



North Carolina
State Health Plan
FOR TEACHERS AND STATE EMPLOYEES



Wellness Wins Pilot Update

Board of Trustees Meeting

August 28, 2015

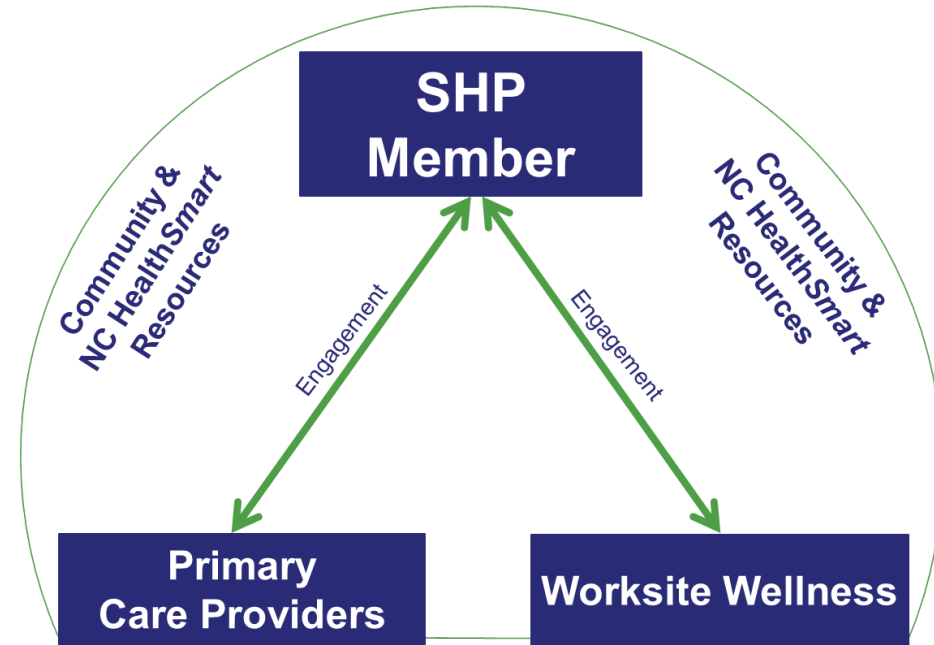
A Division of the Department of State Treasurer

Wellness Wins Model

Goal: Develop a replicable model for enhancing member health through engagement of primary care practices, worksites, and community resources.

Objectives:

- Establish sustainable worksite wellness programs
- Increase member awareness of and engagement in their own health
- Increase member engagement with medical homes/Primary Care Providers



Wellness Wins Milestones

- **Letter of Support**
 - Letters from Treasurer Cowell sent to local leaders encouraging participation
- **Stakeholder Roundtable**
 - 40 wellness, worksite, and community leaders attended to learn about the initiative and provide feedback
- **Biometric Screenings**
 - 118 State Health Plan members participated in a biometric screening
- **Leadership Meetings**
 - Promotional meetings held with key school and correctional leaders including Superintendents, Human Resource Directors, Principals, and wellness leaders
- **Contracts**
 - Prevention Partners will help develop worksite wellness programs with state agencies within initiative
 - Division of Public Health: Obesity, Diabetes, Heart Disease and Stroke Prevention Funding (ODHDSP) will help develop worksite wellness programs with schools within initiative
 - University of North Carolina will develop the Collaborative Referral Network and resource inventory
 - *Pending contract* with Community Care of North Carolina (CCNC) for practice transformation support

Worksite Wellness Program Strategies

- Designate a wellness leader to serve as the main contact for the State Health Plan and supporting partners
 - This employee would ideally invest **4-6 hours** each month making wellness a priority at their worksite
- Organize a wellness committee and meet regularly to assess, implement, and discuss future wellness programs
- Complete a worksite wellness assessment
- Identify priority areas for worksite wellness initiatives
- Establish annual worksite wellness goals and objectives
- Offer health promotion activities
- Encourage employee participation

Sustainability Resources: Worksites

- **Collaborative Referral Network:**
 - Led by the University of North Carolina
 - Will offer a resource inventory for topic areas addressed in the CDC Health ScoreCard
- **Wellness Champions Program offering:**
 - Opportunities to earn incentives towards worksite wellness programs
 - Health promotion materials including monthly newsletters
 - Quarterly webinars on worksite wellness
- **Prevention Partners and ODHDSP:**
 - Help worksites develop independent and sustainable workplace wellness programs

Wellness Wins Next Steps

2015

**August-
December**

- Recruitment of worksites to participate
- Introductory meetings between worksites, Plan, and partners

**October-
November**

- Worksite Wellness Training for school wellness leaders

**November-
December**

- Financial stability web-training

2016

**January-
March**

- Worksite wellness networking meeting
- Diabetes prevention, awareness, and management campaign

**April-
June**

- Heart disease prevention, awareness, and management campaign
- Second worksite wellness training for second wave of schools recruited

**July-
September**

- Asthma and COPD prevention, awareness, and management campaign

Intended Outcomes

Member

- Increased awareness of own health status and NC Health*Smart* resources
- Increased participation in worksite wellness programs
- Increased health care literacy of health benefits and utilization of appropriate care

Worksite

- Development and implementation of sustainable worksite wellness programs
- Determine appropriate supports the Plan can provide to impact member health
- Enhanced communication of health benefits and resources offered by the Plan

Provider

- Begin the conversation between the Plan and providers on how we can work together to meet common goals
- Determine what supports practices need to deliver optimal care to their patients