

Investments in Employee Health Survey Results

37 Responses

Do you offer a worksite wellness program?		
Yes	27	71%
No	11	29%
Total	38	100%

What types of health improvement programs are included in your worksite wellness program?		
Smoking cessation	18	62%
Weight management	19	66%
Exercise program	19	66%
Personal coaching--in person	5	17%
Personal coaching--online	9	31%
Personal coaching--telephonic	11	38%
Health education--group sessions	12	41%
Health education--self-paced online	15	52%
Blood screenings	17	59%
Other, please specify:	10	34%
Healthy Rewards Program with PTO and \$\$ incentives		
Diabetes wellness @ work		
partial reimbursement at health club, health fairs		
Cardiovascular risk assessment and intervention		
Quarterly health related challenges		
WebMD resources		
Walking program; point program for healthy choices		
Stress programs, tracking on line		
newsletter, group walks,		
stress management, nutrition counseling		

Do you offer a disease management program?		
Yes	26	70%
No	11	30%
Total	37	100%

If you do offer a disease management program, please specify the type:		
Diabetes	24	92%
Heart Disease	23	88%
Asthma	21	81%
Depression	9	35%
Metabolic Syndrome	6	23%
Chronic Obstructive Pulmonary Disease (COPD)	17	65%
Other, please specify:	5	19%
Low Back Pain		
over 30 diseases-osteoporosis, rheumatoid arthritis		
musculoskeletal		
All - through United Health Care		
Pain Management		

Do you offer a Health Risk Assessment (HRA)?		
Yes	33	89%
No	4	11%
Total	37	100%

If you do offer an HRA, who is your supplier?		
Health plan	20	59%
PBM	0	0%
Specialty Vendor	11	32%
Other, please specify:	5	15%
Specific to cardiovascular HRA		
WebMD		
WebMD		
APS Healthcare		
CIGNA		

Do you offer employee incentives for participating in your worksite health improvement programs?		
Yes	18	49%
No	19	51%
Total	37	100%

If you do offer employee incentives, please specify the type:		
Cash award	6	33%
Merchandise	2	11%
Value "points"	3	17%
Lower health plan deductible	4	22%
Discounted health plan premium	5	28%
Lower Rx co-pay or coinsurance for chronic illness medicines	1	6%
Other, please specify:	9	50%
extra PTO days		
Recognition and opportunities in "drawings"		
Program reimbursements up to a \$ limit		
Cash award is placed their FSA		
Gift Certificates		
\$200 Contribution into HRA account		
Money deposited in an account at medical plan		
holdiy hours		
reimbursement for health clubs		