



Comprehensive Worksite Wellness Partnership Agreement



Blue Cross and Blue Shield of Florida will:

- Partner with the employer to provide ongoing support in developing a comprehensive, results-oriented worksite wellness program for your employees.
- Provide an organizational assessment to assist you in determining areas of strength and opportunity for your wellness program.
- Provide a Personal Health Assessment (PHA) tool to all eligible members.
- Provide convenient health screenings to all eligible employees (number of sites is determined by group size and expected participation through scheduled appointments).
- Provide a convenient online scheduling tool required to confirm screening appointments and all other Better You from Blue facilitated events (i.e., wellness seminars).
- Provide marketing materials that fit the needs of your employees to provide a comprehensive marketing campaign, promoting your worksite wellness program.
- Provide educational materials to assist in promoting health and wellness specific to the health risk of your population.
- Provide immediate triage to employees with "critical values" per screening results.
- Refer "at risk" members to Blue Cross and Blue Shield Florida health management programs.
- Routinely monitor and evaluate the worksite wellness program based on the recommended *7 Benchmarks of a Successful Wellness Program* from www.WELCOA.org.
- Routinely provide effective program evaluations and survey tools.
- Provide an aggregate Executive Summary and a Risk Reduction Action Plan.
- Better You from Blue reserves the right to cancel an event or location if minimum participation levels are not met.

The Better You from Blue Health Promotion Program follows established national guidelines and promotes evidence based programs.

Participating Account will:

- Secure Leadership and Management commitment to be visual and vocal supporters of the worksite wellness program.
- Promote a supportive environment for a worksite wellness program based on recommendations from the organizational assessment.
- Create a cohesive wellness committee designed to provide ongoing support, organize events and communicate ongoing program activities to eligible employees.
- Create a written wellness operating plan designed to outline the goals and objectives of your wellness program.
- Contact your Better You from Blue representative a minimum of 60 days prior to the wellness event to confirm the targeted event date and begin the planning process, understanding other dates may be provided if the initial dates you request are not available.
- Provide written cancellation notice 30 days prior to the scheduled health fair and/or wellness event. Changes after event confirmation may incur a financial penalty.
- Allow eligible employees to participate in the Personal Health Assessment (PHA) and health screenings during normal business hours, with a minimum goal of 40% participation in year one and an increase in participation level each following year.
- Promote health and wellness events utilizing various communication channels (i.e., posters, emails, newsletters, etc.).
- Utilize the online scheduling tool offered by Better You from Blue to create appointments for PHA, health screenings and other Better You from Blue facilitated events.
- Provide adequate space, tables, and chairs with set up completed at least 1 hour prior to event start time according to suggested floor plan provided by Better You from Blue.
- Provide name and contact information for each location 7 days prior to event. Ensure onsite support is available throughout the day.
- Implement a minimum of 3 health and wellness programs per year.
- Distribute online evaluation tool provided by Better You from Blue to employees after each health and wellness event.

BCBSF BYFB Program Manager (print)

BCBSF BYFB Program Manager (signature)

Date

Group Senior Leader (print)

Group Senior Leader (signature) Title

Date



Sumter County Board of County Commissioners

Executive Overview
Six-Year Comparison
2005 through 2010

Prepared and presented by:

Bonnie Winn, RN





Health Risk Assessment

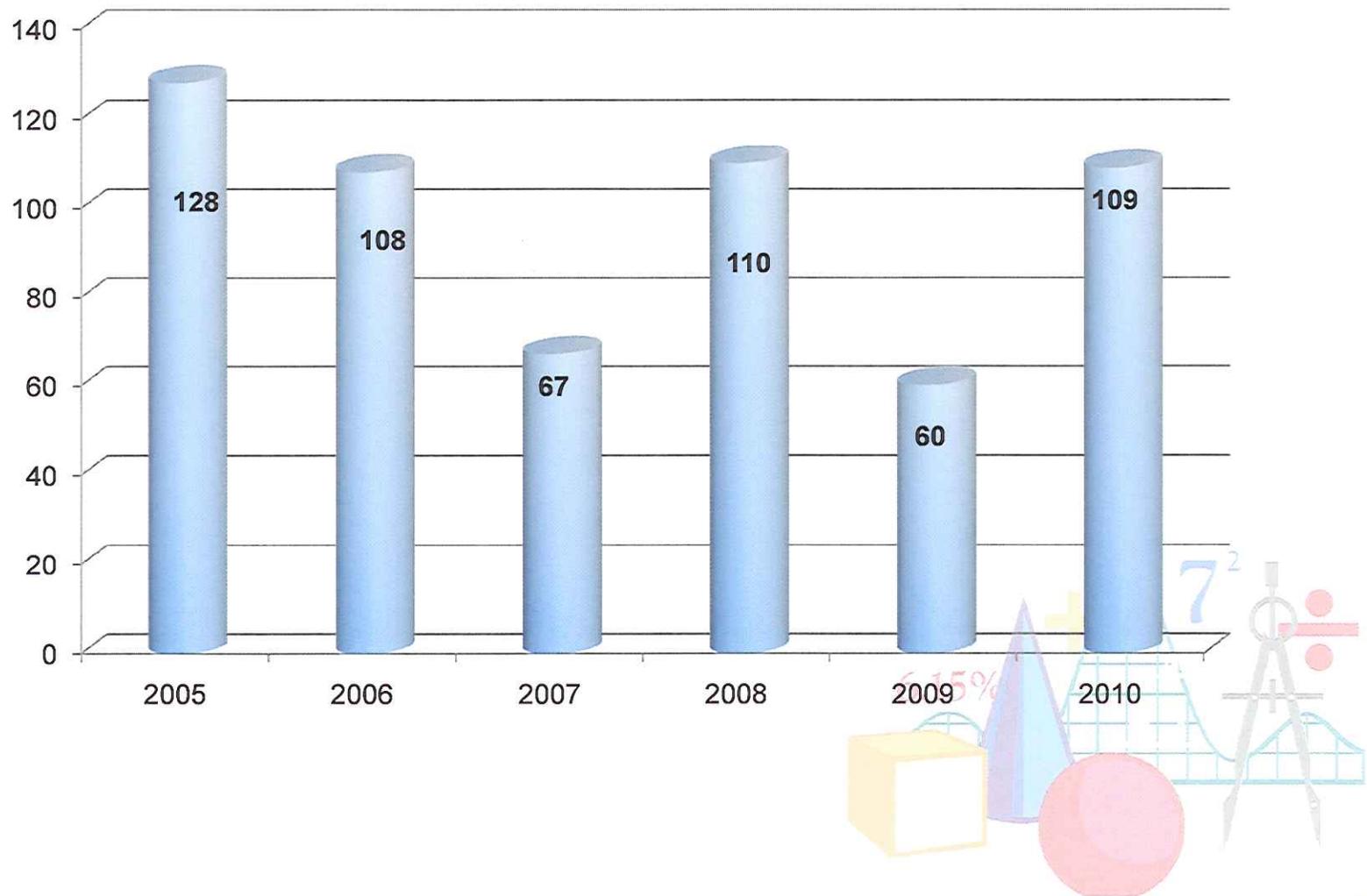
The Health Risk Assessment has been administered for Sumter County Board of County Commissioners each year from 2005 through 2010.

In 2005, the Overall Wellness score was 68. This score increased to 69 in 2006 and to 72 in 2007. The score then decreased to 71 in 2008 and to 70 in 2009. The score remains at 70 in 2010.

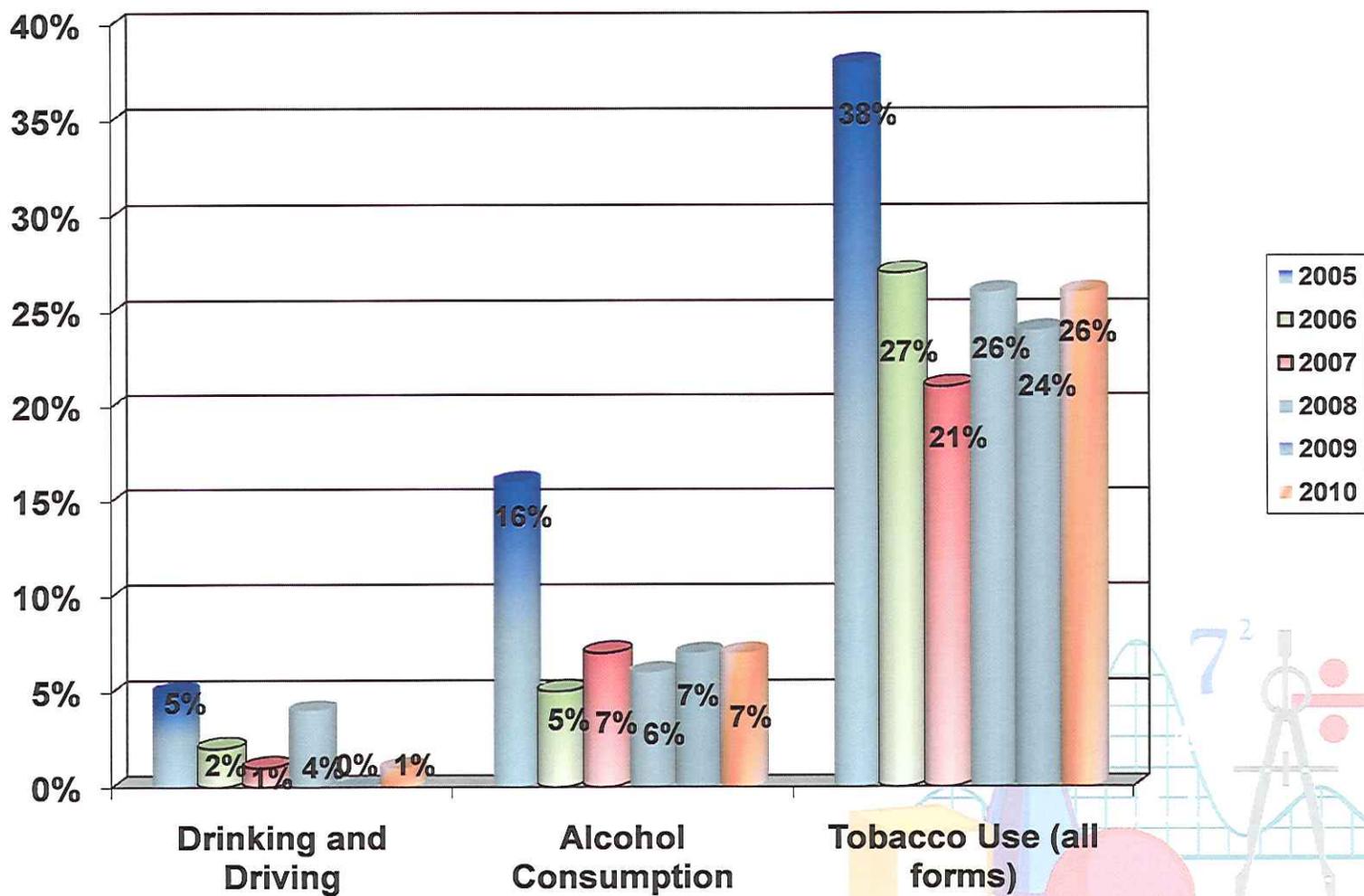
A score below 80 indicates an elevated likelihood that individuals will develop certain medical conditions.



