



WELLNESS

Balancing
Work/Life

Assessing
Health

Moving
More

Eating
Healthier

WORKS

**BE WELL
PROGRAM**



Why Worksite Wellness?



- Rising health care costs have prompted Maricopa County to look for new ways to lower expenses. Healthy people cost less, are more productive, and contribute more to the County's performance.
- Worksite wellness programs offer ways to help County employees get healthy and stay healthy.
- Worksite wellness programs that encourage healthy lifestyles have a measurable, positive impact on the lives of County employees and their families and the County's bottom line.
- Since most employees today spend a good portion of their waking hours on the job, the workplace is a logical and practical place to reach them.

Your BE WELL PROGRAM

**BE WELL
PROGRAM**

BE WELL IN 2016-2017

Wellness Works Be Well Incentive Program rewards you for taking an active role in your health.

If you enroll in a County-sponsored medical plan for Plan Year 2016-2017, you can earn up to **\$60/month** by completing these Be Well Activities:

- **Biometric Screening**
- **Health Assessment**
- **Tobacco-Free Activity**



Your BE WELL Activities

**BE WELL
PROGRAM**

Required Activities:

- **Biometric Screening**
 - Health examination that indicates your risk for certain diseases and medical conditions
 - Blood pressure, cholesterol, glucose level, height, weight, waist circumference, body mass index (BMI)
 - One-on-one Health Coaching session
- **Health Assessment (online)**
 - Online questionnaire about your medical history and current lifestyle.

Tobacco-Free Activity:

- **Tobacco-Free Confirmation or Tobacco Cessation Program**



StayWell Health Management

BE WELL
PROGRAM



Wellness vendor who will provide Maricopa County with a comprehensive Wellness package.

- Biometric Screening and Health Assessment
- Telephonic Health Coaching
- Online Health Programs and Classes
- Online Interactive Challenges
- Incentive Administration



Your Plan Step 1

**BE WELL
PROGRAM**

If you plan to enroll in a County- sponsored medical plan and receive the Be Well Incentive:

- Access ADP portal – enroll in benefits for the plan year.
- AGREE to THE WELLNESS VENDOR CONSENT (I Agree!)

Agree in ADP



Agreeing in ADP will allow you to access StayWell Online.



Your Plan Step 2

**BE WELL
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The Biometric Screening and Health Assessment are required activities. Both must be completed to earn \$40/month.

= \$40

To earn an additional \$20/month, complete a Tobacco-Free Activity. You must also complete a Biometric Screening and Health Assessment.

= \$20



OR



Biometric Screening
Schedule on the StayWell Portal starting **July 5, 2016**. Complete at a worksite location between **July 19-September 30**.

Health Assessment
Complete on the StayWell Portal either before or after your Biometric Screening.

Tobacco-Free Confirmation
Confirm you are tobacco-free on the StayWell Portal. A tobacco screening is no longer required.

Tobacco Cessation
Complete one of the two options below:

- Six onsite tobacco classes **OR**
- Five calls with a StayWell Health Coach

= \$60/MONTH

Tobacco-Free Activity

**BE WELL
PROGRAM**

Tobacco-Free Programs

If you are a current tobacco user, you can still qualify for the Wellness Incentive:

- ✓ Enrolling in and completing the **Onsite Tobacco-Free Class.**
- ✓ Enrolling in and completing the **Telephonic Tobacco-Free Coaching.**



Smoke & Tobacco-Free Environment



BREATHE EASY

Maricopa County is clearing the air on 3-16-16



On **March 16, 2016**, employees can **Breathe Easy** as County properties go tobacco free. This means no cigarettes, cigars, pipes, electronic cigarettes, or smokeless tobacco on our main campus and most other buildings housing County operations.

The use of any form of tobacco is prohibited inside and outside of all Maricopa County-owned or leased buildings and adjacent areas, including parking lots, garages, and walkways

Your Timeline

**BE WELL
PROGRAM**

▶ **COMPLETE ACTIVITIES BETWEEN JULY 5 - SEPTEMBER 30, 2016**

If you are currently receiving a wellness incentive and do not complete your Be Well Activities by **September 30**, your incentive will stop on **November 2, 2016**.

**Deadline:
SEPT. 30
2016**

If you miss the deadline, you can still complete your activities to receive your wellness incentive.

