



# Population Health Subcommittee Update

Monday, July 31 @1pm

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# Agenda



Population Health Mission Statement



2023 Engagement Strategy



Population Health Resources



Healthcare Performance Dashboard



Brook+ Diabetes Prevention Program



Questions?

# 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 well-being.*

## **Subcommittee Members**

**Oswald:** Jess Michel & Molly Mausar

**NY44 Members:** Stacey Porter, Michelle Okal-Frink, David Scalzo,

# NY44 Engagement Strategy

Thank you to all 2023 participating districts!

What?

Attend *important* NY44 Trust meetings beginning January 2023 – June 2023

How?

- Attend 75% (540 points) = earn 100% incentive At least ***one management*** and ***one labor (optional, but encouraged)*** from participating school is required to attend and earn points for each meeting.
- Total Possible points: 720
  - Attend 25% (10 points) = earn 50% incentive
  - Attend 50% (360 points) = earn 75% incentive
  - Attend 75% (540 points) = earn 100% incentive

Recommended use for incentive money:

- Wellness related gift cards for staff
- Healthy lunch for a 'Staff Appreciation Day'
- Nutritious snacks for the break rooms

When can I expect the incentive money:

Mid-Q4

**Congratulations!**  
Total Participating Districts: 9  
Districts with Earnings: 6

## July Wellness

July = UV Safety Month



Tips for a Healthy Summer



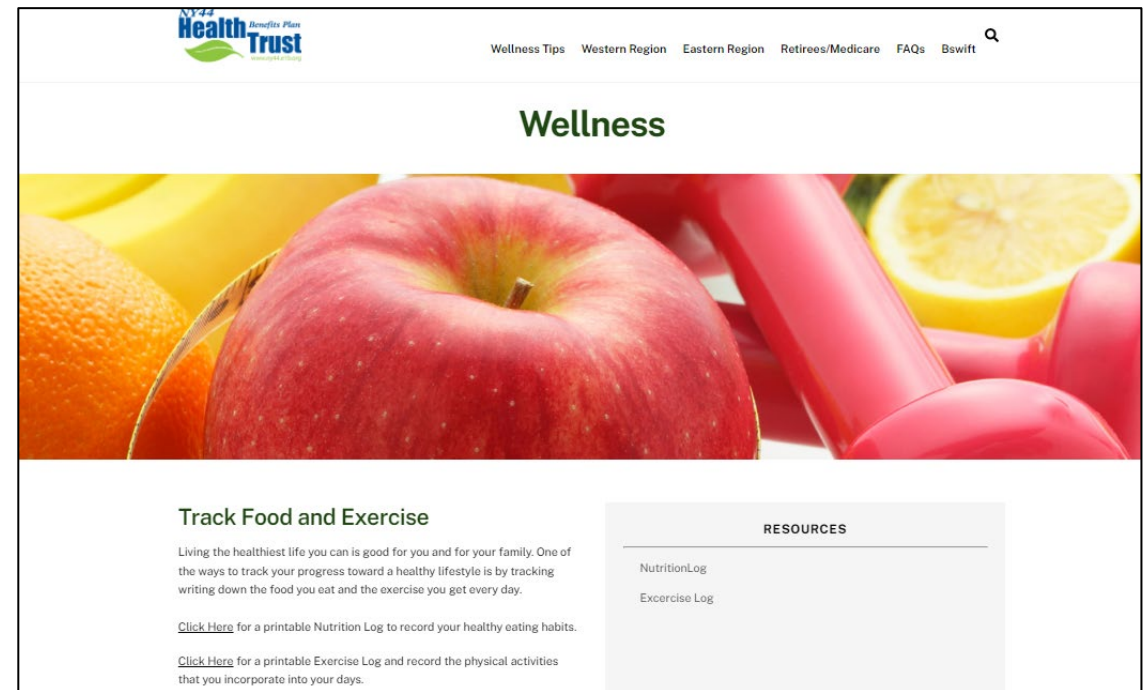
National Park & Recreation Month



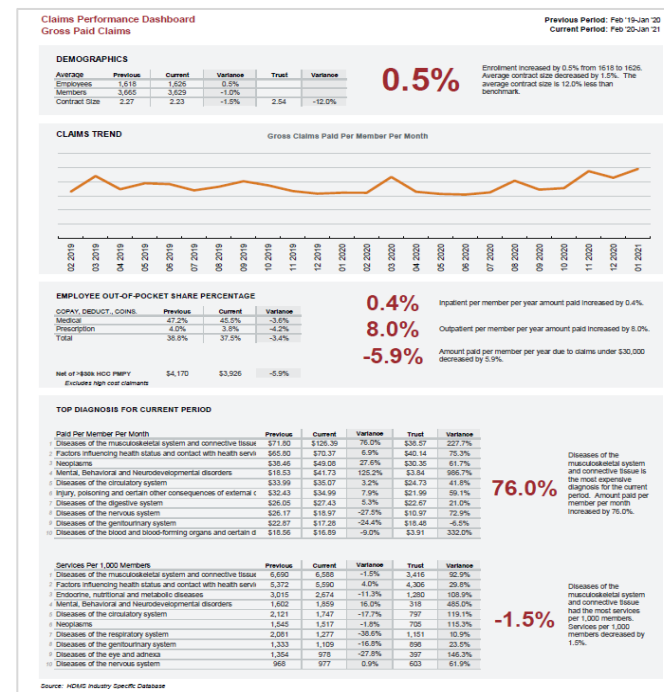
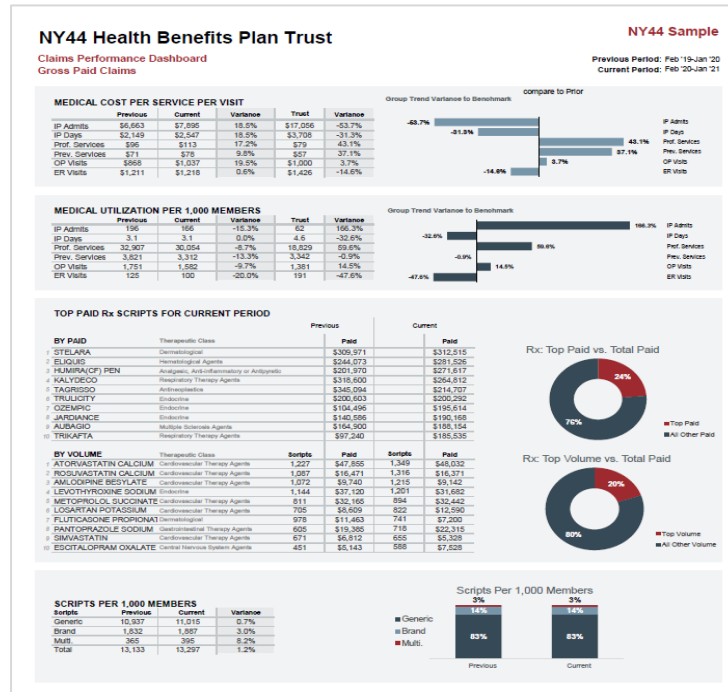
Check out the monthly wellness articles at [ny44.e1b.org/wellness](https://ny44.e1b.org/wellness)

**On-Demand Wellness Resources**  
Visit [ny44.e1b.org/wellness](https://ny44.e1b.org/wellness) TODAY!

- **Wellness Challenges**
  - SparkAmerica Fall Fit City Challenge (September 1 – September 30)
- **Healthy Recipes**
- **Wellness Articles**
- **Printable Physical Activity Tracker**
- **Printable Nutrition Tracker**
- **Up-to-date and relevant monthly wellness tips**



# Healthcare Performance Dashboard



## REMINDER!

- Summary report of relevant population health data, such as: top chronic conditions, prescription drug utilization and much more
- To get your individual report\*
  - Send an email to [NY44@oswaldcompanies.com](mailto:NY44@oswaldcompanies.com) to request the report. Please include your contact information in your message.
  - You'll receive an email response to confirm details and to set up a call to review.