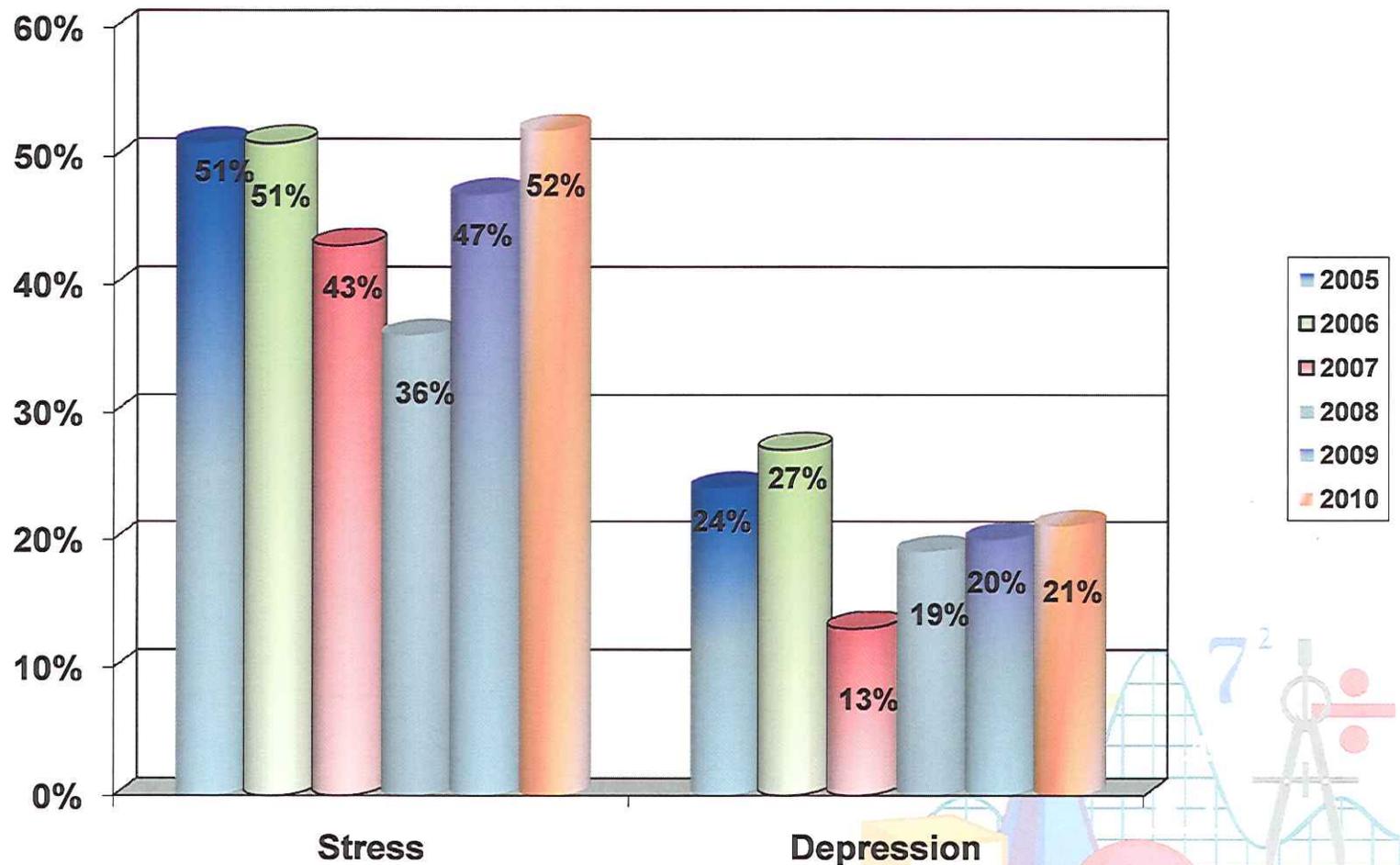
Attendance



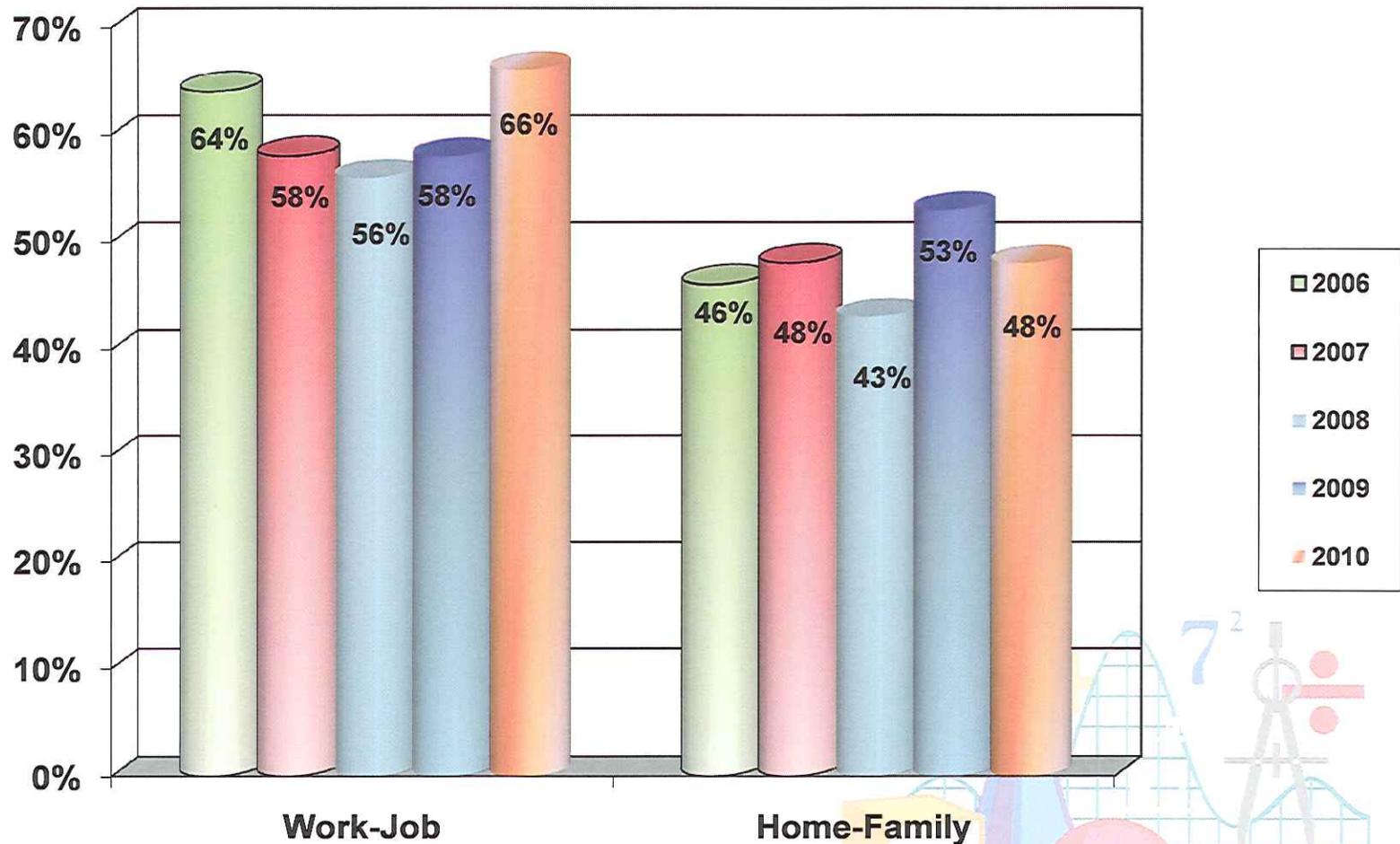
Healthy Lifestyles



Mental Wellness

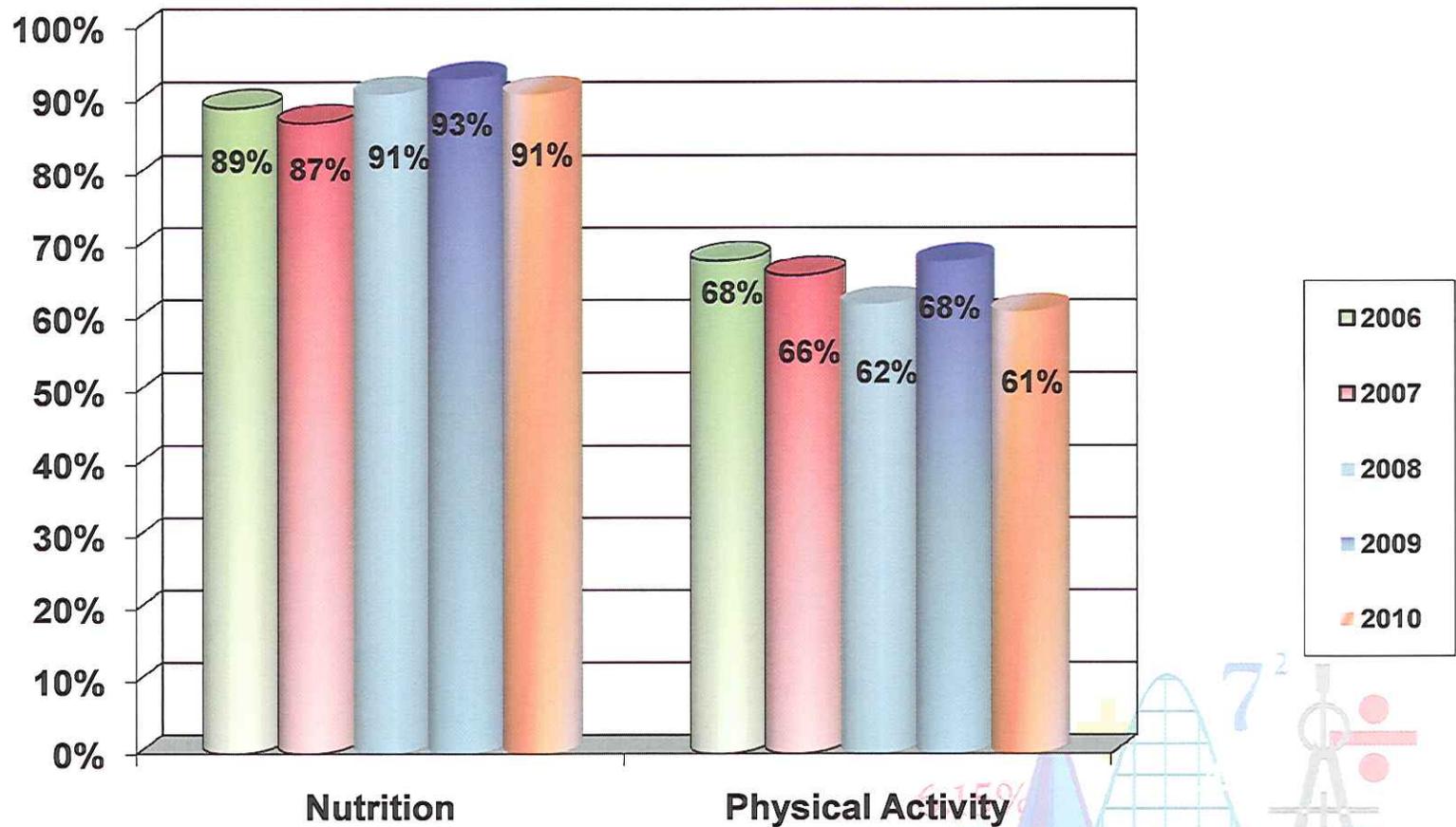


Stress – Work/Family Breakdown



* Breakdown between Work-Job and Home-Family Stress was not captured prior to 2006