▶ **COMPLETE ACTIVITIES ON THE STAYWELL PORTAL**



maricopa.staywell.com

Need help?
Call 1.877.678.8926



StayWell Portal

When will I gain access to the StayWell Portal?

- 6 weeks to two months after hire date.

When will I see my premium reduction in my paycheck?

- Prospectively
- Approximately one month after completing ALL the Be Well Wellness Activities.



STAYWELL® HELPLINE – 877.678.8926

Your Reminder

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Participate **ONLY** if you are enrolling in a County-sponsored medical plan.

The Biometric Screening and Health Assessment are required activities. Both must be completed to earn \$40/month.

= \$40

To earn an additional \$20/month, complete a Tobacco-Free Activity. You must also complete a Biometric Screening and Health Assessment. **= \$20**



OR



= \$60/MONTH

Earning for Next Year

**BE WELL
PROGRAM**

BE WELL IN 2017-2018

THESE BE WELL ACTIVITIES WILL CARRY OVER FROM 2016-2017

60 POINTS

REQUIRED ACTIVITIES: 40 POINTS



BIOMETRIC
SCREENING



HEALTH
ASSESSMENT



TOBACCO-FREE
CONFIRMATION

OR



TOBACCO
CESSATION

THESE BE WELL ACTIVITIES NEED TO BE EARNED FOR 2017-2018

+ 40 POINTS

REWARDING ACTIVITIES: You will need 20-40 additional points from this category to earn your wellness incentive. Earning a total of 80 points qualifies you for \$40/month. 100 points qualifies you for \$60/month. Choose from the Rewarding Activities below. **You must complete these activities by May 31, 2017.**



- Online Challenge** (“Health Trails” Challenge is scheduled for February, 2017) **40 points**
- Telephonic Coaching** (Tobacco coaching excluded) **40 points/topic**
- Self-Directed Coaching** (Personalized, online programs) **20 points/topic**
- Healthy Living Confirmations** (Report your healthy living behaviors) **10 points/topic**
- Digital Workshops** (15-minute online workshops) **10 points/topic**

- 100 POINTS



Additional Programs



FREE to female employees (or covered dependents) enrolled in a County-sponsored medical plan

- 40 years of age & up



FREE to male employees (or covered dependents) enrolled in a County-sponsored medical plan

- 40 years of age & up

Ergonomics

Ergonomic Specialist can perform individual and worksite ergonomic evaluations.

For Help and Assistance – Ergo Team



**Michael
Rubino**



**Ronda
Moriarty**

STEP 1: Attend an **ERGO 101** class (highly recommend). Register in Online Learning Center.

STEP 2: Complete the **Ergonomic Self-Assessment** found on the Wellness Website.

STEP 3: IF EXPERIENCING DISCOMFORT: Submit an **Ergonomic Evaluation Request** form.

Moving More



Fitness Center Administration Building

- 301 W. Jefferson St. (basement) & Group Exercise Studio
 - Open 24-Hours/7 days
 - Locker Rooms (showers/lockers)
 - Weights and Cardio Equipment

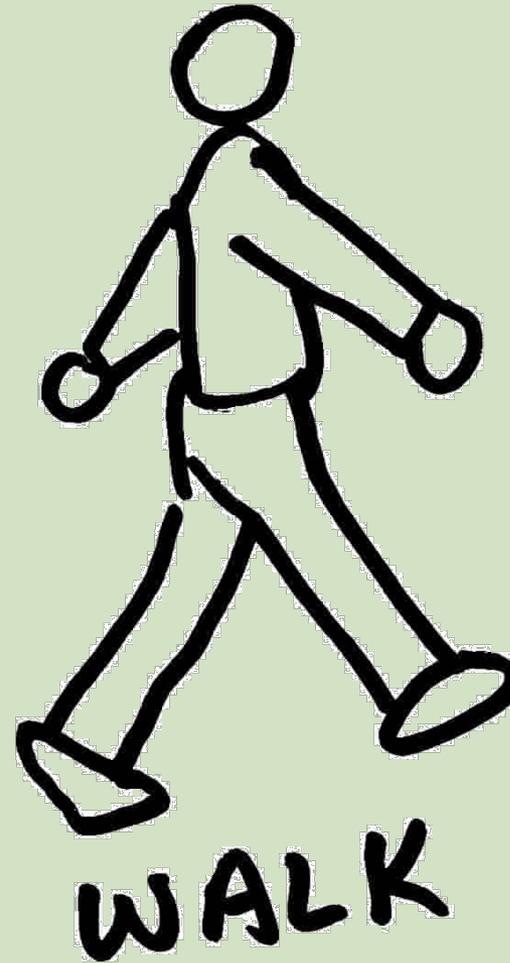
Fitness Center Application

- ✓ Go online to Wellness Works website
- ✓ Fitness Center Application Form
- ✓ Submit and receive confirmation of access.