*Please note: This report is eligible for districts 100 individuals and more*



## What is the CDC National Diabetes Prevention Program?

- Developed in 2010, the National DPP was created as an evidence-based, cost-effective way to address the increasing burden of prediabetes and type 2 diabetes.
- The 52-week lifestyle change program focuses on participants making sustainable lifestyle changes.
  - Changes include eating healthier, adding physical activity to daily routine, and improving coping skills.
  - Support from a group setting & dedicated CDC-certified lifestyle coach.
- The CDC NDPP approach reduces the risk of developing type 2 diabetes by 58% in adults at high risk for type 2 diabetes.
  - Goal for participants to lose 5-7% of body weight and 150 minutes of activity per week.
- To ensure high quality, CDC recognizes lifestyle change programs that meet certain standards and show they can achieve results.
  - These standards include following an approved curriculum, facilitation by a trained lifestyle coach, and submitting data every 6 months to show that the program is having an impact.



# Brook+ Diabetes Prevention Program



## Brook+ makes it easy for members to be successful



### Recognized, tested, & proven

- Full CDC-recognition since 2016
- 40,000+ participants
- 46% of active participants achieve weight loss goal



### Connectivity

Bluetooth devices are connected to automatically sync data, digital scale and activity tracker provided in the program



### Solution at scale

Continuous rolling start dates enrolling ~1500 new members per month from 10 different plans across the US



### Ongoing support

Provides an easy transition to Brook Heath Companion for continued support past successful completion to maintain lifestyle changes long-term



### Personalized

Participants have flexibility in completing curriculum & access to their lifestyle coach on their schedule



