

CITY WELLNESS STATUS

WHERE WE WANT TO BE: Better Health Status; Low Healthcare Cost Trend

General Health & Wellness

Total Health Management

Health Plan Evaluation

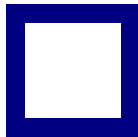


What We Plan to Do (FY 09-10)

- Fitness Mentor

- Evaluate the THM program

- Health premium incentive



What We Are Doing (FY 08-09)

- Walking challenge (3/09)
- City Hall Fitness Room (6/09)
- Wellness Conference & Faire (5/09)
- Health Risk Assessment (4/09)
- Wellness Website / Newsletter (3/09)
- Wellness Champions (3/09)

- Roll-out THM program (3/09)

- Surgery Center



What We Have Done

- ✓ Healthcare Summit
- ✓ Weight Watcher program
- ✓ Sports League for Employees
- ✓ Monthly Wellness workshops
- ✓ Healthy lifestyle rewards

- ✓ Select a Total Health Mgt. Vendor

- ✓ Reduction of co-pay for prescription drugs, diabetes and asthma, to zero
- ✓ Weight Watcher discount
- ✓ Blue Shield Maternity Incentive
- ✓ Healthy lifestyle rewards

WHERE WE ARE TODAY: Current Health Status; High Healthcare Cost Trend