

St. Joseph Health

Mission • Mission Laguna Beach

“Choose Well - Worksite Health Promotion”



Mission Outcomes

“Every experience will be experienced as a sacred encounter.”

“The communities we serve will be among the healthiest in our nation.”

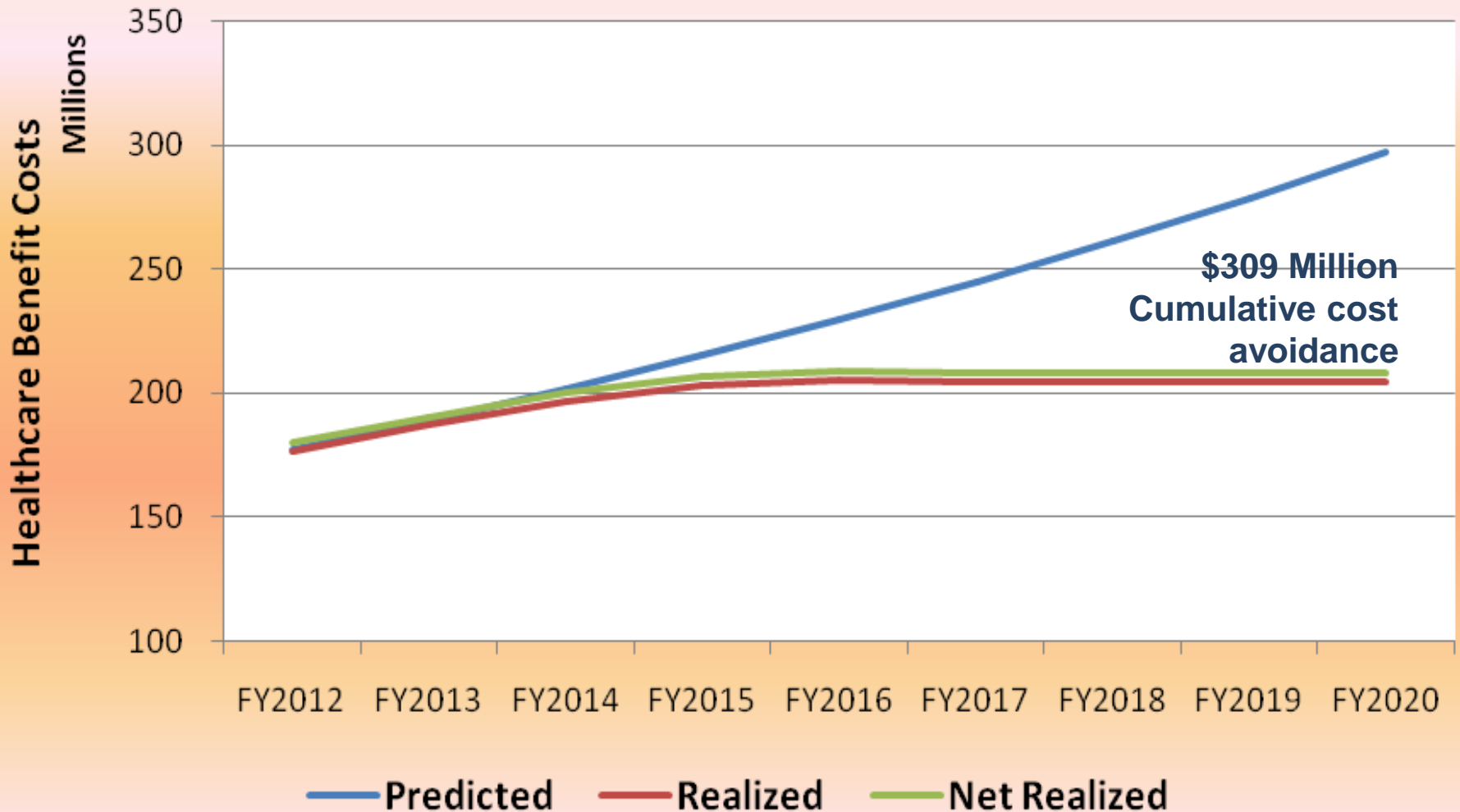
“Every patient receives perfect care.”



