



# Population Health Subcommittee Update

October 28, 2020

oswald<sup>®</sup>

# Agenda



Population Health Mission Statement



Communication Flowchart



Labor and District Administrative Real Time Survey



Population Health Available Resources

# Population Health Subcommittee Mission

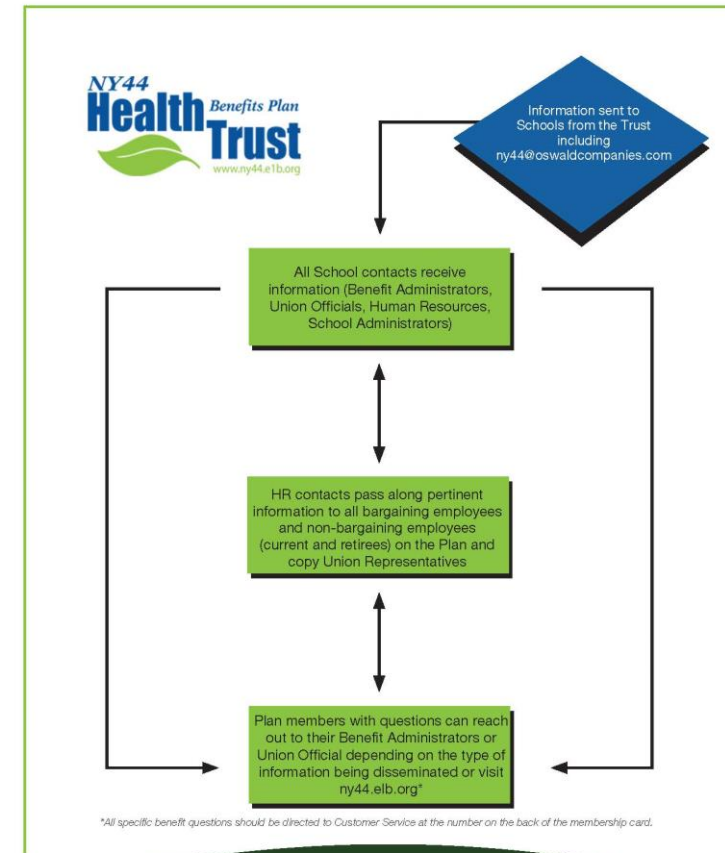
To help our members thrive by providing the proper tools and resources to better understand and navigate their health insurance, manage conditions and improve overall wellbeing.

## Committee members

- **Oswald:** Cindi Morris
- **NY44 Trustees:**
  - **Management:** Michelle Okal-Frink
  - **Labor:** Kate Huber

# Communications Flowchart Overview

- Creation of how information flows and is circulated from Oswald to Union Presidents, Schools and Human Resources
- This newly created flowchart will help ensure that correct information is disseminated through the proper channels, and will make sure that all members have access to information sent out from The Trust
- We encourage you to follow this flowchart so all necessary, pertinent information is communicated to Trust Plan Members.
- Information from the Trust email account for Members includes:
  - Monthly Wellness Newsletters
  - General Plan Updates & Information



# Population Health Subcommittee Update Labor and District Admin Interest Real Time Survey

Let's do this in real time!



# Population Health Subcommittee Update

## Labor and District Admin Interest Real Time Survey Results

Question	Answers	Response(s)/ Question	Participants/ Question
Are you aware of the new district communication flowchart and how it works?	Yes No Not sure	9 1 1	11
Are you aware of wellness resources available to you?	osWell Resource Library SparkUNPLUG Monthly NY44 Wellness Newsletter NY44 Benefits Website	7 6 8 10	10
I know where to find this information on the NY44 Benefits website?	Yes No Not sure	8 3 1	12
Our past wellness programs have helped me to understand relationships between living a healthy lifestyle and my ability to achieve personal and professional goals.	Agree Disagree Not sure	4 2 5	11
Our staff knows who and where to go for their healthcare needs	Yes No Not sure	9 1 3	13
Would you be willing to share a survey with your district?	Yes No Not sure	7 1 3	11
Provide list of activities you would like to see offered in your district:	Yoga <b>Walking/Running Club</b> <b>Meditation/Mindfulness practice</b> <b>Stress Management Seminar</b> Insurance 101 Trainings <b>Cooking Demonstrations</b> Financial budget webinar Weight Watchers Group Coaching	5 6 6 6 2 7 5 2 1	12
Our staff knows who and where to go for their healthcare needs.	Yes No Not sure	9 1 3	13
Would you be willing to share a survey with your district?	Yes No Not sure	7 3 1	11

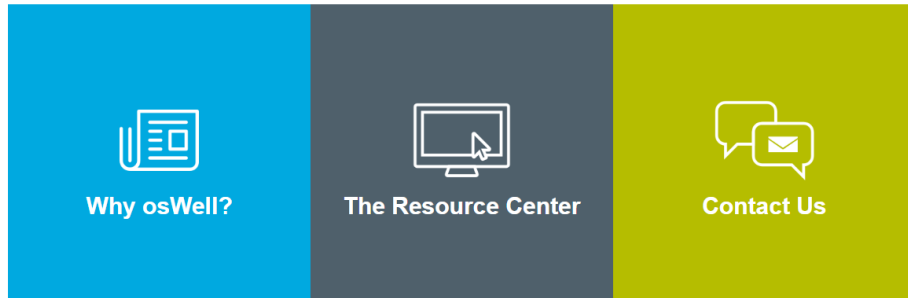
# Population Health Resources: HR Portal

## HR/Wellness Champion Resources

### We are osWell

When it comes to managing the health of your organization, we help you improve the health of your company while also proving your program's effectiveness.

[ABOUT US >](#)



- Library of wellness related articles, toolkits, fliers, promotional calendars, wellness challenges and much more
- osWell Tutorial: [Click here](#)
- To add clients, send email to: [oswell@oswaldcompanies.com](mailto:oswell@oswaldcompanies.com)

## Employee Resources



### WE'RE HERE TO HELP

We care about you. Whether you're worried about the quarantine timeline, the rolling news cycle, the state of the economy, or your health, let us first remind you that your feelings are valid. It's okay to feel anxious, frustrated or even angry. osWell Health Management and Spark360 seek to personally connect with you and share self-care and mindfulness resources during these unpredictable times. Spark360 is a trusted partner of Oswald Companies.

#### Join us for SparkUNPLUG

- **What is it?** Spark360's free, live mindfulness feature
- **Who can join?** All Oswald employer clients and their employees
- **Why do we need this?** To discover new approaches to not just survive, but thrive in the face of adversity within our Spark community
- **Who will lead?** Spark360's Director of Behavioral Health and Mindfulness, Julie Frischkorn, MSW, LCSW
- **When:** Every Monday from 12:00-12:15 pm
- **How:** Click here to join: [SparkUNPLUG](#)

All the sessions will be recorded for future viewing, if you are unable to attend live. We hope that during this time of physical distancing, that you can continue to connect with the virtual Spark360 community. More information will come to you over the next several weeks.

[Click here: SparkUNPLUG](#)





Questions?  
Feedback?  
Comments?