



# Wellness through a proven champion

Chris Torizzo, MPH  
Kaiser Permanente

# Objectives

Provide an overview of services and tools school districts have utilized to implement wellness programs.

Discuss how to best partner with insurance providers to begin or enhance wellness programs.

# Schools as worksites

School districts present both great potential and challenges for employee wellness programs

## Potential:

- Enhancing health, productivity, culture
- Setting an example for students

## Challenges:

- Multiple locations
- Variety of schedules, professions, unions

# Strategies for success:

## Superintendent support and commitment

- Written and oral communication

## Wellness Team / Advisory Committee

## Data collection

- Interest survey, health risk assessment – multiple collection methods.

## Strategic planning

## Multiple wellness program interventions:

- Online, onsite multi-week programs, environmental modifications

# Available to worksites

- Tools for individuals to manage their health
- Data
- Worksite wellness resources:
  - No cost services
  - Benefit plan designs
  - Fee for service

# Tools: kp.org

- Email your doctor's office
- Order prescriptions on-line with free home delivery
- Look up information on drugs
- Find out results from lab tests
- View allergies, recent immunizations, and ongoing health conditions
- Request routine appointments
- Check past office visit information
- Access the Total Health Assessment and other Healthy Lifestyle Programs
- Use interactive online health tools and calculators to help manage weight, lower stress, quit smoking, and become more fit

# Tools/Data: Total Health Assessment and Healthy Lifestyle Programs

Integration of results into Kaiser Permanente's electronic medical record (with member permission).

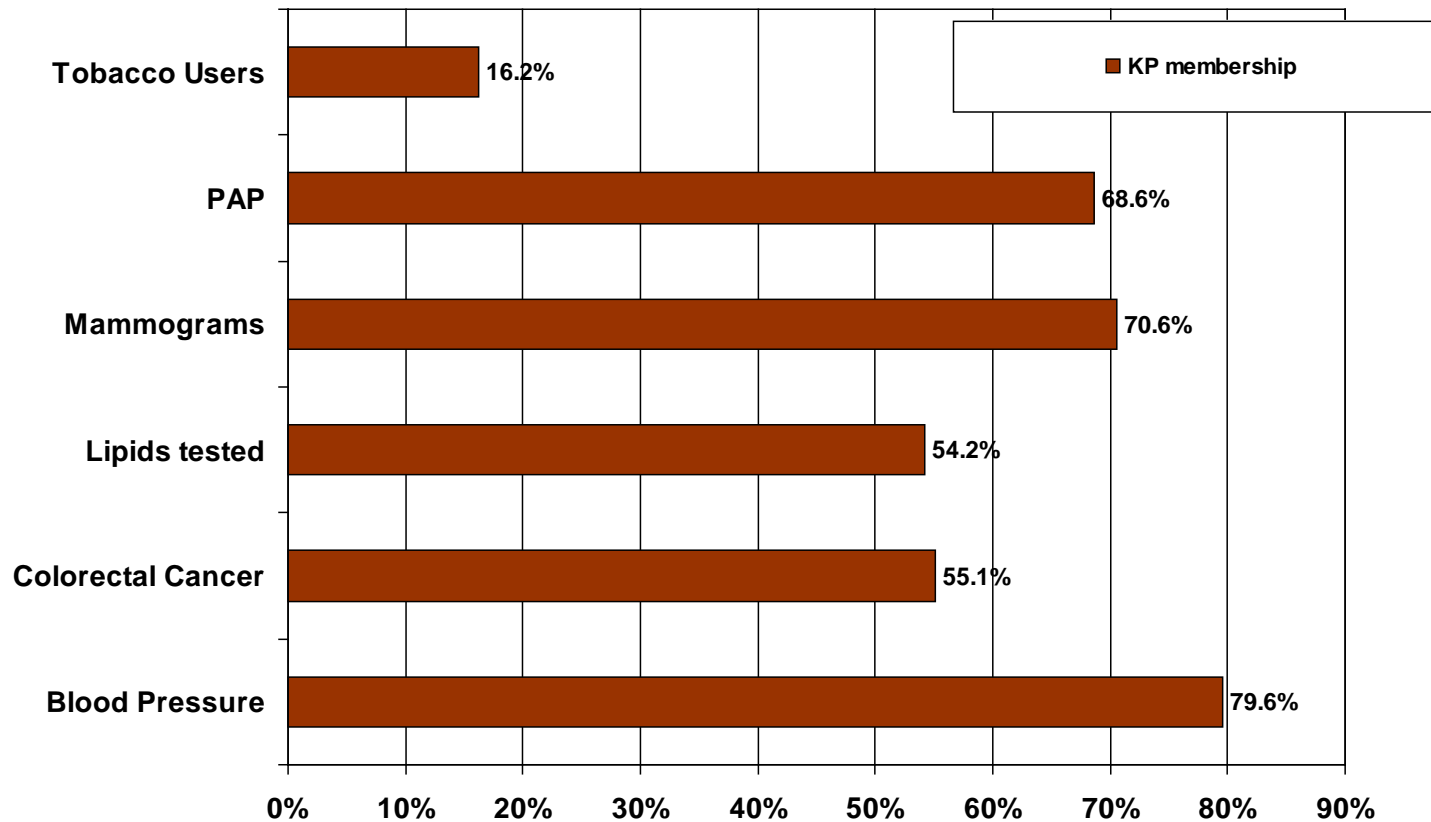
- Primary Care Physician can review summary results with patient.
- Primary Care Team is alerted to high risk responses.