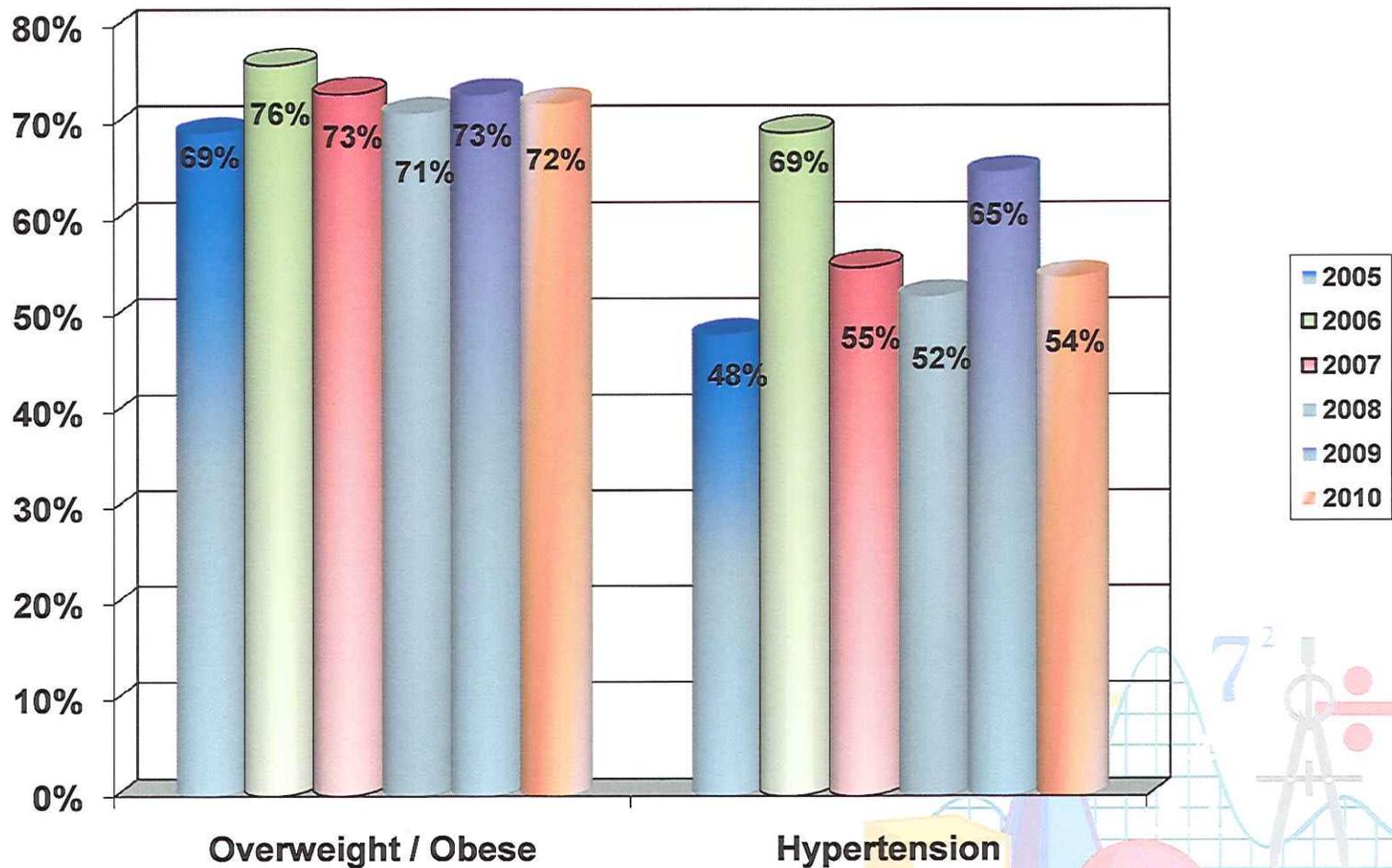
Nutrition and Physical Activity



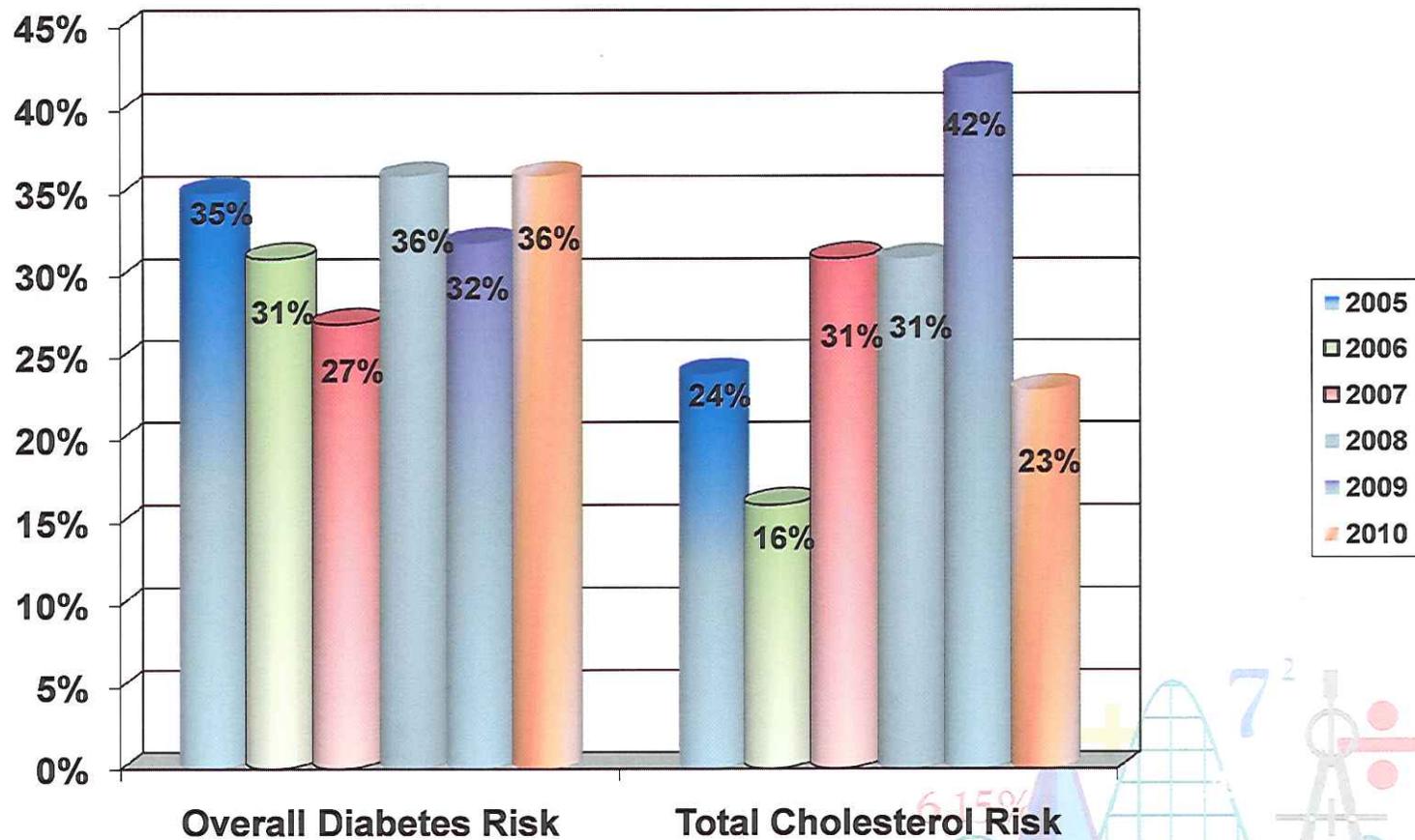
Overall nutrition risk includes those that fall into a borderline or high risk category. Overall physical activity risk includes those that exercise 0-3 days per week.

* Nutrition and Physical Activity information was not captured prior to 2006

BMI / Hypertension



Diabetes / Cholesterol



Overall Diabetes risk includes elevated blood sugar, weight and activity level.



Summary

Looking at the 2010 Health Risk Assessment, the following areas are in greatest need of attention based on their risk levels:

Risk Area	Percentage Risk
Nutrition	91%
Overweight / Obese	72%
Physical Activity	60%
Hypertension	54%
Stress	52%
Diabetes	36%



Health Risk Assessment

Executive Summary Report
for

Sumter County Board of County Commissioners

August 5, 2010



**BlueCross BlueShield
of Florida**

An Independent Licensee of the
Blue Cross and Blue Shield Association

Sumter County Board of County Commissioners

Executive Summary

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*This report and the information contained herein are confidential and proprietary to
Blue Cross Blue Shield of Florida*

The Health Risk Assessment was administered for Sumter County Board of County Commissioners on August 5, 2010. There were 109 employees that participated in the health fair. The average overall wellness score was 70. This score is an indicator of wellness that takes into account all behaviors surveyed in the assessment. A score below 80 indicates an elevated likelihood that individuals will develop certain medical conditions.

Demographics

Demographic information from participants is as follows: 32% of participants were male and 68% were female. The majority (93%) of participants were White. Ethnicity is measured because certain races are higher risks for certain health conditions. According to the American Diabetes Association, ethnic groups in the United States with the highest risk of Type 2 Diabetes include African Americans and Hispanic/Latino Americans. The American Heart Association lists heart disease as the number one killer of African Americans and Latino/Hispanic Americans. See chart below.

Total Responses: 108

African American: 1

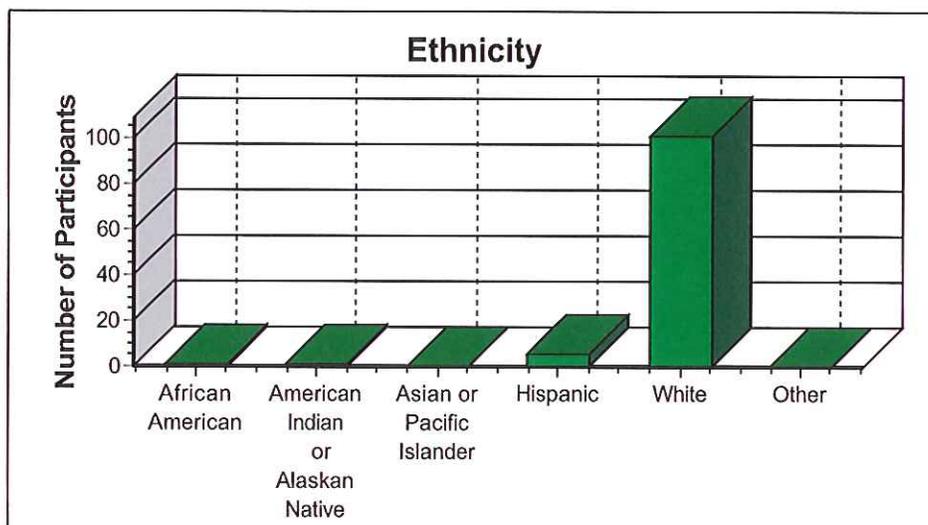
American Indian /
Alaska Native: 1

Asian or
Pacific Islander: 0

Hispanic: 5

White: 101

Other: 0



Total Responses: 109

Ages:

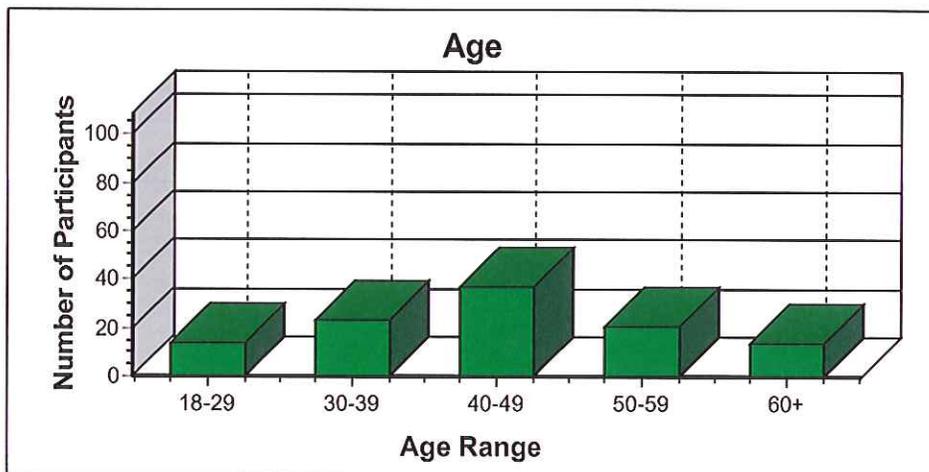
18-29: 14

30-39: 23

40-49: 37

50-59: 21

60+: 14



Healthy Lifestyles

Lifestyle behaviors of Sumter County Board of County Commissioners are assessed in areas of motor vehicle safety, alcohol, and tobacco use. The overall scores for motor vehicle safety, alcohol, and tobacco are 92, 88, and 78 respectively. However, 1% are at borderline to high risk for drinking and driving, 7% have borderline to high levels of alcohol consumption, and 26% are at borderline to high risk for use of one type of tobacco form or another.

