

Giddy Up

Step by Step

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May 13, 2009

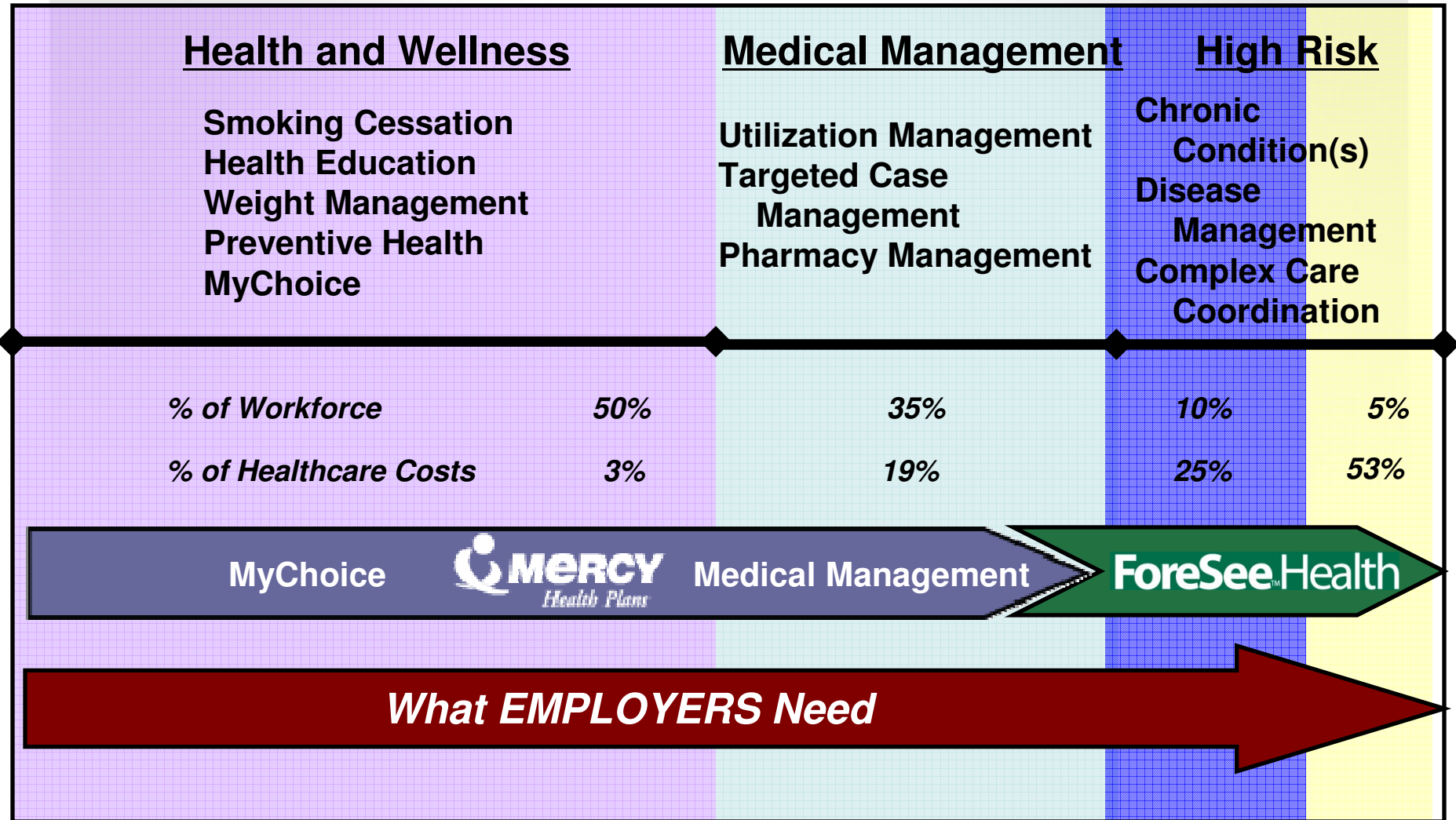


Mercy Health Plans

The Way We Care Makes All the Difference

- Established 1994 in St. Louis
- Division of Sisters of Mercy Health System
- 250,000 lives in 4 primary markets
 - St. Louis, Springfield, Laredo, Little Rock
- Product lines include
 - ASO
 - Commercial group and individual
 - Medicare