Other Fitness Centers

- Environmental Services/Air Quality Building (1001 N. Central)
- MCDOT Operations (Durango)
- Flood Control (Durango) (2 rooms)
- Sheriff's Training Center (Durango)



Fitness Coordinator



Jan Hertzfeld

301 W. Jefferson

Fitness Center - Basement

Hertzfeldj@mail.maricopa.gov

602.372.9297

Volunteer Group
Exercise Instructor?

YMCA Wellness Program

- **Employees & Dependents**
- **Membership Fees**
Payroll deduction
- **Sign up & Use Any**
Valley of the Sun YMCA



County Rates

Employee Only	\$24/month
Couple	\$40.00
○ Employee + Adult living in same household	
Family I	\$44/month
○ Employee + Children under age 18 living in same household	
Family II	\$51/month
○ Employee + Adult + Children under age 18 living in same household	
Child Care	15% discount
\$100 Joining Fee	Waived



Balancing Work and Life



Programs and Resources

Health Coaching

Free to employees enrolled in a County-sponsored medical plan – connect with your health coach (**StayWell**)

Tobacco Cessation

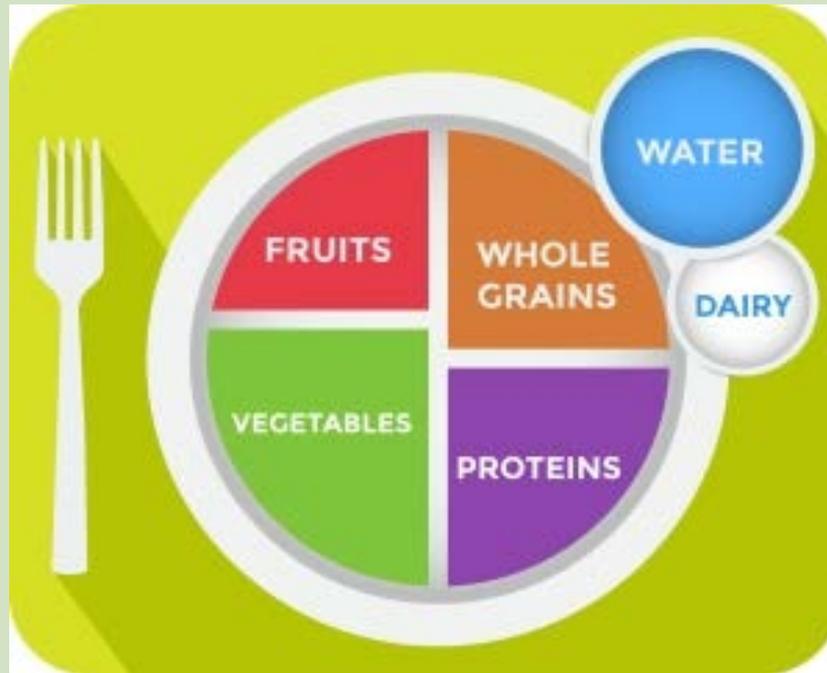
The County provides Tobacco Cessation programs – **QUIT Tobacco Class** and **Telephonic Health Coaching** (**StayWell**)

Flu Immunizations

Free to employees & covered dependents enrolled in a County-sponsored medical plan – offered during the Fall season at various sites



Eating Healthier



Eating Healthier Programs



Reimbursement program available to employees & covered dependents enrolled in a County-sponsored medical plan offered at County sites and community locations

Ask a Nutritionist

Free nutrition and food information from a nutrition expert with Maricopa County's Department of Public Health. **602 .506.FOOD**

Healthier Vending

Better Bites, Better Gulps provides snack and beverage choices lower in fat, sugar, sodium and calories than usual vending items. These changes will make it easier to eat healthier throughout the day.

Wellness Campaigns

SEPTEMBER

is Fruits and Veggies Month

Move to the Moon

February 1 - March 31, 2015



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Wellness Incentive reminder...

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Agree in ADP  **When enrolling for County-sponsored medical plans**

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= \$40

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OR



Questions?



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