Total Drink and Drive
Responses: 109

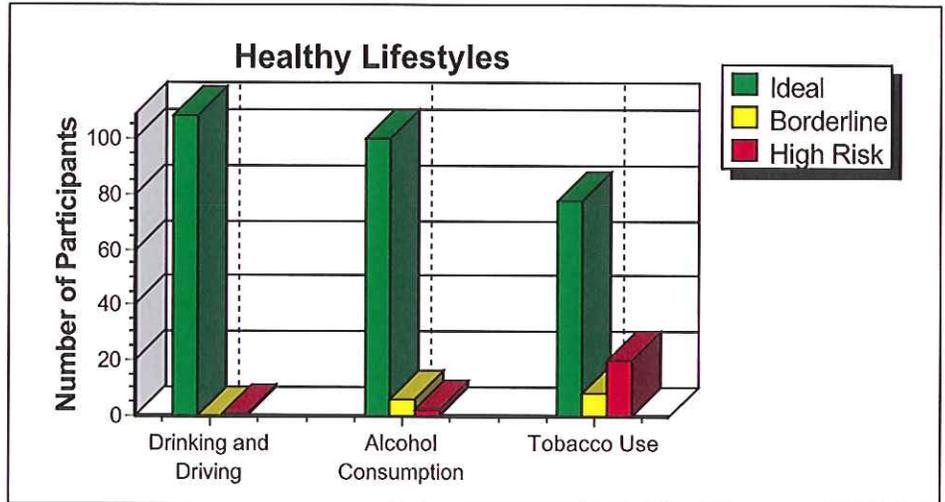
Ideal: 108
Borderline: 0
High Risk: 1

Total Alcohol Consumption
Responses: 108

Ideal: 100
Borderline: 6
High Risk: 2

Total Tobacco Use
Responses: 106

Ideal: 78
Borderline: 8
High Risk: 20



A study completed in 1998 and 1999 by Employers Health Coalition(1) through "The Healthy People/Productive Community Survey" reveals that impairment at work ("presenteeism") generated much more lost time in productivity than absenteeism. The American Lung Association reports 23% of the US adult population are smokers. Across all seventeen diseases studied in 1999, productivity days lost due to impairment at work, on average, were 7.5 times greater than those due to absenteeism. Employees that reported they smoked lost an average of 4 days in a four-week period due to presenteeism. The smokers in the study also had a higher incidence of certain diseases including hypertension and depression.

Assuming the average compensation for Sumter County Board of County Commissioners is \$20/hr (\$160 per day), the potential annual savings for "presenteeism" due to smoking is at least \$166,400 (4 days lost per four-week period x 20 employees that are high risk x average compensation (8 hrs x \$20/hr) x 13 four-week periods).

Alcohol users, according to the Employers Health Coalition, are those that reported they drink 2 or more drinks per day or more than 5 drinks on one or more occasions during the previous month. While presenteeism results for employees that are considered alcohol users were not statistically significant, alcohol users missed 0.4 days of work in a four-week period versus 0.2 for those that did not fall into this category.

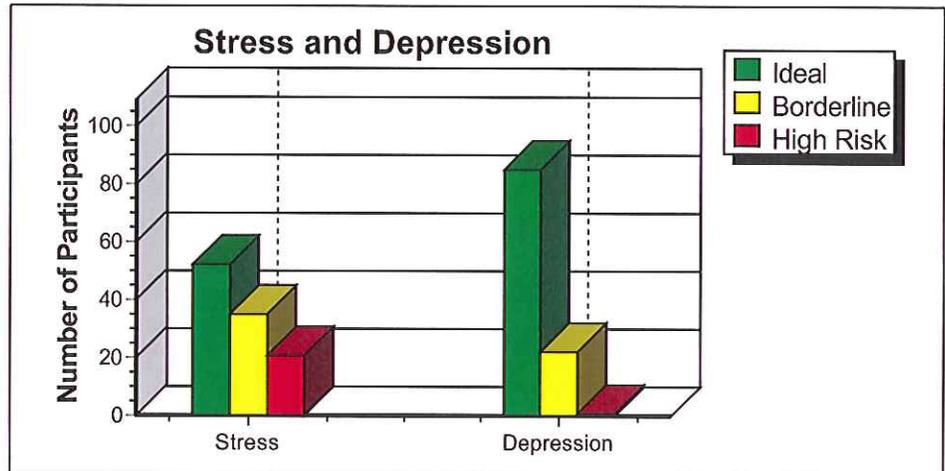
Mental Wellness

High levels of stress and/or depression increase risk factors for major illness or diseases such as high blood pressure, heart disease and stroke. Mental wellness scores are calculated using questions based on stress levels and depression. Sumter County Board of County Commissioners' overall mental wellness score is 73.

Of the participants, 56 (52%) are at risk for developing complications related to stress (35 are borderline and 21 are at high risk); 23 (21%) are at risk of depression (22 are borderline and 1 high risk).

Total Stress
Responses: 108
Ideal: 52
Borderline: 35
High Risk: 21

Total Depression
Responses: 108
Ideal: 85
Borderline: 22
High Risk: 1



The prevalence of depression for Sumter County Board of County Commissioners is 9 per 1000 employees. This is lower than the prevalence of depression of 103 per 1000 according to the "The Healthy People/Productive Community Survey".

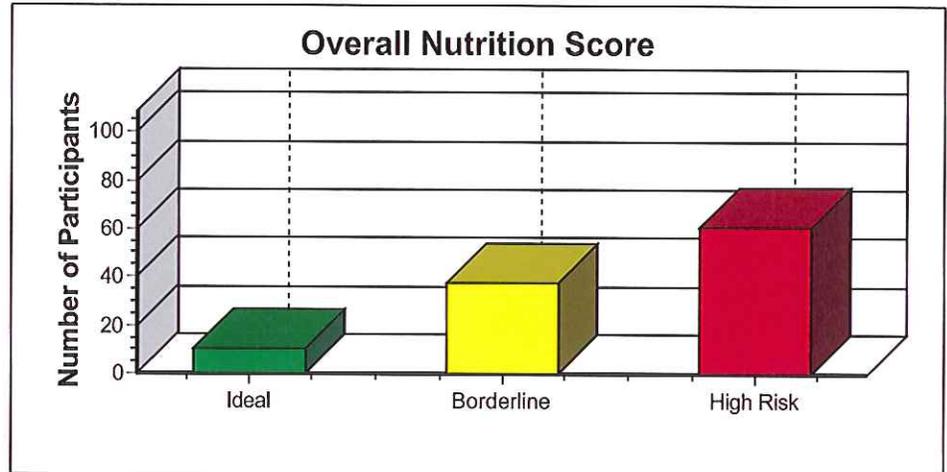
The average productivity time lost for depression is 4.9 days in a four-week period. We assume the average compensation for Sumter County Board of County Commissioners is \$20/hr (\$160 per day). The potential annual savings for "presenteeism" due to depression is at least \$10,192 (4.9 average days lost per four-week period x 1 employees at high risk x average compensation (8 hrs x \$20/hr) x 13 four-week periods).

Nutrition

Based on a compilation of questions about nutrition habits, Sumter County Board of County Commissioners participants have an overall nutrition score of 50. Nutrition scores were based on questions about fat, fiber, fruit and vegetable consumption.

Total Responses: 109

Ideal: 10
 Borderline: 38
 High Risk: 61



Specifics

Proper nutrition improves overall health and well-being and decreases risk for several illnesses and diseases. Participants responded to 10 nutrition questions based on frequency of consumption of certain foods. Based on those results, 9% of participants have ideal nutrition levels, 35% have borderline nutrition levels, and 56% are high risk based on nutrition practices.

Total Fats Responses: 109

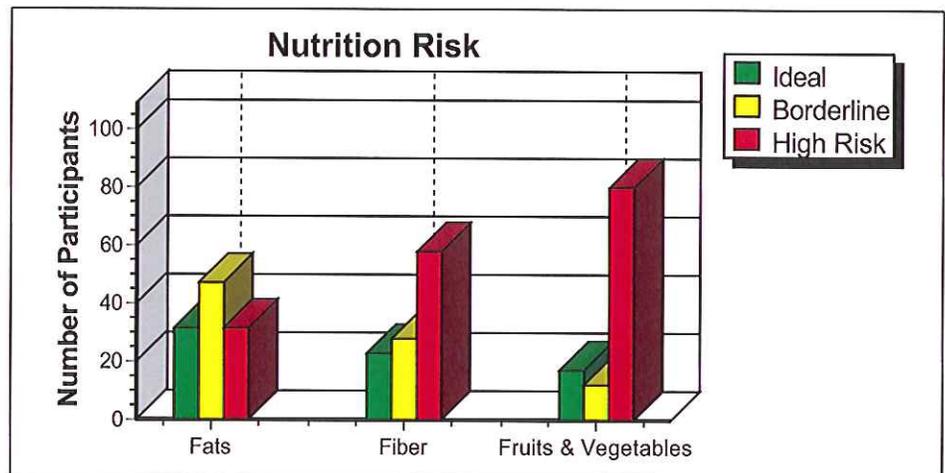
Ideal: 31
 Borderline: 47
 High Risk: 31

Total Fiber Responses: 109

Ideal: 23
 Borderline: 28
 High Risk: 58

Total Fruits & Vegetables Responses: 109

Ideal: 17
 Borderline: 12
 High Risk: 80

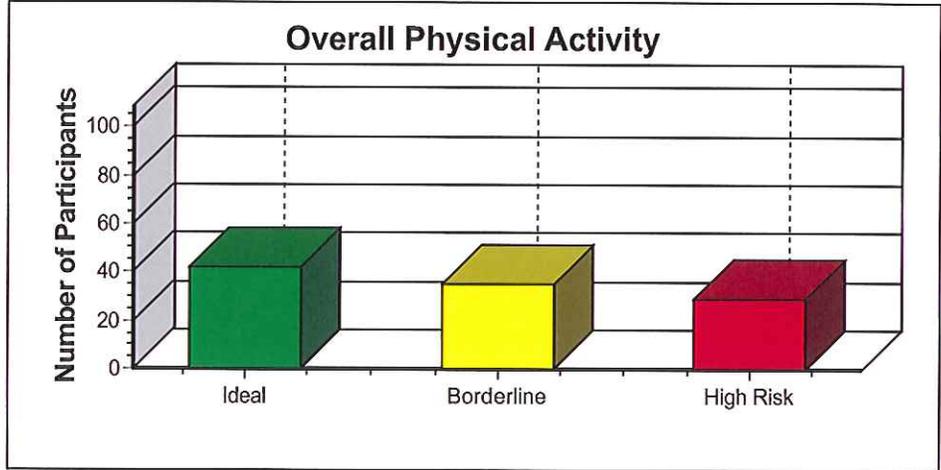


Physical Activity

Physical activity levels were determined by assessing Sumter County Board of County Commissioners participant's amount of vigorous exercise and general physical activity. Sumter County Board of County Commissioners has an overall physical activity score of 62.

