



# Health Promotion and Healthy Futures

# Healthy Futures Program Basics

- On-line enrollment and attestation of participation completed by employee
- Member and spouse/partner (if on OEGB plan) participants
- Required tasks:
  - Completion of a confidential health assessment by employee and spouse/partner
    - Tobacco users – tobacco cessation or work with clinician on a plan
    - Weight body mass index(BMI) or waist circumference exceeds designated figures – complete a weight management course or work with clinician on a plan
    - Two other activities – emphasis on evidence based programs and physical activity
- Tasks must be completed by set date. Health assessment completion verified by carriers, other actions self attestation

# Healthy Futures Workgroup

- Board to form a Healthy Futures Workgroup in March 2013
- Work with staff, consultants and carriers on communications, activities and implementation aspects of HF
- Workgroup brings decisions to board for review & approval
- Emphasis on communications to highlight the positive focus of a Healthy Futures Program
- Input on Healthy Future activities
- Review Americans with Disabilities Act provisions, appeal processes and attestation language
- Input on evaluation of HF program, operations and impact on health of employees
- Future HF program activities and design

# Next steps...

- Staff and consultants request approval of Healthy Futures program for implementation at open enrollment in 2013
- Board establishes a Healthy Futures Workgroup
- Communications Plan outline to the Board at March meeting
- Implementation Plan Outline – systems & carriers by early April
- Implementation Plan on health action choices – early summer 2013
- Open enrollment materials and meetings calendar – July 2013