

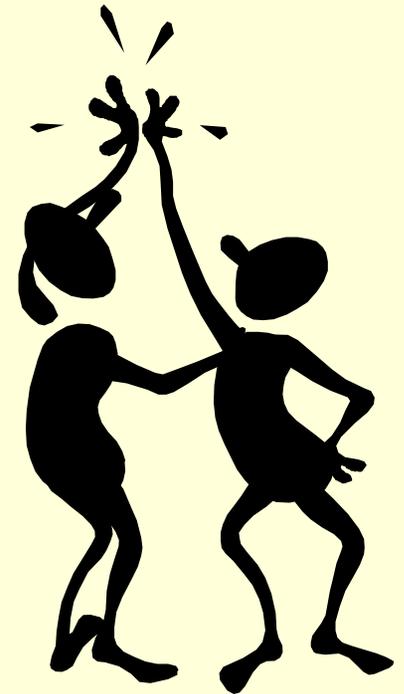
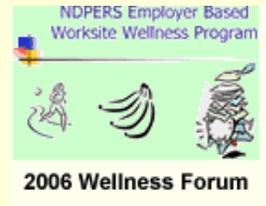
Sparb Collins

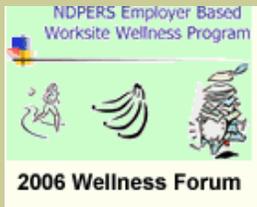
WELCOME



&

Congratulations





Progress

Agreements

■ Participating

■ State Agencies	90
■ Counties(A)	34
■ Schools (B)	18
■ Cities (C)	16
■ <u>Other (D)</u>	<u>19</u>
■ Total	177

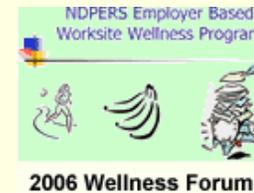
97% of members

■ Nonparticipating

■ State Agencies	14
■ Counties(A)	5
■ Schools (B)	6
■ Cities (C)	41
■ <u>Other (D)</u>	<u>28</u>
■ Total	94

3% of Members

Wellness Forum



■ Efforts

- Walking Works – 82
- Healthy Choices presentation/email series – 15
- Strength training – 22
- Take Care of Yourself – 11
- Other walking programs – 9 (America on the Move, Walks of Life, Walk around ND)
- Five-A-Day Program – 55
- Other Nutrition programs – 23 (Food Pyramid Challenge, What Color is Your Food, etc)
- Stress Management - 16
- Wellness Fair – 8
- Health Fair Screenings – 21
- Weight Management – 7
- Flu Shot Clinic – 14
- Tobacco Cessation – 10





The Challenge

Benefit of wellness is two fold

- Members are healthier
- PERS plan has lower costs



- Starbuck will spend more on health insurance for employees than coffee
- Automakers currently spend more on healthcare for employees than on steel to manufacture cars