### Multi-lingual

Offered in both English and Spanish

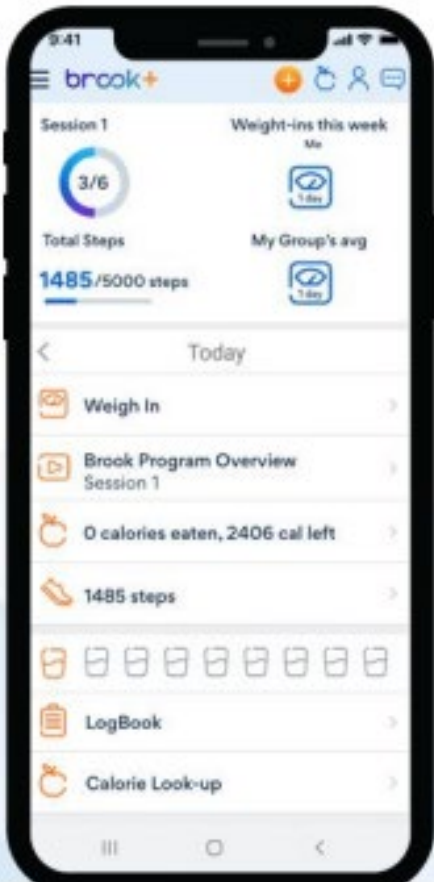
# Brook+ Diabetes Prevention Program



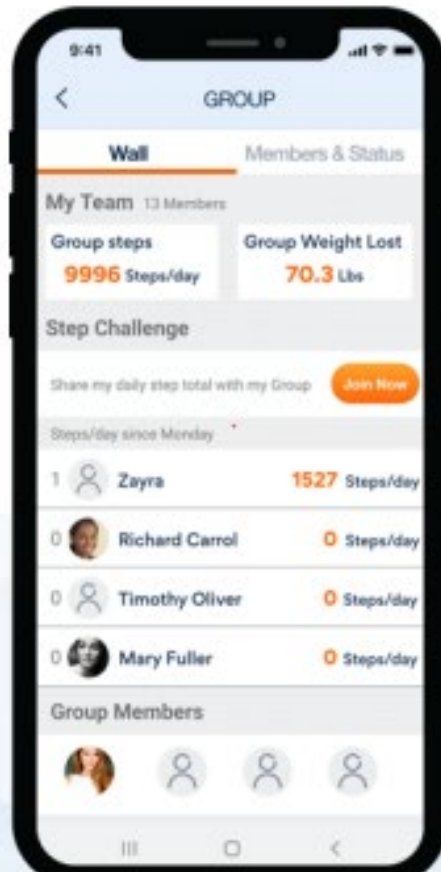
brook+

## The Brook+ app experience

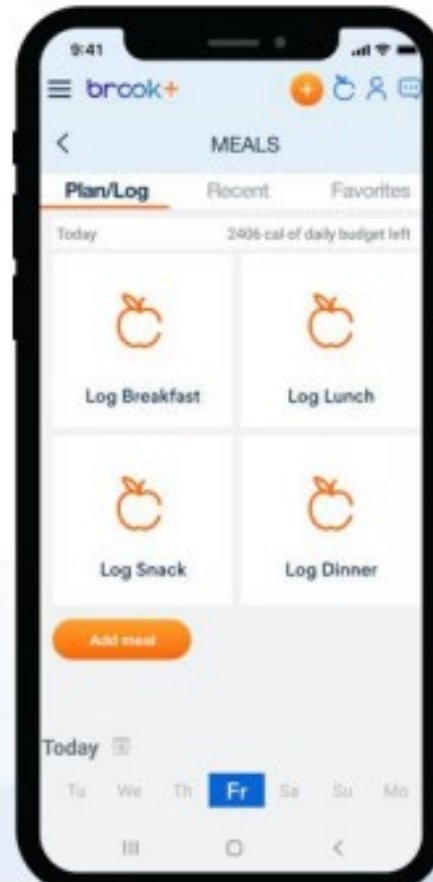
Live dashboard view



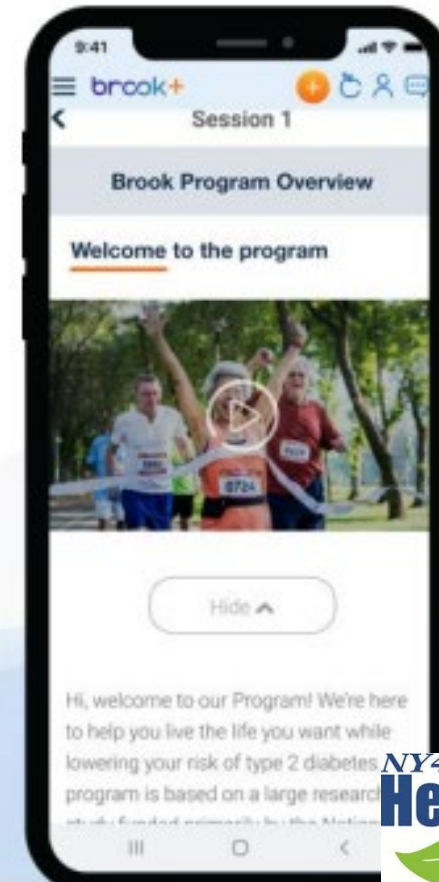
1:1 coaching & group experiences



Natural language meal logging



Engaging video educational sessions



# Brook+ Diabetes Prevention Program



## Member success stories



**Maria**  
1.2% weight loss  
2 weeks

“ I find [Brook+] extremely helpful. I'm very glad my health insurance recommended this avenue for trying to take control of my unhealthy lifestyle, and to help me get back in control of things!

It's easy to maneuver and it's great having the help of a coach, seeing a visual of calorie intake, chatting with others with the same problems. Kudos for creating this app for people like me!”



**Pat**  
10% weight loss  
9 weeks

“ I have been doing this for 9 weeks. In prep for a physical, I had blood work Monday morning.

**My cholesterol has dropped from 236 to 165.**

Triglycerides from 242 to 125.

HDL from 53 to 47.

Non-HDL from 183 to 118.

LDL from 144 to 93.

This is awesome! Thanks for being my coach!



**Jonathan**  
10% weight loss  
27 weeks

“ I saw my doctor today. He was pleased to see the progress - weight loss and a significant improvement in BP.

**He cut my bp medication dosage in half and we'll talk in a month about cutting it entirely.**

I'm almost more excited about this than the 20-pound loss.



# Brook+ Diabetes Prevention Program FAQ

- **What is Brook+?**
  - CDC-recognized Diabetes Prevention Program
  - Structure: Year-long digital program with coaching and group support
  - Progress tracking tools provided: digital scale and Fitbit
- **How do I know if I'll be eligible for the program?**
  - Adults 18+
  - BMI of 25 or higher (23 if Asian)
  - Not pregnant
  - No previous diagnosis of Type 1 or Type 2 diabetes or ERSD
  - One of the following: previous diagnosis of gestational diabetes & lab values indicating pre-diabetes
- **How do I join?**
  - You will receive an email with a survey to fill out. Once filled out, you will be determined eligible or ineligible. If eligible, you will be sent the Brook+ sign-up process, fill out a final survey to setup your account.
- **What does it cost?**
  - No cost to you as an NY44 Trust member

# THANK YOU!

Questions?  
Comments?