MHP Care Management Continuum





- Strategic and innovative approach to health benefit design
- Designed to help co-workers achieve optimal health
- Creates a culture of good health
- Emphasizes personal responsibility and accountability for health and lifestyle choices
- Focused on wellness and prevention
- Identifies risky health and lifestyle habits and behaviors

MyChoice Continued

By Mercy Health Plans

- Incentives are provided to co-workers through lowered premiums and co-payments
- Creates a healthier more productive workforce, resulting in improved morale and lower incidence of absenteeism
- Offers a sound approach to controlling rising health care costs
- Demonstrates to co-workers that their employer cares about their health

Steps of Participation

Eligibility Questionnaire – identifies at-risk areas and necessary preventive tests

My Plan for Health – defines recommended health activities

Health Risk Assessment (HRA) – questionnaire designed to gauge a member's overall health status

Personal Health Record (PHR) – tool for members to record valuable personal health information and research health/lifestyle related topics

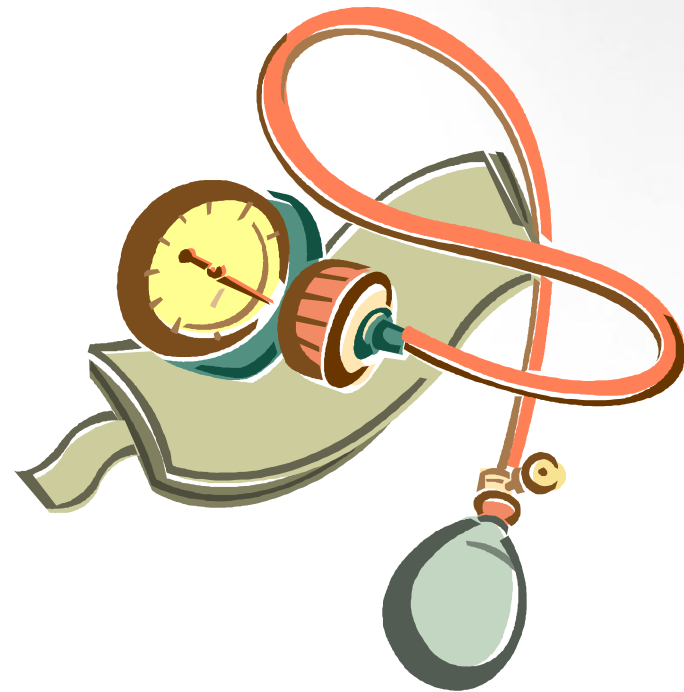
Employer-Employee Communications

Health Education – wellness events, health care screenings


MyChoice Health Activities

Gender and Age Specific




A1C Test
Blood Pressure Reading
Mammography
Cholesterol Screening
Colon Cancer Screening
Prostate Cancer Screening
Tobacco Cessation
Weight Management
Well Woman Exam



Personal Health Record



Personal Health Record (PHR)
 Elizabeth Hairopoulos | MERCY HEALTH PLANS 00873 ASO My Choice
 Account Status: **Verified**

 [Help](#)
 [Print](#)
 [Logout](#)


Home


- Claims ▲
- Administration ▲
- MyChoice ▲
- Benefits ▲
- Health Journal ▼
- General Information
- Family History
- Allergies
- Immunizations
- Conditions
- Medications
- Preventive Care / Tests
- Health Trackers
- Reports
- My Account
- Resources ▲
- Alerts & Reminders


You are in: Home Wednesday, April 22, 2009


Health Activity Summary: ■ **Completed: 4** ■ **Remaining: 0** Activity Period End: August 31, 2009

Welcome to the Personal Health Record!
 You are currently enrolled in the MyChoice benefit plan. Your health activities must be completed and recorded in My Plan for Health by **August 31, 2009**. Continue monitoring your health with the Health Risk Assessment and other tools within the Health Journal.