Total Responses: 109

- Ideal: 42
- Borderline: 35
- High Risk: 29
- No Response: 3

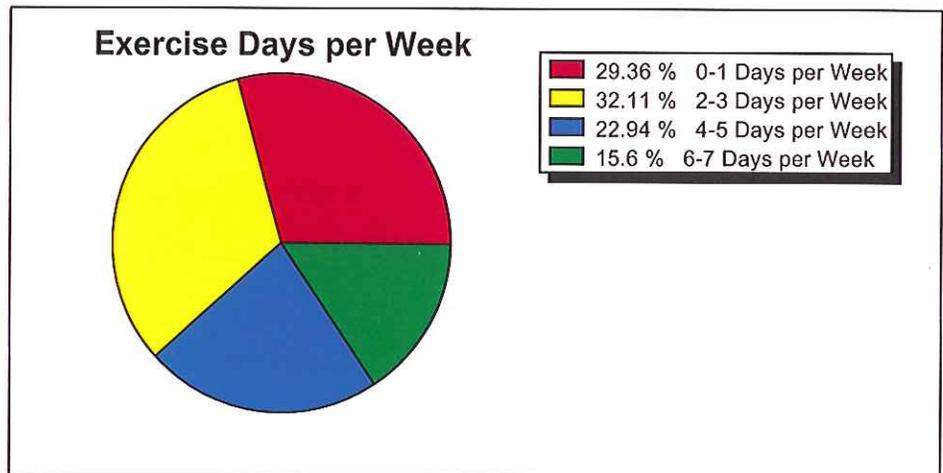


Specifics

Regular physical activity has been a lifestyle habit proven to improve overall health and well-being while decreasing risk for several illnesses and diseases. The graph below shows Sumter County Board of County Commissioners participants' regular exercise activity by the number of days a week they exercised for at least 20 minutes.

Total Responses: 109

- 0-1 Days per Week: 32
- 2-3 Days per Week: 35
- 4-5 Days per Week: 25
- 6-7 Days per Week: 17



BMI (Body Mass Index)

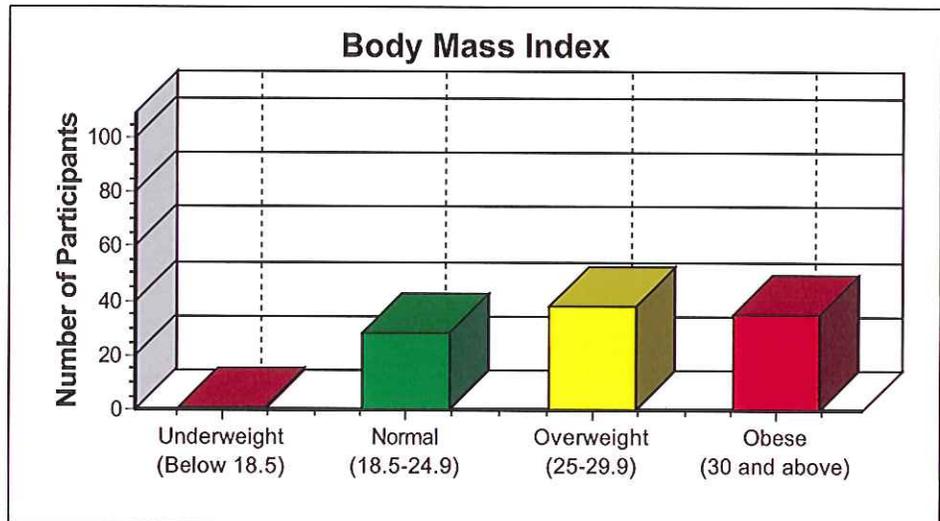
Body Mass Index is a tool for indicating weight status in adults. It is a measure of weight for height. According to the National Center for Chronic Disease Prevention and Health Promotion, for adults over 20 years old, BMI falls into one of these categories:

Below 18.5 = Underweight
 18.5-24.9 = Normal
 25.0-29.9 = Overweight
 30 and above = Obese

Of the Sumter County Board of County Commissioners participants, 73 participants (72%) are considered to be overweight or obese (38 are overweight and 35 are obese).

Total Responses: 102

Underweight 1
 Normal 28
 Overweight 38
 Obese 35

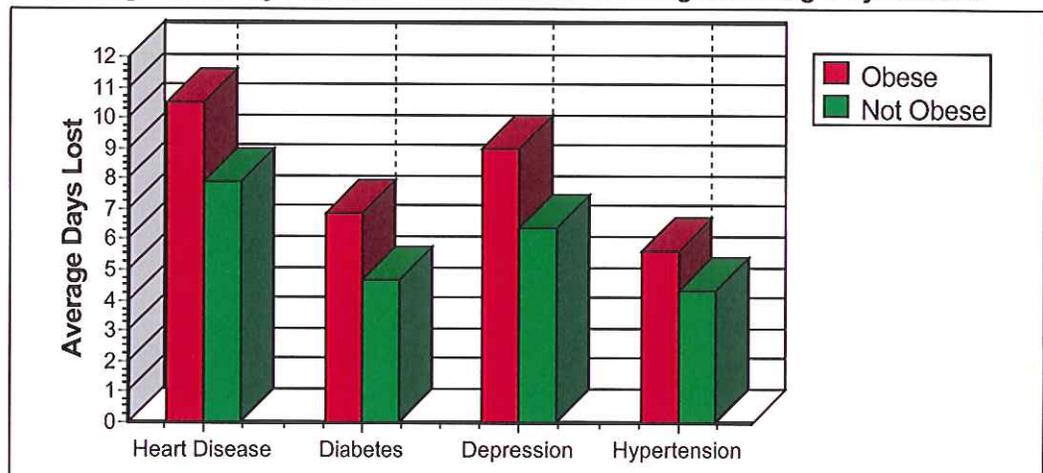


BMI is only one of many factors used to predict risk for disease. As BMI increases, the risk for some diseases increases. Some common conditions related to overweight and obesity include: Premature death, cardiovascular disease, high blood pressure, osteoarthritis, some cancers and diabetes.

The relationship of BMI and the number of days lost from work is very strong. According to the study completed by Employers Health Coalition, on average, for the 4 conditions below, obese individuals lost 2.2 days more in a 4-week period compared to non-obese individuals. The potential annual savings for "presenteeism" due to obesity related conditions is \$160,160 (2.2 average days lost per four-week period x 35 employees at high risk x average compensation (8 hrs x \$20/hr) x 13 four-week periods).

Average Total Days Lost for Those at Risk for Being Overweight by Disease

Heart Disease
 Obese 10.5
 Not Obese 7.89
 Diabetes
 Obese 6.89
 Not Obese 4.67
 Depression
 Obese 8.95
 Not Obese 6.38
 Hypertension
 Obese 5.62
 Not Obese 4.29



Blood Pressure

High blood pressure, also known as hypertension, is often referred to as a silent killer because it is generally a condition with no symptoms. Regular, elevated blood pressure can lead to a heart attack, stroke, heart failure, or kidney failure. Sumter County Board of County Commissioners has a blood pressure score of 75.

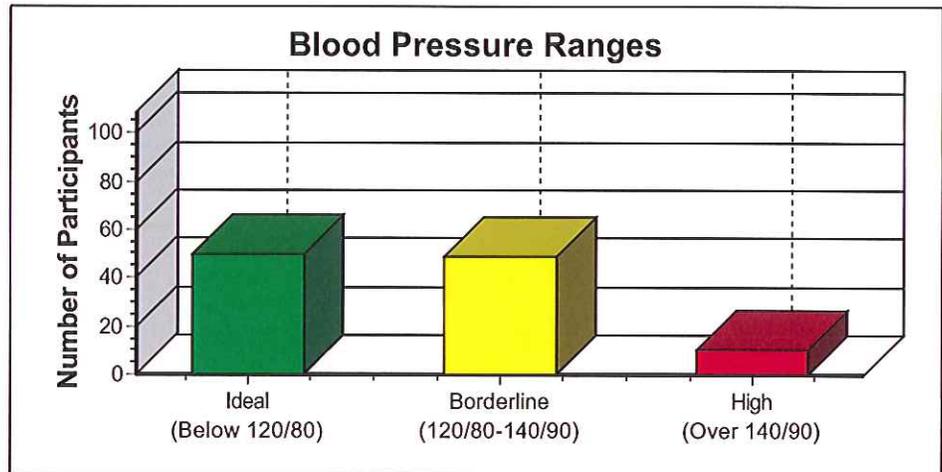
The health risk assessment shows 59 out of 109 Sumter County Board of County Commissioners participants (54%) have a risk of hypertension (10 at high risk and 49 at borderline). The prevalence of hypertension is 9 per 100 employees. This is lower than the Healthy People 2010 targets of 16%.

According to the study completed by Employers Health Coalition, the average productivity time lost for hypertension is 1.2 days in a four-week period. If the average compensation for Sumter County Board of County Commissioners is \$20/hour (\$160 per day), the potential annual savings for "presenteeism" due to hypertension is at least \$24,960. (1.2 average days lost per four-week period x 10 employees at high risk x average compensation (8 hrs x \$20/hr) x 13 four-week periods)

The following chart depicts participants' blood pressure ranges, which are measured against the current American Heart Association standards.

Total Blood Pressure Responses: 109

Ideal: 50
Borderline: 49
High Risk: 10



Diabetes

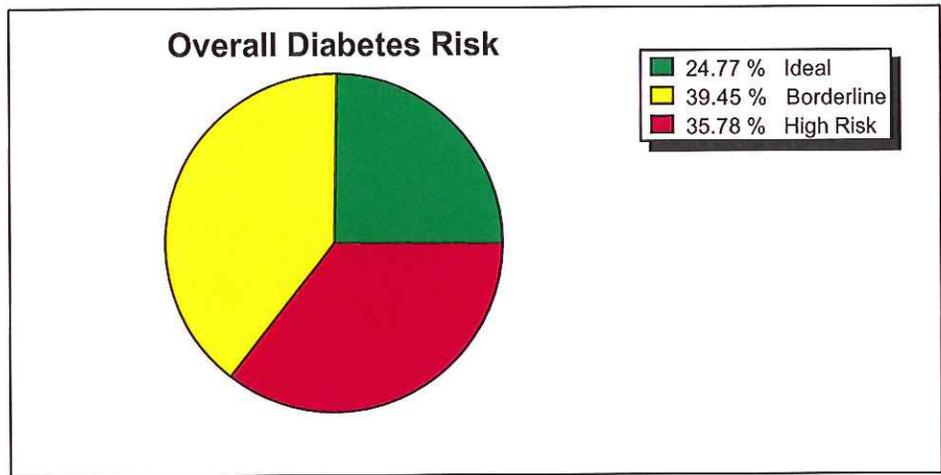
Diabetes is a disease in which body cells do not absorb enough insulin, and if uncontrolled, diabetes can cause several life-threatening conditions as well as numerous illnesses and disabilities. Sumter County Board of County Commissioners has an overall diabetes score of 56. Participants' age, diet, activity levels, and weight were included in calculating risk for diabetes. Out of 109 Sumter County Board of County Commissioners participants, 39 (36%) are at high risk for diabetes, but only 7% self-reported having diabetes.

Based on actual blood sugar results from 109 participants, 15% of participants are high (> 125 mg/dl) and 28% are at borderline (100-125 mg/dl). Overall, 68% of employees are unaware they are at risk of diabetes due to elevated blood sugar, weight, and activity levels. The prevalence of diagnosed diabetes for Sumter County Board of County Commissioners is 75 per 1,000 employees. This is higher than the national prevalence of diagnosed diabetes of 49.1 per 1,000.

