



A COMMUNICATIONS TOOL FOR HEALTHSPAN MEMBERS

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HealthSpan *matters!*

HealthSpan Complete Care Success Stories Managing Health Care Cost with an Innovative Wellness Model

For three consecutive years, Sanitation District #1 of Northern Kentucky can boast of its ability to avoid increasing employee contributions to their health plan; a fact they attribute to their innovative plan design and commitment to Wellness.

Sanitation District is “best in class” having embarked on their journey into wellness almost 10 years ago. Partnering with HealthSpan, their Care Manager and PPO network with a concentration on Wellness in more recent years; the District has been able to offer engaging Wellness services that have contributed to the success of their health plan.

According to Vicki Crawford, Employee Benefits and Development Manager, and Anne Wolking Employee Development Coordinator the following components have made their approach successful:

- **Offering Confidential, Convenient, and Voluntary Wellness Services.** Through HealthSpan Complete Care, the District delivers comprehensive voluntary on-site health screenings, personal nurse coach follow up and access to a variety of tools that help employees and their families improve their health. Employees are assured of the confidentiality of their screenings. Only aggregate data is provided back to the employer, and all services are HIPAA compliant.
- **Establishing a Team Dedicated to Promoting Wellness.** Wellness has become a part of the company culture with a team whose mission is to promote healthy behaviors and choices. This cross-departmental team meets monthly, and oversees the development of wellness communications and on-going or timely programs in response to employee needs.
- **On-going Education and Internal Promotion.** The Wellness team also publishes a monthly newsletter that includes up to date information and health related articles. A 2 week food log is also included to promote making informed and healthier food choices. Employees are rewarded at the end of the 2 week period for completing their food log.
- **Relevant Rewards for Specific Targeted Behaviors.** Creative rewards are given for a variety of activities including keeping track of food consumption (mentioned above) and meeting exercise goals.

At this time, the District enjoys more than 80% participation in its lab draws and over 60% in its wellness effort overall. Participants receive a contribution to their HSA (health savings account) or HRA (health reimbursement account) for participating in the lab draws. There is no difference in deductibles and co-insurance.

HealthSpan Complete Care is a comprehensive program that integrates traditional Care Management, Wellness, personal nurse coach outreach and a variety of interactive tools to improve the health of members and their families. HealthSpan is a PPO network and Care Management company that includes all of the TriState hospitals and more than 98% of area physicians and other providers. Currently, HealthSpan works with both self-funded and fully insured employer groups and serves approximately 120,000 network and 85,000 care management members.

Sanitation District #1 is the second largest public sewer utility in Kentucky, with ownership and maintenance responsibility for all the sanitary sewer systems in Northern Kentucky, with the exception of Florence and Walton. The District employs more than 240 employees and serves approximately 100,000 customer accounts.

To learn more about HealthSpan Complete Care or Sanitation District #1 strategy, please contact one of our Sales Managers Diane Oliver at (513) 551-1473 and dmoliver@health-partners.org or Chris Crapsey at (513) 551-1472 and lccrapsey@health-partners.org.

HealthSpan Holiday Hours: HealthSpan will be closed Friday, July 4th.

HealthSpan Directory Price Increase July 1st (\$5.00 per Directory plus Shipping and Handling)

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