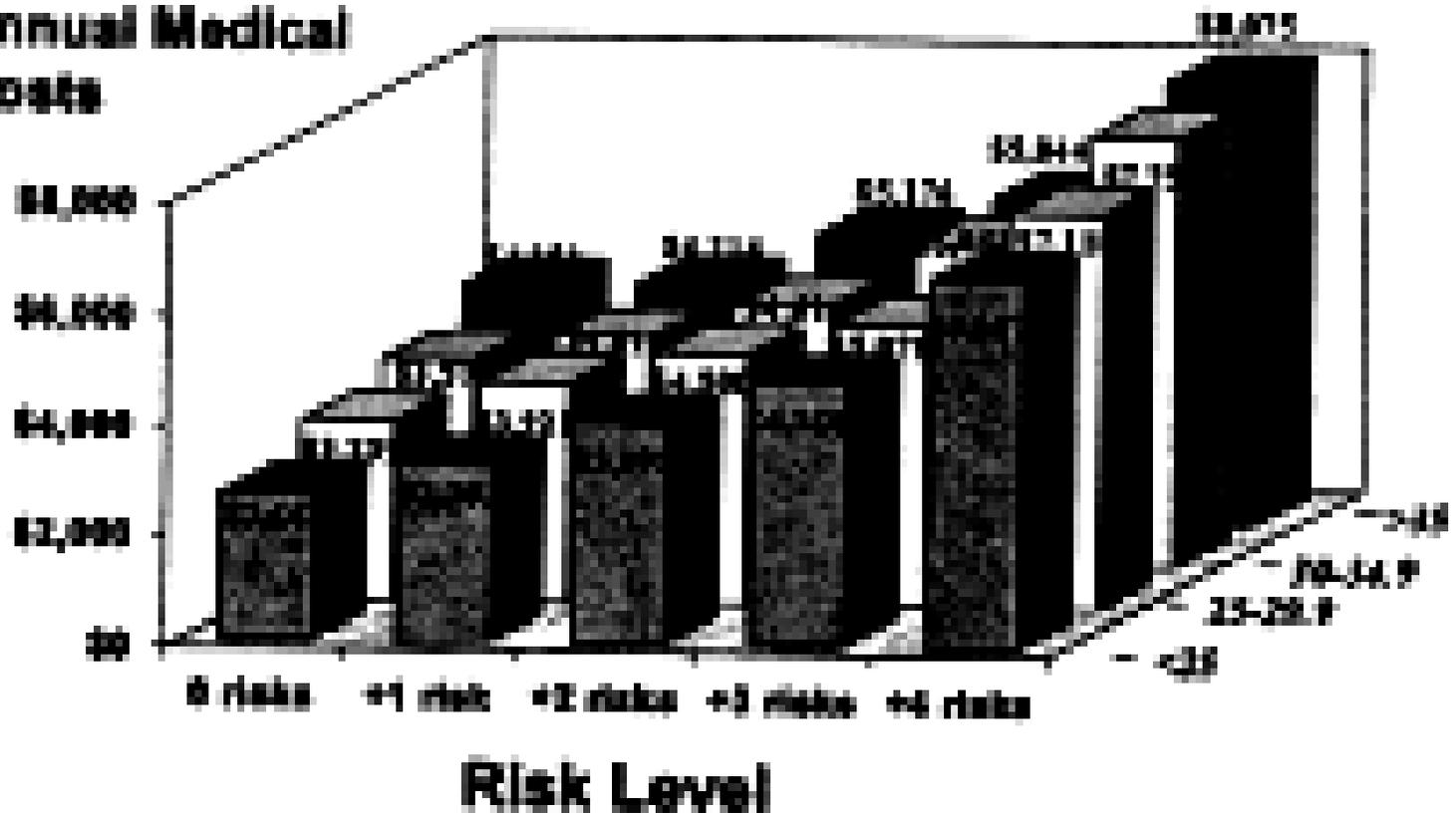


What accounts for change?

- **One aspect is lifestyle**
 - Alcohol use
 - Blood pressure
 - Body Weight
 - Smoking
 - Physical activity
 - Safety Belt
 - Cholesterol
- **Contributes to:**
 - Heart problems
 - Diabetes
 - Cancer
 - Stroke
 - Arthritis
 - Emphsema
 - Asthma