Business Case

- Cost Avoidance: \$309 million dollars system wide by 2020
- Long-term investment strategy
- Return on Investment:
 - Healthcare cost savings: \$3.27 return for every \$1 invested
 - Absenteeism and productivity gains: \$2.73 return for every \$1 invested
 - Zero Trends + Consumer Price Index projected achievement by year six of program implementation

SJHS Predicted vs. Realized Healthcare Expense



Strategic Partnerships



HEALTHWAYS

Individual well-being assessments, aggregate analysis, decision support and health improvement services



HEALTHMILES

Activity promotion program, pedometers and challenges, incentive management



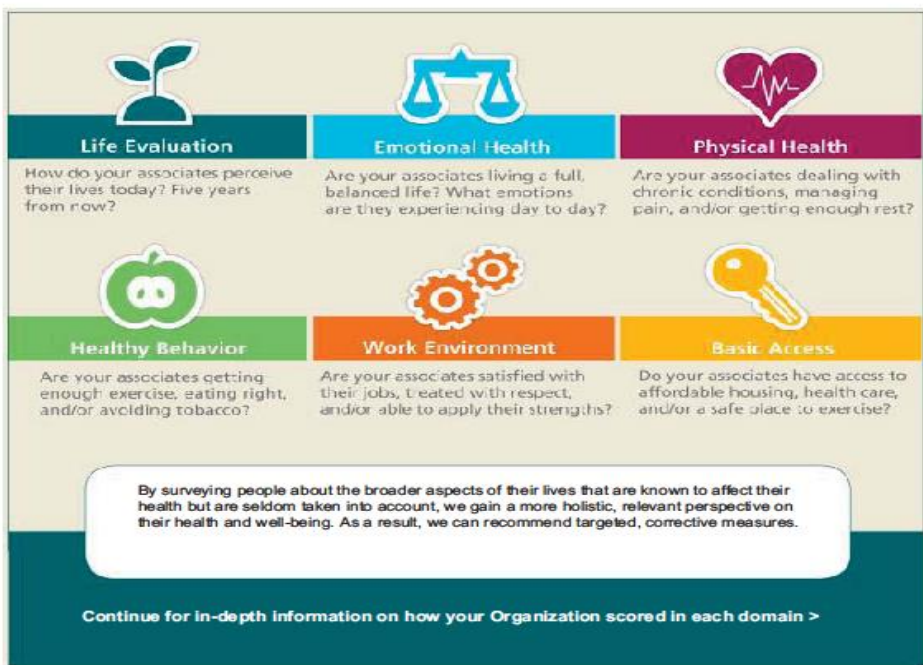
Quest
Diagnostics®

Biometric screening onsite and at community lab locations

choose well

The Six Well-Being Domains

The true power of the Healthways Well-Being Assessment lies in the insight it provides into each of the six scientifically validated well-being domains as well as their combined effects on an individual's health and well-being. Through responses to detailed questions on life evaluation, emotional health, physical health, healthy behavior, work environment, and basic access, we can compare your organization's results to the national benchmark and lend further context. This information can help your organization to both improve strategic planning and develop tailored action plans to enhance workplace performance.



Strategic planning and tailored action plans to enhance workplace performance based on six Wellbeing Domains:

- ✓ **Life Evaluation**
- ✓ **Emotional Health**
- ✓ **Physical Health**
- ✓ **Healthy Behavior**
- ✓ **Work Environment**
- ✓ **Basic Access**

Nutrition

Weight Loss

Physical Activity

Communication

Participation

Pull vs. Push

Program Incentives:

- Participation Credit up \$650
- Rewards & Recognition up \$200

Program Offerings:

- Employee Survey – Health Needs Assessment
- Walking Paths & Walking Wednesdays
- Weight Watchers at Work
- Wellness Fairs & Cholesterol Screenings
- Free On Site Fitness Classes – Yoga, Pilates, Zumba & Dance
- Sponsored Fitness Center Memberships – Mission Sports & Wellness, LA Fitness and 24 Hour Fitness
- Weight Loss Challenges



Generative Dialog Question

“As a CEO, or C-Suite Executive, can you afford not to have an wellness incentive program for your employees? Where do these programs evolve from here?”