- 


Eligibility Questionnaire
 The time period to take the Eligibility Questionnaire has ended. View your completed Eligibility Questionnaire and print the confirmation receipt for your personal records.
- 


My Plan for Health
 Complete and record your health activities as a participation requirement in the MyChoice benefit plan.
- 


Health Risk Assessment
 Continue monitoring your health by reviewing and updating your information.


- 

Claims
 View claims history for you and your dependents.
- 

MyChoice
 Take responsibility to manage your health.
- 

Benefits
 Access online member tools to review your coverage and more.
- 


Health Journal
 Record and manage your family's medical information.
- 

Health Topics A-Z
 Search for the latest in reliable health information.
- 

My Account
 View and/or change your account information.

HealthMedia
ENGAGE
 San Antonio 2009

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MyChoice Results

	MHP Employees MyChoice	2006 90 th Percentile
Breast Cancer Screening Total	88%	77%
Cervical Cancer Screening Total	89%	87%
Colorectal Cancer Screening Total	74%	65%

Preventive Screenings

Screening	Yes	No	Don't Know
Blood Pressure Checked in Last Year	95.63%	4.11%	.26%
Cholesterol Checked in Past 5 Years	81.49%	14.59%	3.92%
FOBT in the past year (Age ≥ 50)**	29.43%	65.22%	5.35%
Sigmoidoscopy in past 5-10 Years (Age ≥ 50)**	1.79%	96.7%	1.51%
Colonoscopy in past 10 Years (Age ≥ 50)**	71.56%	27.65%	.79%
Pap Smear in Past Year (Women)	79.11%	20.39%	.5%
Mammogram in Past Year (Women, Age ≥ 40)*	75.48%	23.84%	.68%
PSA in Past Year (Men, Age ≥ 50)	68.32%	25.45%	6.24%

Why Worksite Wellness?

- A review of 73 published studies of worksite health promotion programs shows an average \$3.50-to-\$1 savings-to-cost ratio in reduced absenteeism and health care cost.
- A meta-review of 42 published studies of worksite health promotion programs shows:
 - Average 28% reduction in sick leave absenteeism
 - Average 26% reduction in health costs
 - Average 30% reduction in workers' compensation and disability management claims costs
 - Average \$5.93-to-\$1 savings-to-cost ratio
- Information from www.prevent.org

Why A Walking Program?

Physical Activity

Goal: To engage our co-workers in regular physical activity

- 52.25% of our coworkers do not meet the USPSTF guidelines for physical activity
- Weight Management is the number one co-worker priority
- 62% of our coworkers are overweight, obese or extremely obese
- Sedentary population
- Program available to individuals with wide range of physical capabilities

Step by Step™

Taking strides towards healthy living.



- Encourage co-workers to login to their personal health record (PHR)
- Follow up with MOVE
- Pedometer/ability track online
- Turn Key
- Tracks other forms of physical activity

Step By Step

Why?

The screenshot shows the 'Step by Step' website interface. At the top, there is a navigation bar with 'Home', 'Summary', 'Profile', 'Goals', and 'Plans'. The main heading is 'Set Your Weekly Goal(s)'. Below this, there is a sub-heading 'Walking' with a silhouette of a person walking. The form asks three questions: 1. Do you want to track Steps, Time or Distance? (radio buttons for Steps, Time, Distance). 2. How many days a week do you wish to walk? (dropdown menu for days). 3. Set your daily goal (input field for steps, minutes, or miles). A 'Your weekly goal' button is at the bottom of the walking section. Below this is a 'Biking' section with a silhouette of a person on a bicycle. It asks three questions: 1. Do you want to track Time or Distance? (radio buttons for Time, Distance). 2. How many days a week do you wish to bike? (dropdown menu for days). 3. Set your daily goal (input field for minutes or miles). A 'Your weekly goal' button is at the bottom of the biking section. At the very bottom of the form is a 'Save and Continue' button.