Invitation to participate in online healthy lifestyle programs for *FREE*.

Tailored email follow-up.

# Data: Prevention Utilization Data 2007

All members – data extracted from KP's electronic medical record



PARAMETERS (Note: Reporting parameters changed in 2007)

Blood Pressure - Adult members aged 18-75 with blood pressure recorded in last 2 years

Colorectal Cancer – Members 51-75 with either: Fecal occult blood or FIT test between 2006 and 2007, Flexible sigmoidoscopy any time between 1998 and 2007 and/or Colonoscopy any time between 1998 and 2007

Mammogram - Women aged 50-75 with mammogram in past 2 years

Pap - Women aged 21-64 with PAP smear in past 2 years

Lipids tested - Lipid Screening test done once for members aged 18 - 39 years AND Lipid Screening test done every five years for members aged 40 - 75



# No Cost Services

- HealthMedia online programs – THA and Healthy Lifestyle Programs
- Annual Wellness Calendar
- Webinars – Tobacco Cessation, Cholesterol, Managing Your “Overwhelm”, Training to Thrive and more to come!
- Tabletop health education displays for health fairs
- Employer Health & Wellness toolkit
- Breathe Easy Tobacco Free Campus toolkit

# Benefits: Practicing Prevention a benefit plan for employers that includes:

- Consultation services with a Wellness Consultant
- Targeted administration of the Total Health Assessment
- Aggregate results of Total Health Assessment participants
- 1-3 year strategic worksite wellness plan
- Interventions targeting top health risks identified
- Reduced copays for prevention visits (HMO product only)

# Fee for Service: Available outside of plan designs

- Flu shots
- Biometric screenings
- Health Educator to attend wellness fairs
- Massage therapists for chair massage
- Health & Wellness classes
- Programs targeting healthy eating and active living
- Wellness Counts Outreach Program

# Fee for Service: Wellness Counts Program

## Completion of all recommended screenings for age & gender

- Participants will receive an outreach letter that will outline which screenings/test they need
- Targeted screenings and tests will include blood pressure, cholesterol, mammography, cervical cancer and colorectal cancer screening
- Participants will be allowed 3-6 months to complete the requirements (as agreed upon between Kaiser Permanente and the employer)

Kaiser Permanente will provide employer with a report of those who complete the screenings and have consented to share only their name

# Working with your provider

## Data

- Ask for utilization and health risk data – find out what employees need.

## Free resources

- Toolkits, health information flyers, wellness newsletters.

## Plan designs & other services

- Co-pays, online tools, onsite wellness programming, consulting. Take advantage.

Thank you!

Chris Torizzo, MPH

303.614.1113

[Christina.L.Torizzo@kp.org](mailto:Christina.L.Torizzo@kp.org)