Medical Costs Associated with Risks by Categories of Body Mass Index

Annual Medical Costs

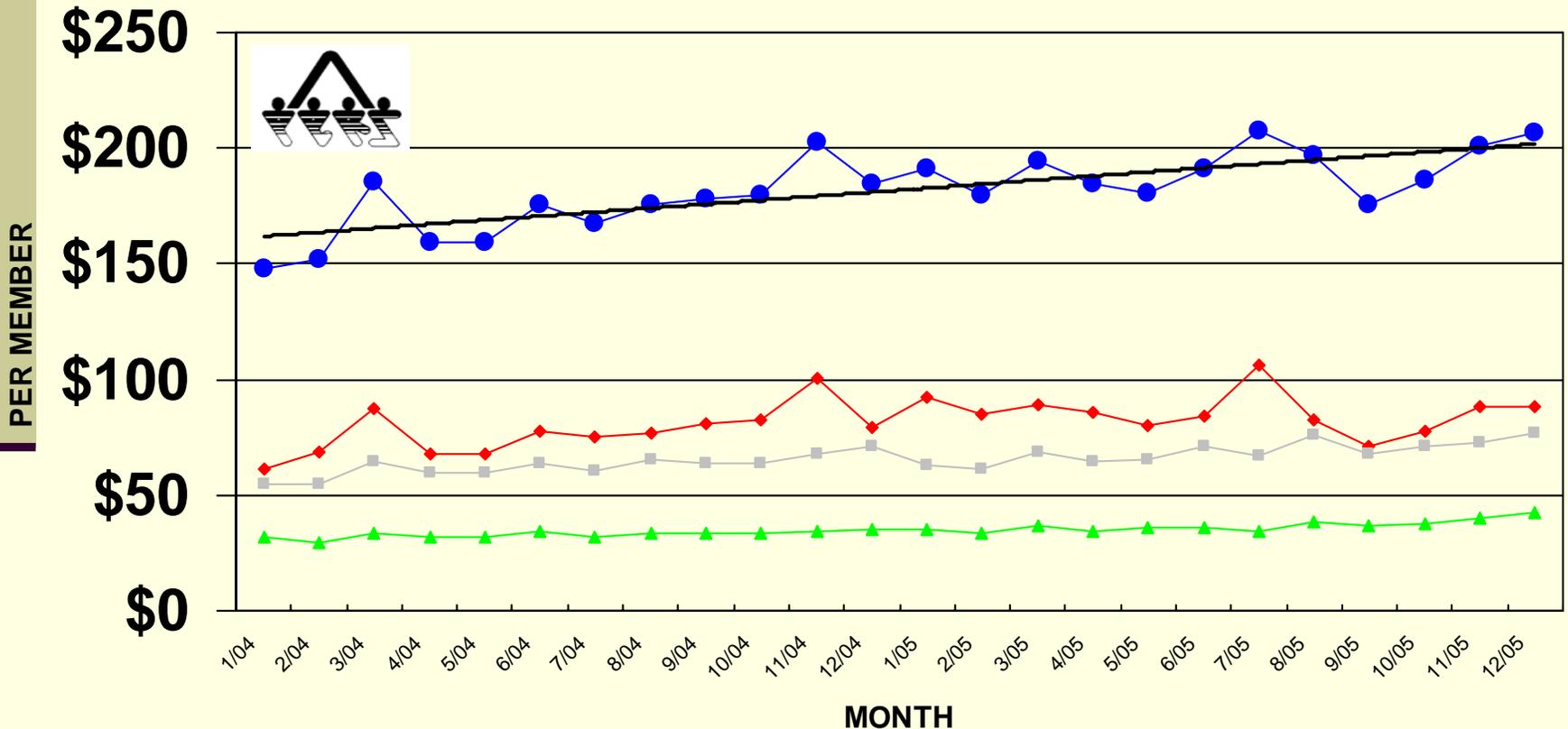


Statistik, Ltd., Melbourne, Queensland, Australia. Submitted for