- Personal goals
- Steps/Distance/Time/Calories
- Internet accessibility
- Continued use
- Charting/Progress
- Confidentiality/Ownership

Step By Step

Program Details

- Kick off meeting to create interest
- Email campaign
- Participating coworkers purchased Omron pedometers
- Coworkers could receive up to 50% reimbursement through our Wellness Bucks program
- Program ran for 8 weeks
- Incentive-One extra vacation day



Step By Step

Program Details

- Coworkers submitted screenshot by email to program coordinator to document progress
- Each week they reported an increase in steps, their name was put into a drawing for one paid day off
- Weekly e-blast were sent to participating coworkers with informational and motivational information
- Final e-blast sent to entire corporation to promote program



Step by Step

Home Tracking **Graphs** Summary Profile Goals Plans

Biking | Graphs

[← Back to Tracking](#)

[Change Activity](#)

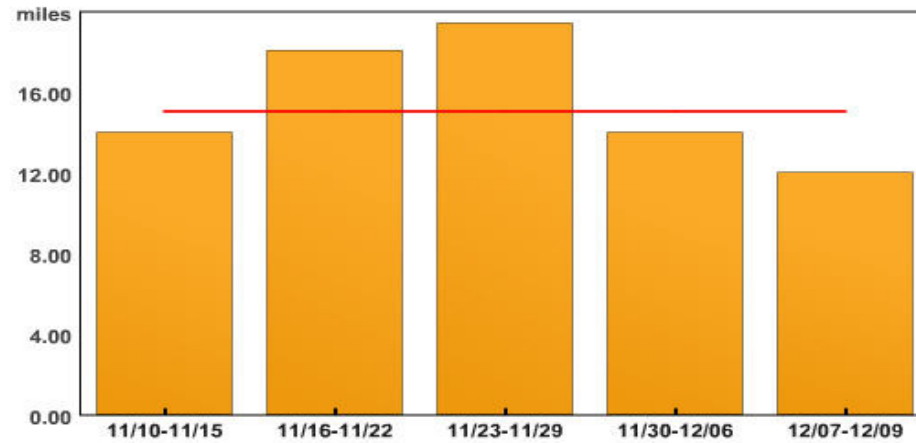
Distance **Time** Calories

Last 30 Days

Monthly

Yearly

Your Last 30 Days



miles ■ your goal: ■

[Refresh your charts' data](#)

Time Scale Weeks Days

Q&A's

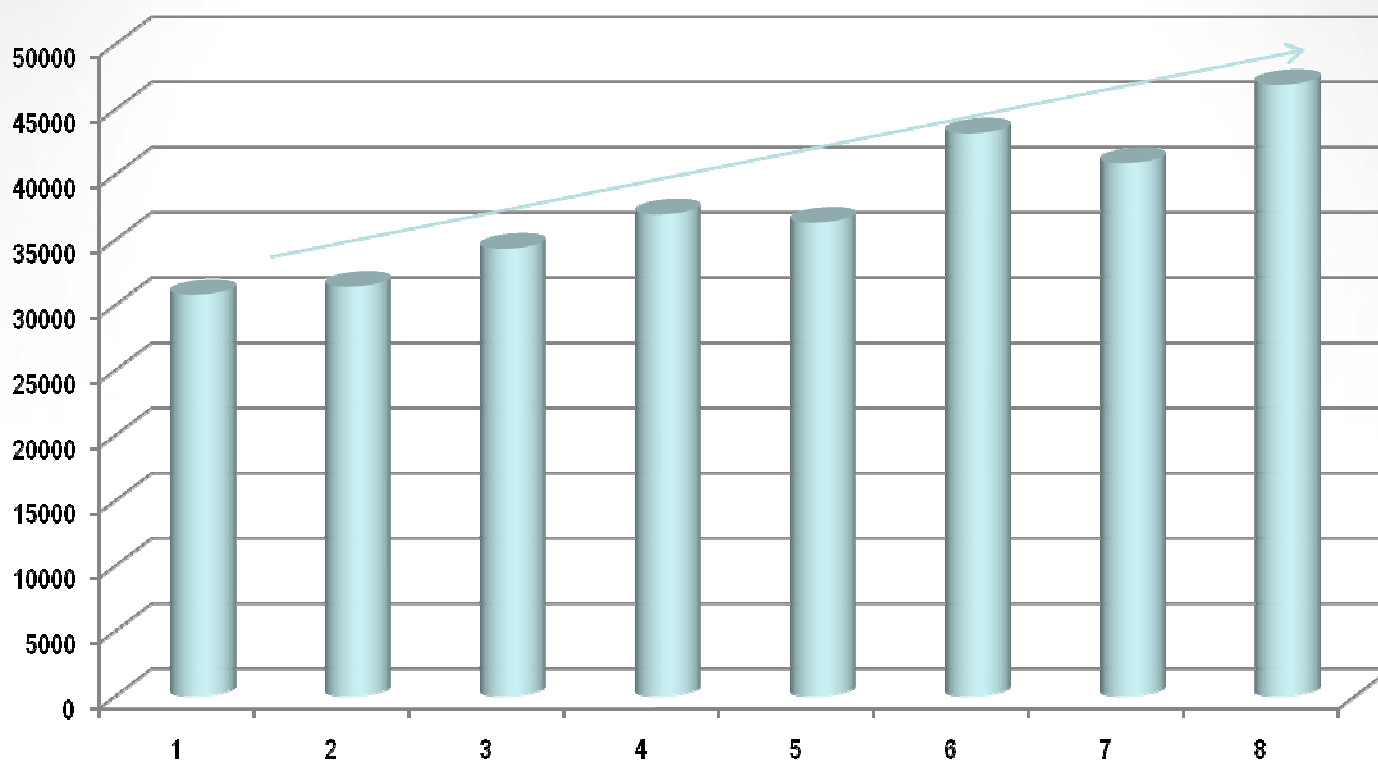
[My new information isn't showing up!](#)