According to the study completed by Employers Health Coalition, the average productivity time lost for diabetes is 2.1 days in a four-week period. If the average compensation for Sumter County Board of County Commissioners is \$20/hour (\$160 per day), the potential annual savings for "presenteeism" due to diabetes is at least \$170,352 (2.1 average days lost per four-week period x 39 employees at high risk x average compensation (8 hrs x \$20/hr) x 13 four-week periods).

The following chart depicts participants' overall diabetes risk.

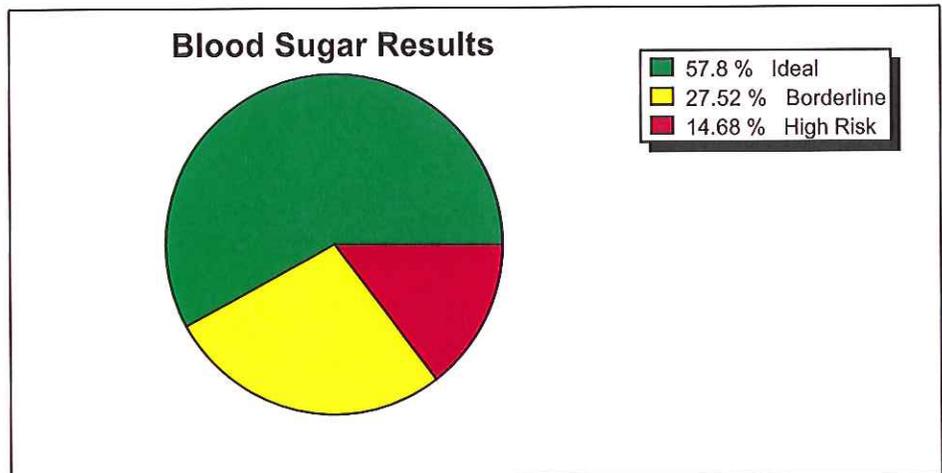
Total Responses: 109
 Ideal: 27
 Borderline: 43
 High Risk: 39



The following chart depicts the participants' blood sugar results, which are measured against current American Diabetes Association standards.

Total Responses: 109
 Ideal: 63
 Borderline: 30
 High Risk: 16

Ideal (100 mg/dl & below)
 Borderline (101-125 mg/dl)
 High Risk (125 & above)



Cholesterol

High cholesterol is a key risk factor for heart disease. Cholesterol is made up of various components. Low-density lipoproteins (LDL) can join with cells and fats in the blood and build up on the inner walls of the arteries, which can be dangerous. High-density lipoproteins (HDL) help remove LDL from the arteries and help protect from heart attacks. Therefore, knowing overall cholesterol numbers is important, but it is best to know levels of HDL as well. Sumter County Board of County Commissioners has a cholesterol score of 83. Out of the 109 Sumter County Board of County Commissioners participants who had their cholesterol checked, 25 (23%) are at risk of high total cholesterol (4 are high risk and 21 are at borderline). The prevalence of high cholesterol is about 4%, which is lower than the Healthy People 2010 target of 17%. The average cholesterol ratio for Sumter County Board of County Commissioners participants is 4.43. Any ratio below 4.0 can be considered an ideal cholesterol ratio. Various lifestyle behaviors, such as diet and exercise, can help improve HDL levels.

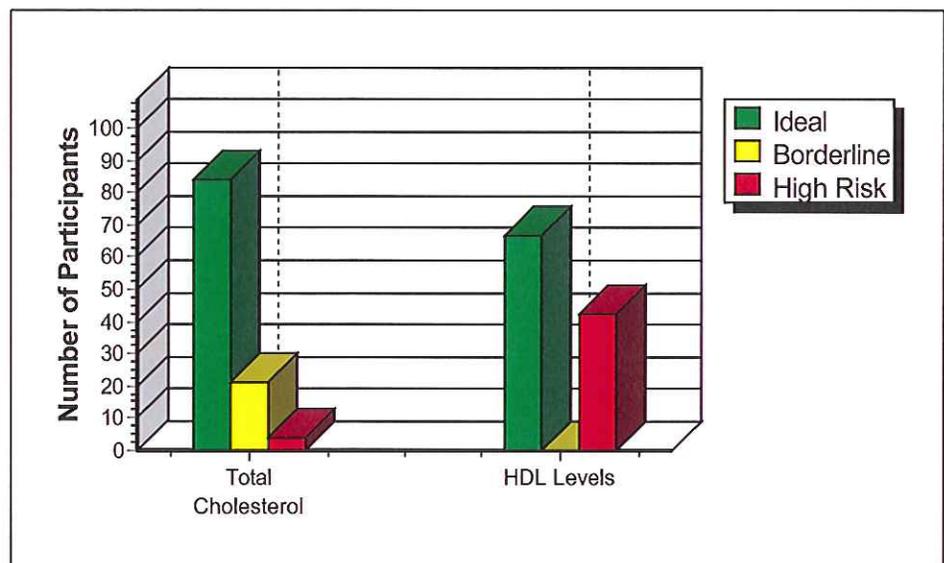
The following chart depicts the ranges for the cholesterol levels for Sumter County Board of County Commissioners employees.

Total Cholesterol 109
Responses:

Ideal: 84
Borderline: 21
High Risk: 4

HDL Responses: 109

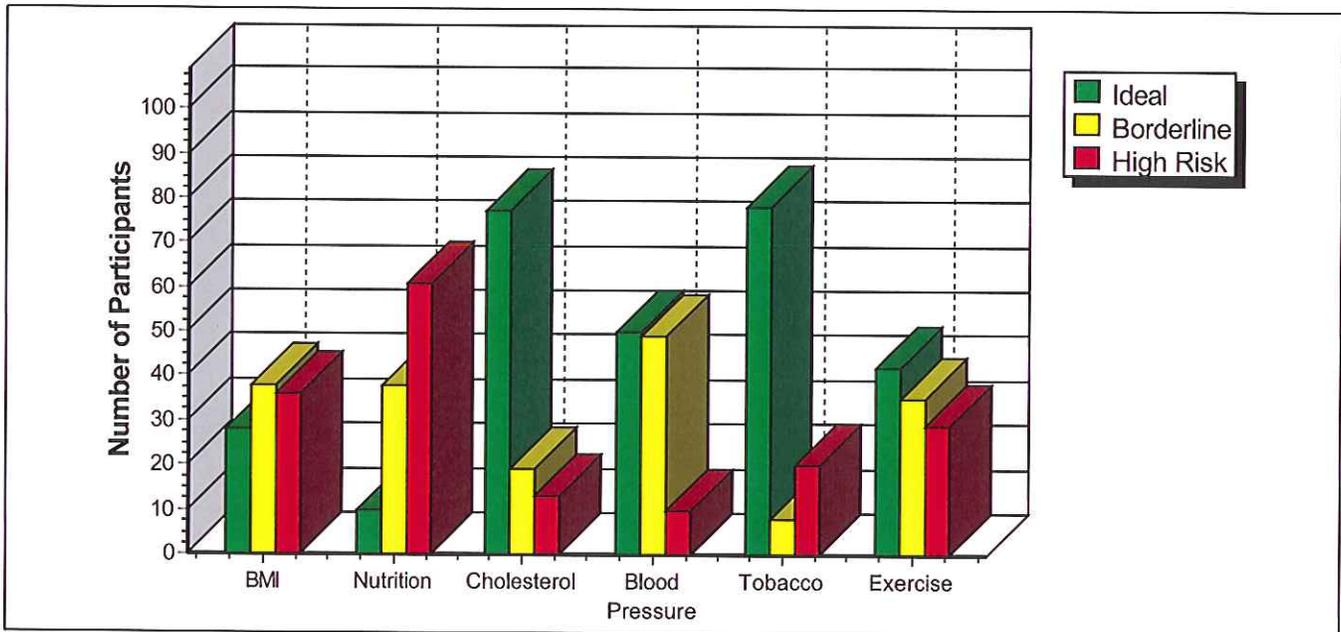
Ideal: 67
High Risk: 42



Range	Total Cholesterol	HDL
Ideal	< 200	> 40
Borderline	200 - 239	
High Risk	>= 240	<= 40

Heart Health

Heart health is affected by numerous controllable and uncontrollable factors. The following are the controllable factors and the risk levels for Sumter County Board of County Commissioners' participants.



	BMI	Nutrition	Cholesterol	Blood Pressure	Tobacco	Exercise
Total Responses:	102	109	109	109	106	106
Ideal:	28	10	84	50	78	42
Borderline	38	38	21	49	8	35
High Risk:	36	61	4	10	20	29

Uncontrollable risk factors for heart disease include age, gender, race and family history. Although participants cannot change these factors, it is important to understand all areas that impact heart disease. As age increases, so does an individual's risk for heart disease. Women are at a slightly higher risk of developing heart disease than men, although it usually does not occur in women until after menopause. Of those that participated in the Health Risk Assessment, 68% were women.

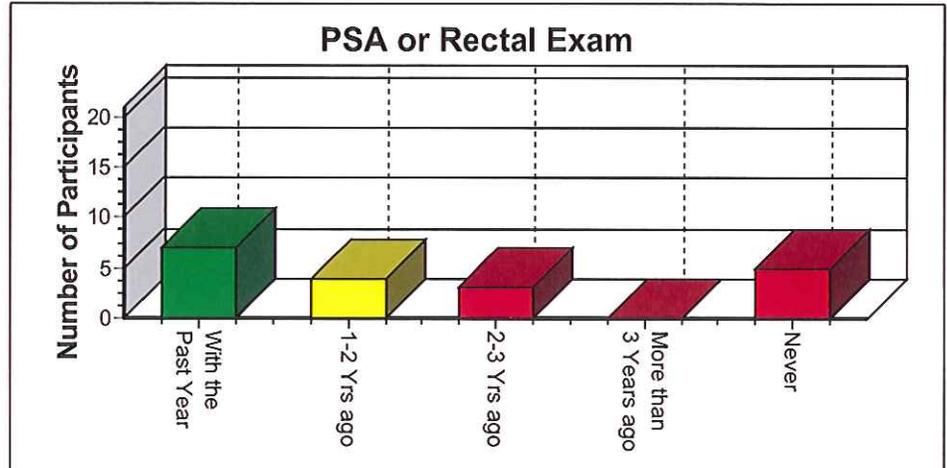
Men's Health

Many diseases and conditions could be prevented or cured if caught in the early stages. Heart disease is the number one killer of men, but cancer also contributes to many deaths.

Rectal exams are used to check for early signs of colorectal and/or prostate abnormalities, including cancer. Of the male participants over the age of 40 in this assessment, 63% have not had a rectal exam or Prostate-Specific Antigen (PSA) test within the past year.

Total Responses: 19

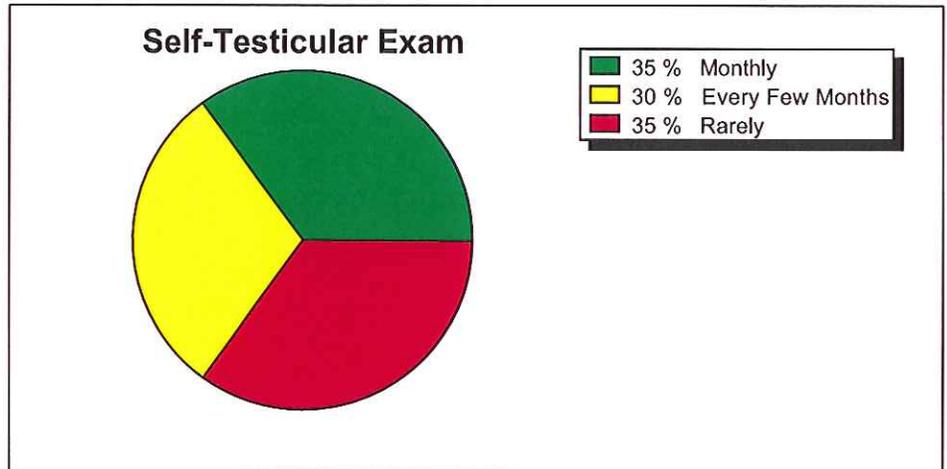
Within the past year: 7
 1-2 Yrs ago: 4
 2-3 Yrs ago: 3
 More than 3 Yrs ago: 0
 Never: 5



Self-testicular exams may allow men to discover a potentially serious diagnosis at an early stage. Of Sumter County Board of County Commissioners' male population 40 years of age or older, 35% rarely or never did self-testicular exams.