NDPERS HEALTH INSURANCE PLAN

TOTAL MEMBERSHIP

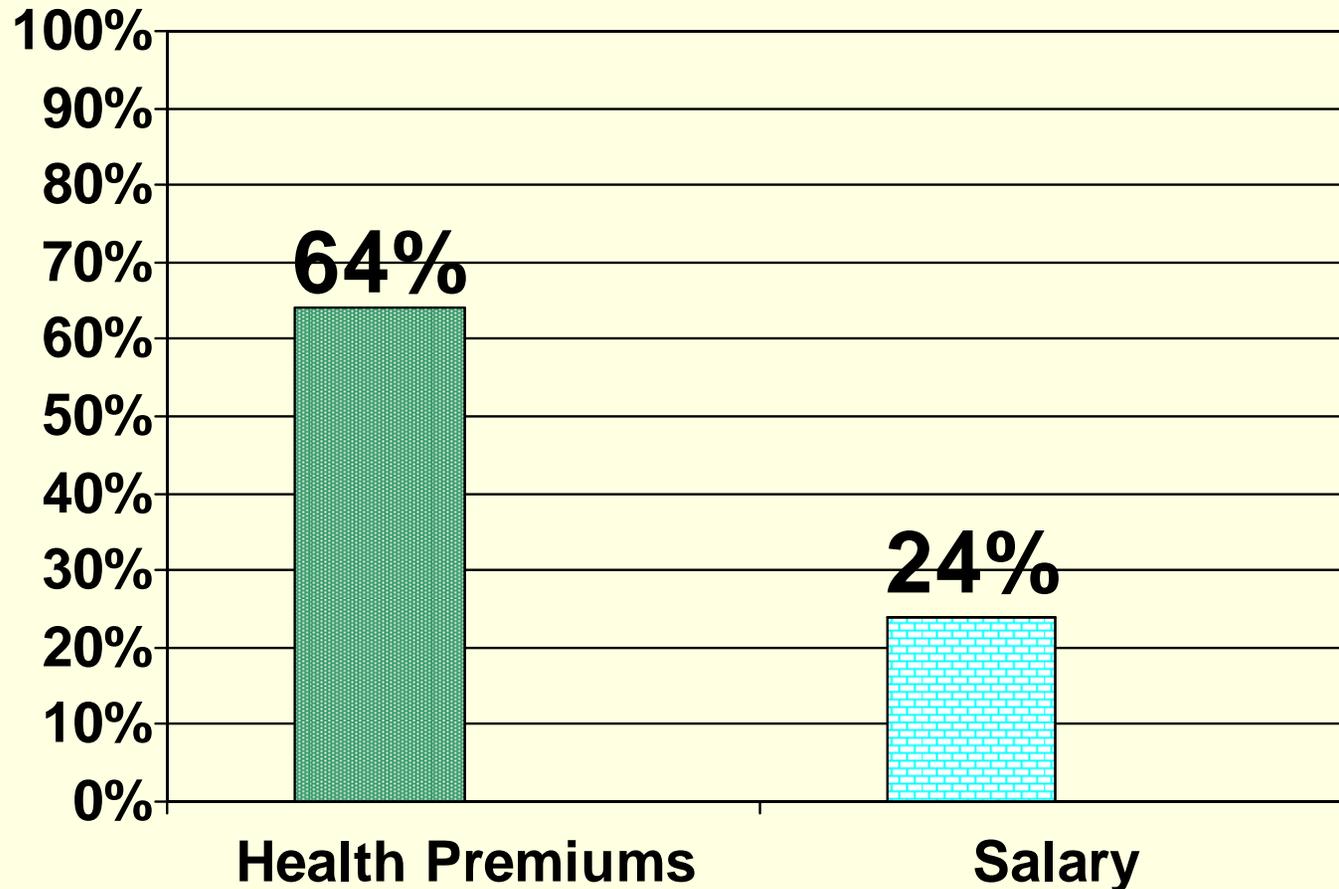
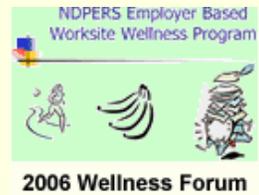
—◆— Hospital —■— Physician —▲— Pharmacy —●— Total — Linear (Total)