Participation



- 59 coworkers (17%)
- 9,746,852 Steps
- 4,843 Miles
- NY to LA to NY

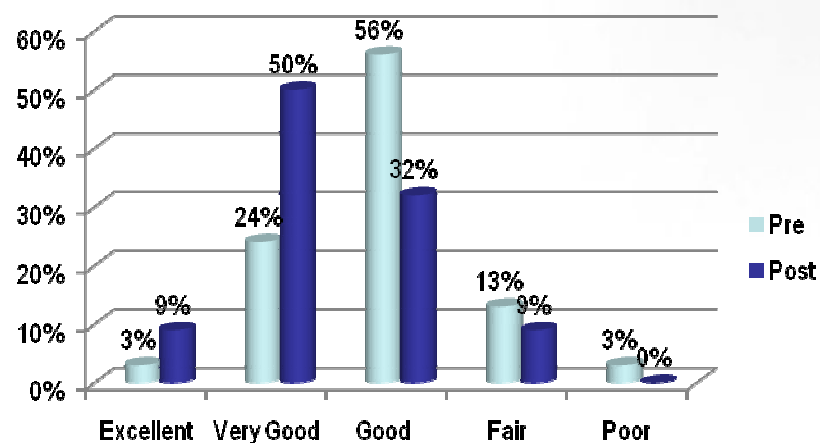
Average Steps Per Member Per Week



Evaluation

- 68% stated they felt their health improved over the course of the program
- 100% plan to participate in future wellness programming
- 89% report walking 3 or more days a week at the end of the program

General Health Description



Lessons Learned

- Coworkers are motivated by incentives
- Coworkers require support with pedometer and online tool
- Participation decreased after the third week
- Coworkers glad to have opportunity at work
- Compatibility of Omron pedometer with Step By Step online tool

REPORT CARD				
GRADING PERIOD	1	2	3	4
READING	A			
WRITTEN COMMUNICATION	A			
MATHEMATICS	C			
SCIENCE/HEALTH	B			
SOCIAL STUDIES	B			
ART	A			
MUSIC	A			
PHYSICAL EDUCATION	C			
Grade Average	B			
Attendance:	Present	48		
	Absent	0		
	Tardy	1		
<small>A = Excellent • B = Good • C = Satisfactory • N = Needs Improvement U = Unsatisfactory • I = Insufficient / Incomplete</small>				
<small>Student: _____ Grade: _____ Year: _____</small>				

Coworker Reviews

- I felt really good on the days I made an effort to walk for the fun of it - not only helped me physically, but mentally as well.
- Lost 10 pounds!
- I enjoyed this because it was competition with myself, not others. Even though I the program is over, I am continuing to wear the pedometer and my goal is 10,000 steps a day.