an HbA1C of less than 7%. Higher numbers mean that one's diabetes control is not as good.

- **Individual Health Coaching/Body Composition (Inbody), Dermascan, StepTest, Group Educational Sessions, Tracking of points (\$60/hour)**

Health coaching is provided by a certified wellness coach at various locations. Includes goal setting and follow-up. Mileage will be charged at current government rate to outlying areas (Merville, Climbing Hill, Correctionville and other out of town locations as requested). Additionally, drive time will be charged at \$40 per hour for assignments with drive time at or over thirty minutes.

## ADDITIONAL WELLNESS SERVICES INCLUDED IN PRICING LISTED ABOVE:

- Promotion of wellness screening and coaching sessions
- Group Health Report with review and recommendations from MercyOne Siouxland Occupational Health staff
- Physician review of all venous blood draws with recommendations for personal healthcare provider
- Three complimentary 30 minute health presentations by MercyOne professionals
- Advance notice of MercyOne low-cost health screens and health events
- Monthly Mind/Body health articles to share with employees

## Woodbury County Wellness Summary 2018

### Participation Data:

**2014** - 232 employees + 86 spouses completed the wellness screen; Total Participation = **318**

**2015** - 224 employees + 96 spouses completed the wellness screen; Total participation = **320**

**2016** - 224 employees + 93 spouses completed the wellness screen; Total Participation = **317**

**2017** - 263 employees + 102 spouses completed the wellness screen; Total participation = **365**

**2018** - 244 employees + 100 spouses completed the wellness screen; Total participation = **344**