Total Responses: 20

Monthly: 7
 Every Few Months: 6
 Rarely: 7



Women's Health

Adult women should have annual pap smears, which are the leading screening tool for cervical cancer. Of the female participants in this assessment, 12% have not had a pap smear within the past 2 years.

Annual mammograms are recommended for women over the age of 40 to detect breast tumors or problems that could indicate breast cancer. A mammogram has not been administered within the last two years in 22% of this population.

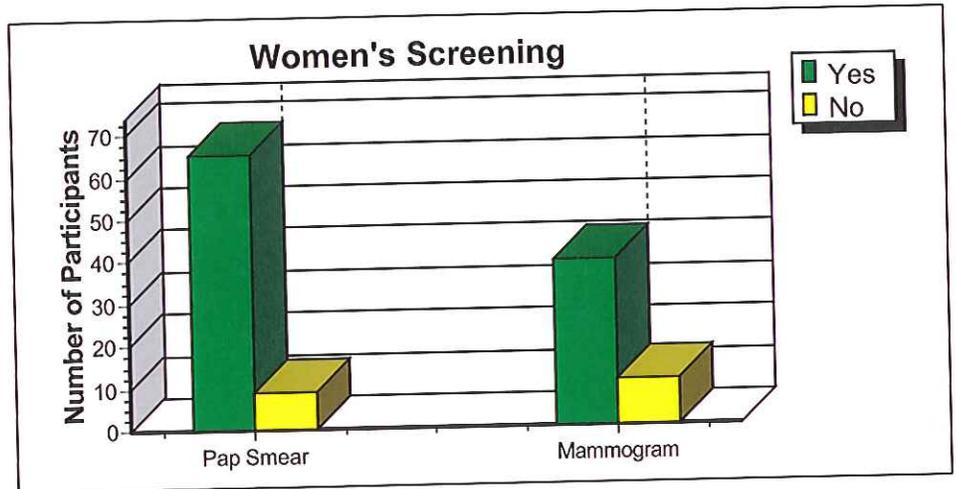
The following is a chart with those who have had a particular screening within the past two years versus those who have not.

Total Pap Smear
Responses: 74

Yes: 65
No: 9

Total Mammogram
Responses: 50

Yes: 39
No: 11

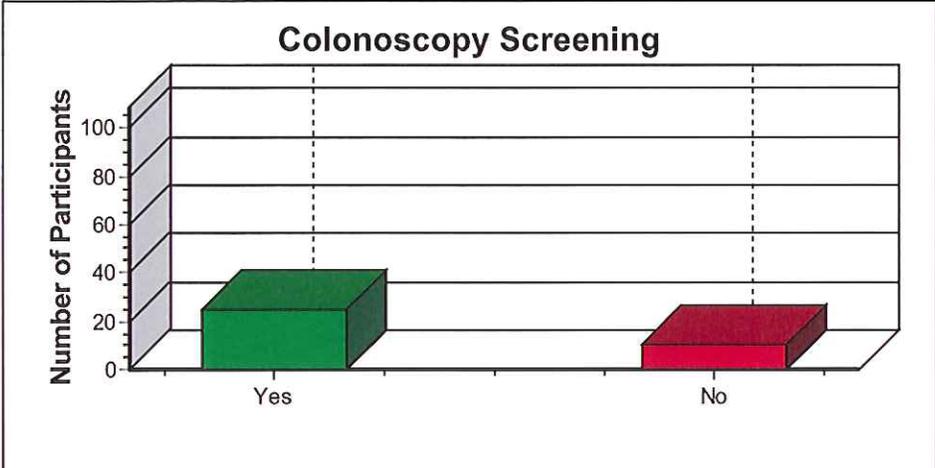


Colon Cancer Screening

More than 90% of colon cancer cases occur in people age 50 or older. For this reason, the American Cancer Society recommends testing for this disease beginning at age 50 for both men and women. In many cases, colon cancer can be prevented if small growths or polyps are found and removed early.

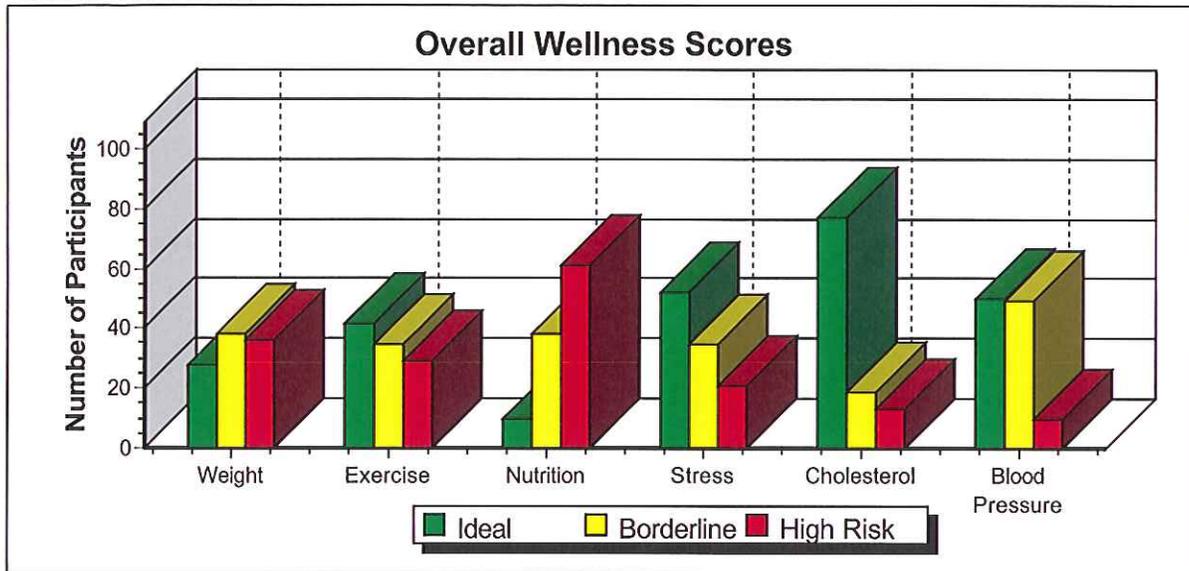
Total Responses: 35

Yes: 25
No: 10



Summary

Overall Wellness



Risk Areas

The top four high risk areas in terms of prevalence are as follows:

Risk Area	Number	Percentage
Nutrition	61	56.0
Weight	35	34.3
Exercise	29	27.4
Stress	21	19.4

Of the 109 employees that participated in the health risk assessment:

- 1% are at risk for drinking and driving
- 7% are at risk for alcohol consumption
- 26% are at risk for use of tobacco
- 21% are at risk for depression and 52% are at risk for stress
- 91% are at risk for overall nutrition
- 60% are at risk for overall physical activity
- 72% are at risk for being overweight or obese
- 54% are at risk for hypertension
- 23% are at risk for high cholesterol
- 36% are at high risk for diabetes and the prevalence of diagnosed diabetes is higher than the national average.

Of the male participants over the age of 40:

- 63% of participants have not had a rectal exam or Prostate-Specific Antigen (PSA) test within the past year and
- 35% rarely/never did self-testicular exams.

Of the female participants, 12% have not had a pap smear within the past 2 years.

Of the female participants over 40, a mammogram has not been administered within the last two years in 22% of this population.

Statistical Summary

Group and Health Fair Data

Group Size	717
Health Fair Attendance	109
Percentage Attendance vs. Group Size	15.2%
Attendees Identified as Members	97
<i>Measured by the number of people providing contract ID's that match the member listing on file</i>	
Percentage Members vs. Attendance	89.0%

Critical Values

Number of Critical Values	2
<i>Recommended for Immediate Physician Attention</i>	
Percentage Critical Values vs. Attendance	1.8%
<i>BCBSF 2008 Statewide Critical Value Percentage</i>	2.0%

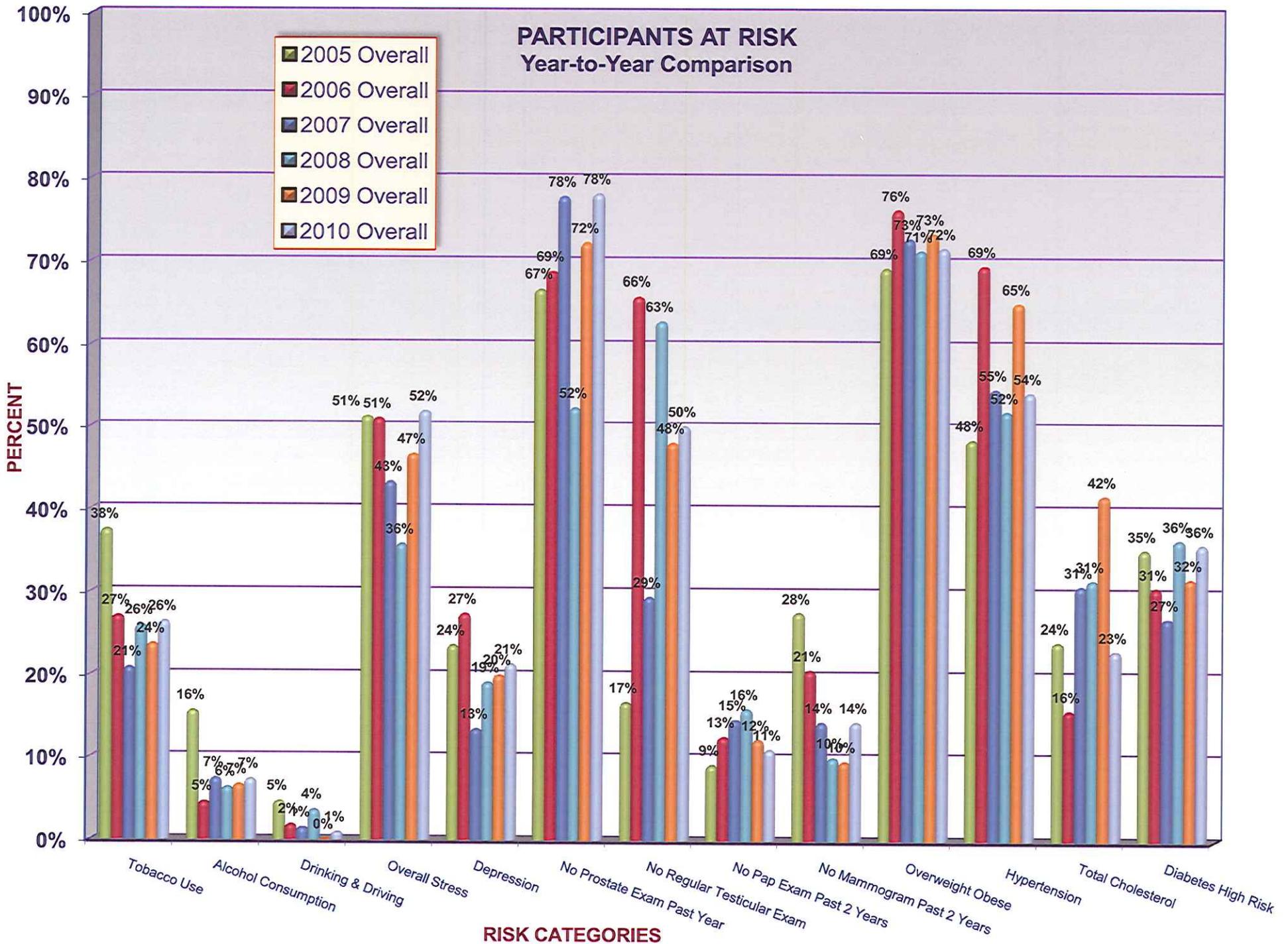
		DEMOGRAPHICS								
		PARTICIPATION		GENDER		AGE		RACE		
Sumter County Board of County Commissioners		TOTAL OVERALL WELLNESS SCORE	TOTAL PARTICIPANTS	GROUP PERCENTAGE % CHANGE FROM PRIOR YEAR	MALE	FEMALE	MAJORITY		MAJORITY	
			SCORE	TOTAL	PERCENT	PERCENT	AGE	PERCENT	RACE	PERCENT
Year	SCORE	TOTAL	% CHANGE FROM PRIOR YEAR	PERCENT	PERCENT	AGE	PERCENT	RACE	PERCENT	
2010 Overall	70	109	82%	32%	68%	40-49	35%	White	94%	
2009 Overall	70	60	-45%	43%	57%	40-49	34%	White	90%	
2008 Overall	71	110	64%	43%	57%	40-49	31%	White	95%	
2007 Overall	72	67	-38%	27%	73%	30-39	27%	White	84%	
2006 Overall	69	108	-16%	37%	63%	30-39	32%	White	94%	
2005 Overall	68	128	N/A	40%	60%	N/A	N/A	N/A	N/A	