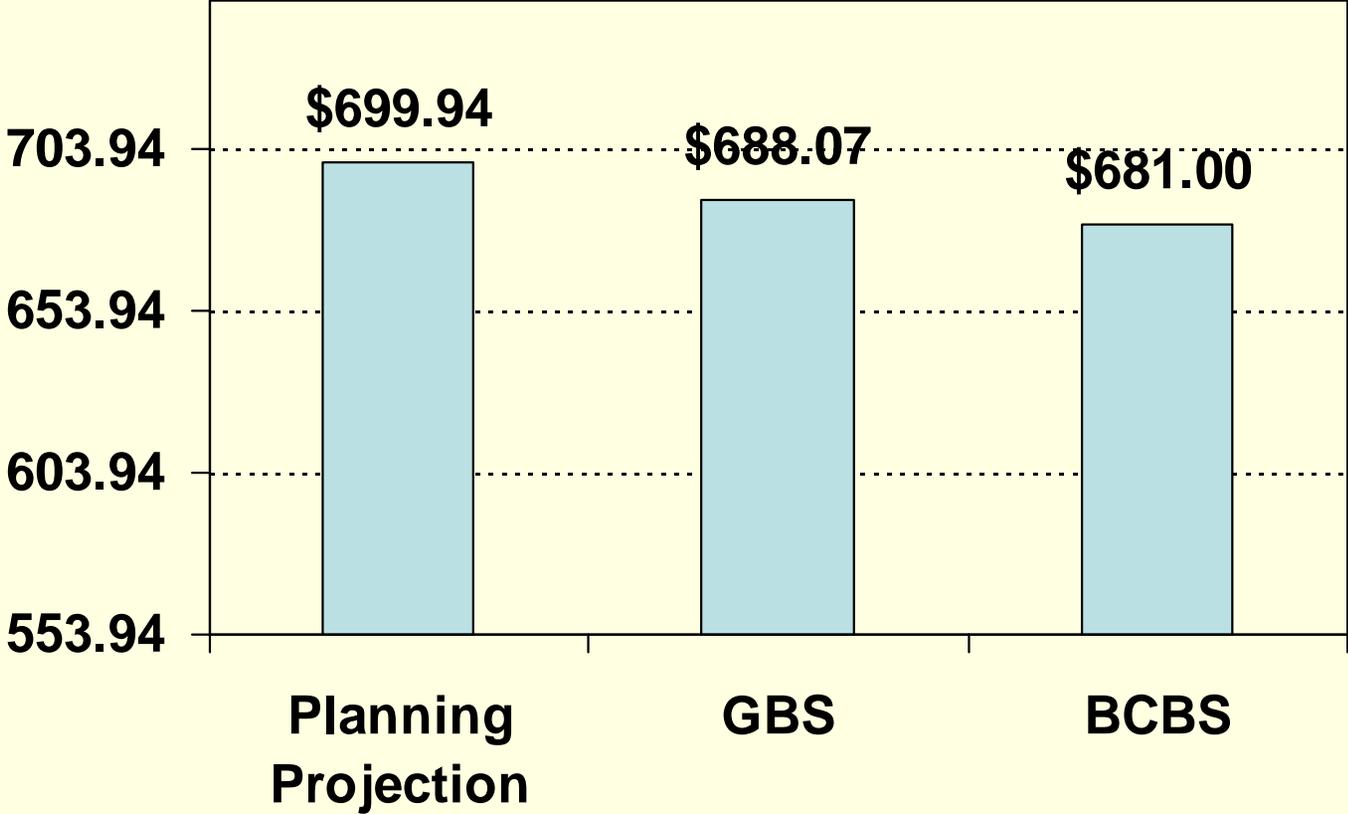
NDPERS

Increase in Health Premiums and Employee Salary

1999 to 2006

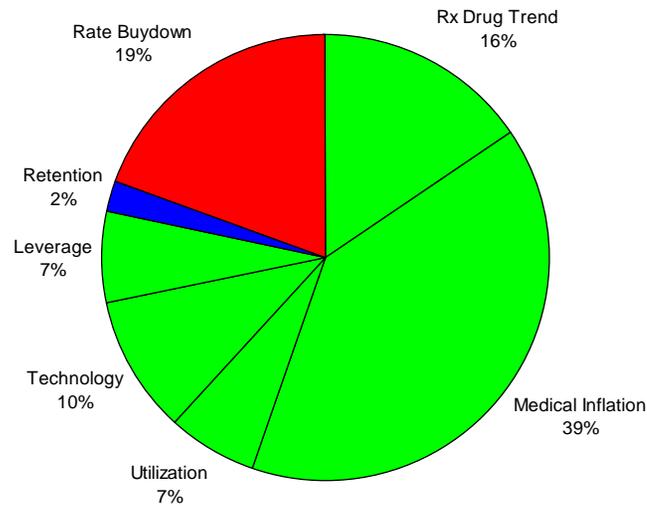


State Rate



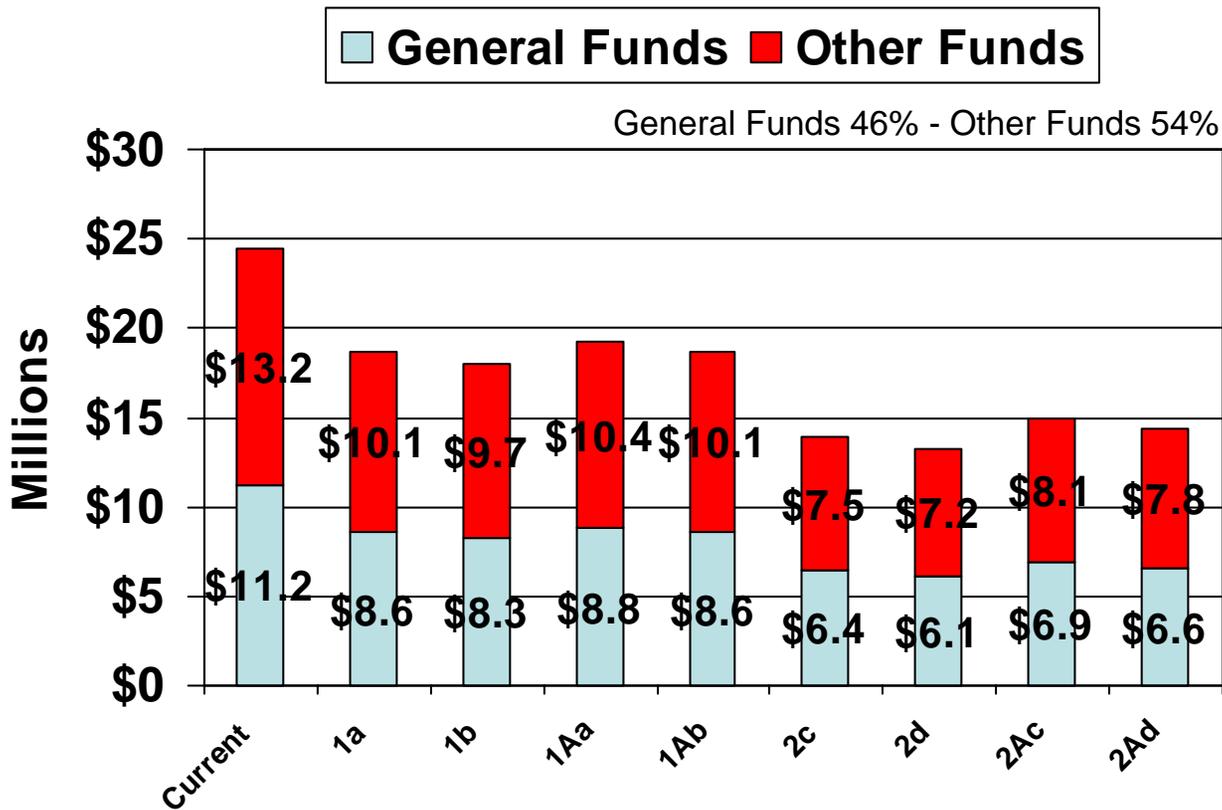
Estimated Increase - Component Costs

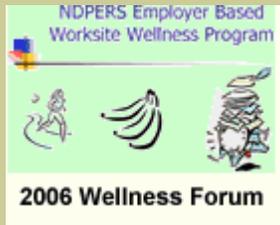