# Finance Subcommittee Update

Monday, July 31 @1pm

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To collect, interpret, and maintain financial information for the management, oversight and direction of insurance and health products to policy makers, departments, and the committee so they can have confidence making informed decisions to achieve superior results using the information provided by Oswald Companies.

## Subcommittee Members

Oswald:

Medhat Kaldas

NY44 Trustees

Lora Schasel

Jim Fregelette, Management

Donna Walters, Labor

Wayne Drescher

Maria Massaro





**PER EMPLOYEE PER MONTH [PEPM]: \$1,601**

May is high totaling \$1,601 PEPM.  
2.3% higher than the normalized year of \$1,565.





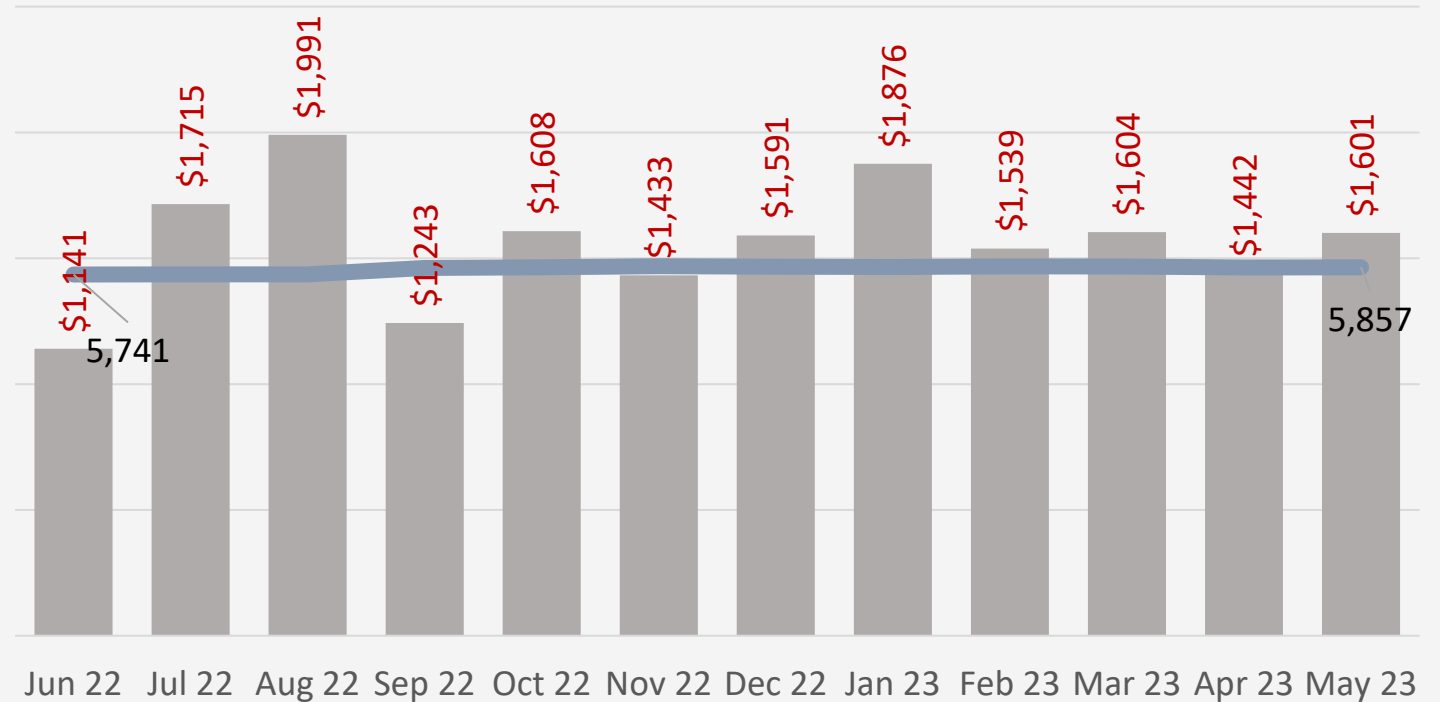
PER EMPLOYEE PER MONTH [PEPM]:  
\$1,601

Enrollment for period has increased by 116 enrollees, signifies strength.