	HEALTHY LIFESTYLES				MENTAL WELLNESS			
	AT RISK				AT RISK			
Sumter County Board of County Commissioners	TOBACCO USE (CIGARETTE, PIPE, CIGAR, SMOKELESS TOBACCO)	SMOKERS (CIGARETTES ONLY)	ALCOHOL CONSUMPTION	DRINKING AND DRIVING	STRESS (WORK-JOB)	STRESS (HOME-FAMILY)	OVERALL STRESS (MULTIPLE FACTORS)	DEPRESSION
Year	PERCENT	PERCENT	PERCENT	PERCENT	PERCENT	PERCENT	PERCENT	PERCENT
2010 Overall	26%	13%	7%	1%	66%	48%	52%	21%
2009 Overall	24%	12%	7%	0%	58%	53%	47%	20%
2008 Overall	26%	13%	6%	4%	56%	43%	36%	19%
2007 Overall	21%	13%	7%	1%	58%	48%	43%	13%
2006 Overall	27%	14%	5%	2%	64%	46%	51%	27%
2005 Overall	38%	N/A	16%	5%	N/A	N/A	51%	24%

	BIOMETRICS				BMI	DIABETES	
	AT RISK				AT RISK	AT RISK	
Sumter County Board of County Commissioners	HYPERTENSION (Blood Pressure)	TOTAL CHOLESTEROL	CHOLESTEROL RATIO (Ideal = <4.0)	BLOOD SUGAR LEVELS	OVERWEIGHT OR OBESE	SELF-REPORTED HAVING DIABETES	OVERALL DIABETES HIGH RISK
Year	PERCENT	PERCENT	RATIO	PERCENT	PERCENT	PERCENT	PERCENT
2010 Overall	54%	23%	4.43	40%	72%	7%	36%
2009 Overall	65%	42%	4.54	53%	73%	14%	32%
2008 Overall	52%	31%	4.78	46%	71%	10%	36%
2007 Overall	55%	31%	4.11	40%	73%	10%	27%
2006 Overall	69%	16%	4.17	34%	76%	5%	31%
2005 Overall	48%	24%	4.57	N/A	69%	N/A	35%

	PREVENTATIVE HEALTH				POTENTIAL ANNUAL SAVINGS					
	MEN'S HEALTH		WOMEN'S HEALTH		PRODUCTIVITY LOSS/PRESENTEEISM					
Sumter County Board of County Commissioners	NO PROSTATE EXAM IN PAST YEAR (OVER AGE 40)	RARELY / NEVER CONDUCT SELF-TESTICULAR EXAMS	NO PAP EXAM IN PAST TWO YEARS	NO MAMMOGRAM IN PAST TWO YEARS (OVER AGE 40)	MENTAL WELLNESS	SMOKING	BMI	BLOOD PRESSURE	DIABETES	TOTAL
Year	PERCENT	PERCENT	PERCENT	PERCENT	SAVINGS	SAVINGS	SAVINGS	SAVINGS	SAVINGS	SAVINGS
2010 Overall	78%	50%	11%	14%	\$10,192	\$166,400	\$160,160	\$24,960	\$170,352	\$532,064
2009 Overall	72%	48%	12%	10%	\$10,192	\$116,480	\$91,520	\$14,976	\$82,992	\$316,160
2008 Overall	52%	63%	16%	10%	\$50,960	\$166,400	\$151,008	\$24,960	\$174,720	\$568,048
2007 Overall	78%	29%	15%	14%	\$10,192	\$83,200	\$100,672	\$9,984	\$78,624	\$282,672
2006 Overall	69%	66%	13%	21%	\$50,960	\$191,360	\$178,464	\$22,464	\$144,144	\$587,392
2005 Overall	67%	17%	9%	28%	\$30,576	\$249,600	\$205,920	\$24,960	\$196,560	\$707,616

PARTICIPANTS AT RISK Year-to-Year Comparison



CRITICAL VALUES REPORT



Members identified with **blood pressure above 160/100** and/or **blood glucose above 300mg/dl** (those diagnosed with diabetes) and **above 200mg/dl** (those not previously diagnosed) are referred to an on-site BCBSFL nurse for immediate assistance and confidential counseling.

A follow-up letter is sent to each member informing them of their own responsibility to urgently follow-up with a doctor. Members are offered health coaching by a **Better You from Blue Next Steps** nurse/health educator (not provided to non-members).

CRITICAL VALUES	NON-MEMBERS		MEMBERS		MEMBER FOLLOW-UP RESULTS			
	NON-MEMBER DIAGNOSED PRIOR TO ASSESSMENT (NO FOLLOW-UP)	NON-MEMBER BECAME AWARE OF CRITICAL VALUE DURING ASSESSMENT (NO FOLLOW-UP)	MEMBER DIAGNOSED PRIOR TO ASSESSMENT	MEMBER BECAME AWARE OF CRITICAL VALUE DURING ASSESSMENT	MEMBER VISITED DOCTOR FOLLOWING ASSESSMENT	MEMBER CURRENTLY ON MEDICATION OR BEGAN PRESCRIPTION TREATMENT FOLLOWING	MEMBER ENROLLED IN "NEXT STEPS" PROGRAM FOR FURTHER ASSISTANCE	MEMBER DECLINED FOLLOW-UP OR WAS UNABLE TO BE REACHED
Sumter County Board of County Commissioners								
BLOOD PRESSURE	1	0	0	0	0	0	0	0
BLOOD GLUCOSE	0	0	1	0	0	1	0	1
BLOOD PRESSURE & BLOOD GLUCOSE	0	0	0	0	0	0	0	0
TOTAL	1	0	1	0	0	1	0	1



Sumter County Board of County Commissioners Risk Reduction Action Plan

Better You from Blue would like to assist you with health and wellness opportunities for your employees. We can provide specific learning opportunities for your employees, as well as connect you with educational resources and self-learning tools that support early diagnosis, treatment of major illnesses and better management of chronic disease conditions such as diabetes.

- Targeted Interventions based on Organization's needs
 - Educational Materials
 - Lunchtime Presentations – topics include but are not limited to:
 - Heart Disease
 - High Blood Pressure
 - Cholesterol
 - Diabetes
 - Weight Loss
 - Nutrition
 - Exercise
 - Men's Health
 - Women's Health
 - Stress Management
 - Cancer Prevention
 - Programs can be created based on the needs of the organization/audience
 - Smoking Cessation
 - **Onsite** facilitation of American Lung Association's 8-week "Freedom from Smoking" program (Facilitated by *Better You from Blue Next Steps* staff)
 - American Lung Association's "Freedom From Smoking" **online** program (<http://www.ffsonline.org>)
 - American Cancer Society's "Great American Smokeout Challenge" <http://www.cancer.org/docroot/subsite/greatamericans/smokeout.asp>
 - Telephonic Coaching through *Better You from Blue Next Steps* program
 - Participation in the "Great American Smokeout" on the third Thursday in November
 - Florida **Quitline**: Florida Quit-For-Life Line (A service of the Florida Department of Health) - **1-877-U-Can-Now** (1-877-822-6669) - Toll-free telephone-based tobacco use cessation program





- Walking Programs
 - Walking Works (Web-based tracking program):
<http://www.bcbs.com/innovations/walkingworks/>
 - Participation in *National Walk @ Lunch Day* on the last Wednesday of April
 - American Heart Association "Start!" Program (Web-based tracking program):
<http://www.startwalkingnow.org>
 - Participation in *National Start! Walking Day*
 - America on the Move (Web-based tracking program):
www.americaonthemove.org
 - American Cancer Society's "Great American Get Active Challenge"
http://www.cancer.org/docroot/subsite/greatamericans/get_active.asp
 - WELCOA "Step by Step Incentive Campaign":
 - Distribution of Walking Log Books
- Weight Loss Programs
 - Assist in setting up internal weight loss program/competition
 - American Cancer Society's "Great American Eat Right Challenge"
http://www.cancer.org/docroot/subsite/greatamericans/eat_right.asp
 - Weight Watchers at Work programs
 - My Pyramid, Steps to a Healthier You
 - Local speaker to address proper nutrition, portion control, label reading, and many other topics
- Monthly Health and Wellness Newsletter
 - Sent to Group Contact for distribution in their organization
- *Better You from Blue Next Steps* Program
 - Staffed by Registered Nurses and Health Educators
 - Individual **onsite or telephonic coaching** sessions to provide assistance with making better choices for a healthier lifestyle
 - Obtaining or maintaining a healthy weight
 - Regular physical activity
 - Lowering your total cholesterol
 - Preventing high blood pressure
 - Normal blood sugar levels
 - Smoking Cessation
 - Provides educational resources to help identify risk factors
 - Provides information that will help make informed health care decisions and assistance in talking to your health care provider about specific risk factors
 - Provides assistance with personal goal setting





- My Blue Service
 - Access to benefits and Personal Health Statements
 - Check claim status
 - Request ID cards
 - Access to WebMD Lifestyle Improvement Programs: Web-based health and wellness programs and resources that can help with steps to better health. Programs include:
 - Emotional Health
 - Exercise
 - Nutrition
 - Smoking Cessation
 - Stress Management
 - Weight Management

- Health Dialog
 - Access to Health Coaches, Registered Nurses, Dieticians, and Respiratory Therapists 24 hours per day/7 days per week
 - Web-based information tools including over 27,000 pages of up-to-date, easy to understand, in-depth information on more than 1,900 clinical topics
 - Free audio, video and printed information

- Blue 365 – save up to 60% on discounts for fitness clubs, exercise equipment, contact lens and glasses, nutrition and weight management programs, massages, vitamins, and so much more!

- Healthy Addition Prenatal Program
 - Works with you and your health care provider to help you have a healthy pregnancy
 - Dedicated to the good health of all mothers and their babies
 - Members will receive the following to encourage good health practices during pregnancy
 - Pregnancy risk screening and monitoring
 - Education on healthy lifestyle and dietary habits
 - Prenatal information
 - Emotional support and answers to questions and concerns
 - Reinforcement of provider’s plan of care
 - Nurse Educators are available to speak with your throughout your pregnancy