Rate Increase for Actives
100% = \$127.06



Additional State Funding

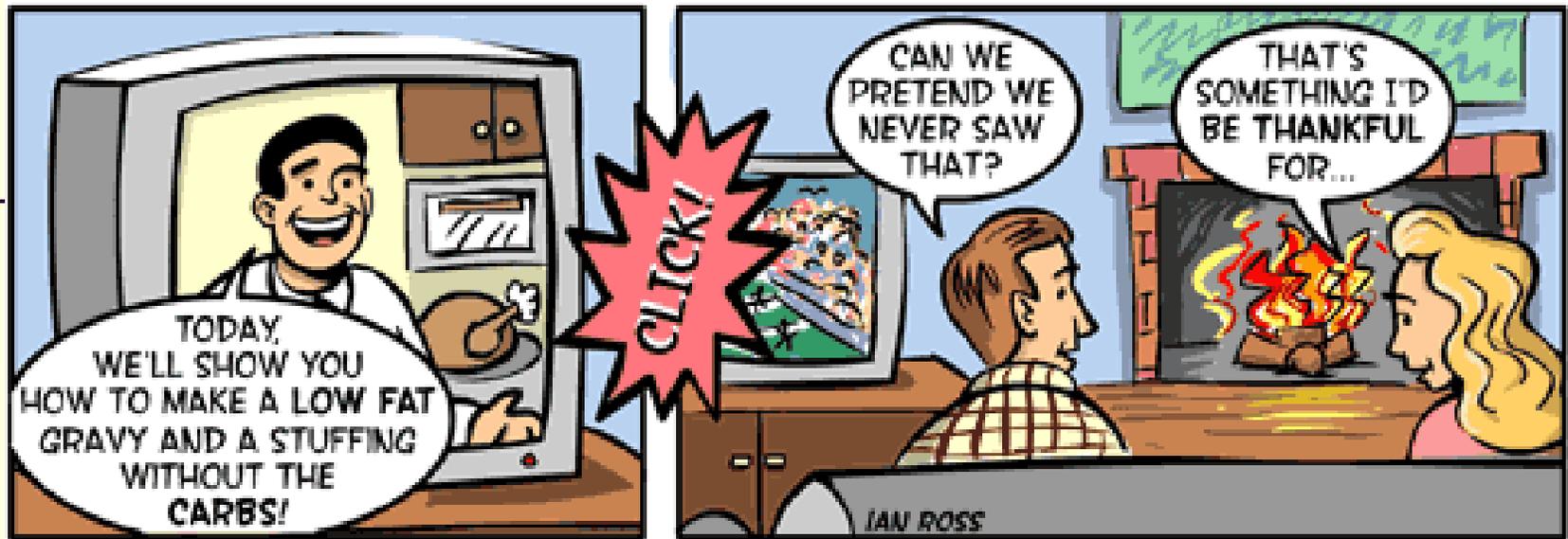
NDPERS State Increase 07-09





Today's Goal

- Overview of what you will need to do for the 2007-2008 plan year Wellness programming in order to receive the 1% discount for health insurance.
- Wellness Benefit and Application Process.
- Examples of different types of Wellness Plans and ideas for wellness programming, including presentations from various resources.
- Smoking Cessation program update.
- BCBSND Member Education Programs.
- Health Dialog Resources.



- Awareness
- Action