Claims fluctuate based on utilization and Rx rebates.

## PEPM and Enrollment

Net Cost PEPM Employees Medical/Rx





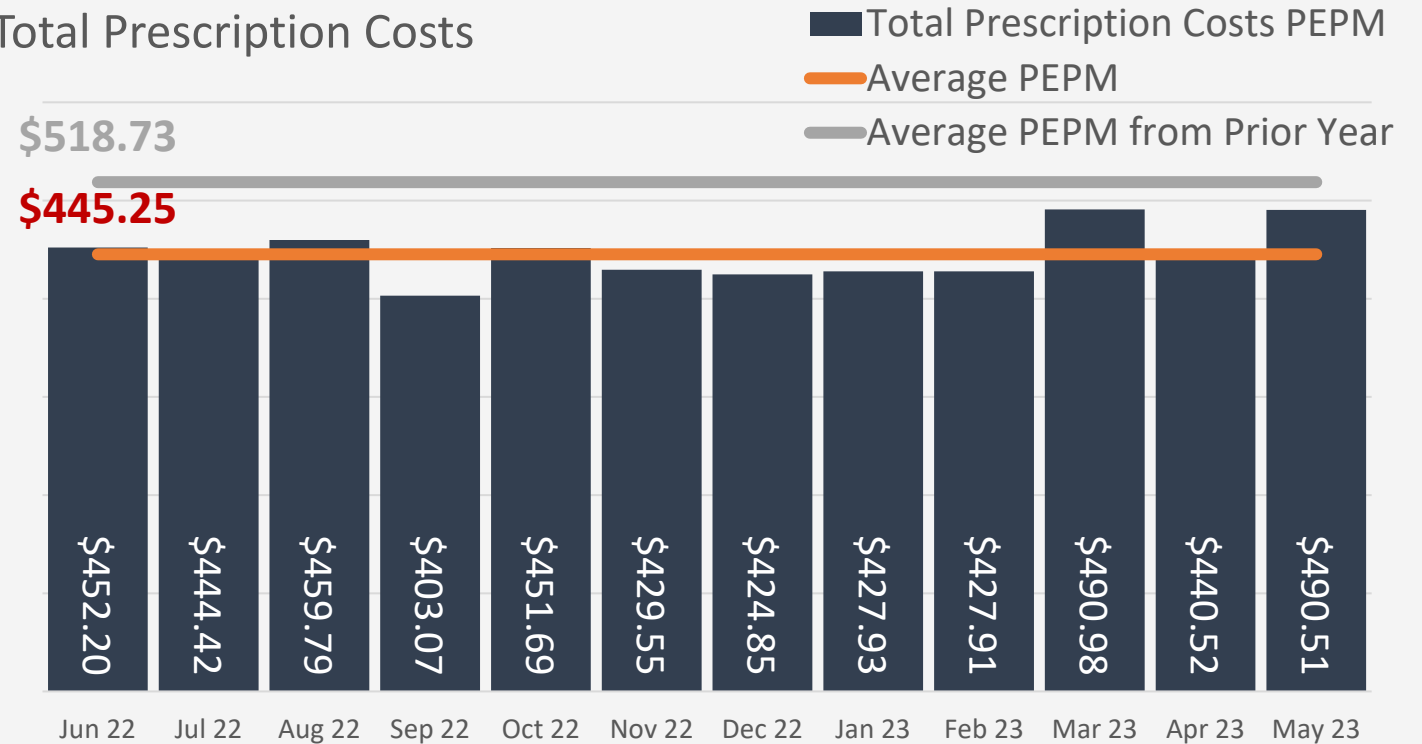
PER EMPLOYEE PER MONTH [PEPM]: \$1,601

Rx is 16.5% lower than the prior year.  
Average through May 2023 is 445.25 PEPM  
and \$518.73 PEPM for the prior year

The program found almost \$8.5M in  
alternative funding for our members.

Including all fees, but before rebates.

### Total Prescription Costs





**Questions, comments & feedback are welcomed!**

**THANK YOU!**