



Population Health Subcommittee Update

Monday, October 28th @ 11am

oswald[®]

Agenda



Population Health Mission Statement



2024-2025 Engagement Strategy



Healthcare Performance Dashboard



Population Health Resources



Programs Available to You!



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: Molly Berry

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

NY44 Engagement Strategy

Thank you to all 2024 participating districts!

What?

Attend *important* NY44 Trust meetings beginning July 2024 - June 2025

How?

- Attend 75% (563 points) = earn 100% incentive at least a management or labor personnel from participating school is required to attend and earn points for each meeting.

Total Possible points: 750

- 25% attendance (188 points) = earn 50% incentive
- 50% attendance (375 points) = earn 75% incentive
- 75% attendance (563 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: 12

2022-2023: 6 Districts

2021-2022: 4 Districts

NY44 Engagement Strategy 2024- 2025

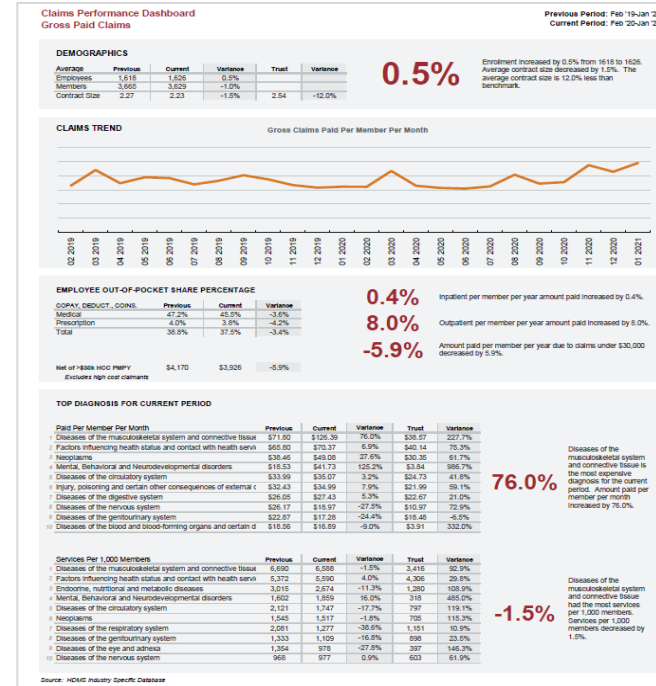
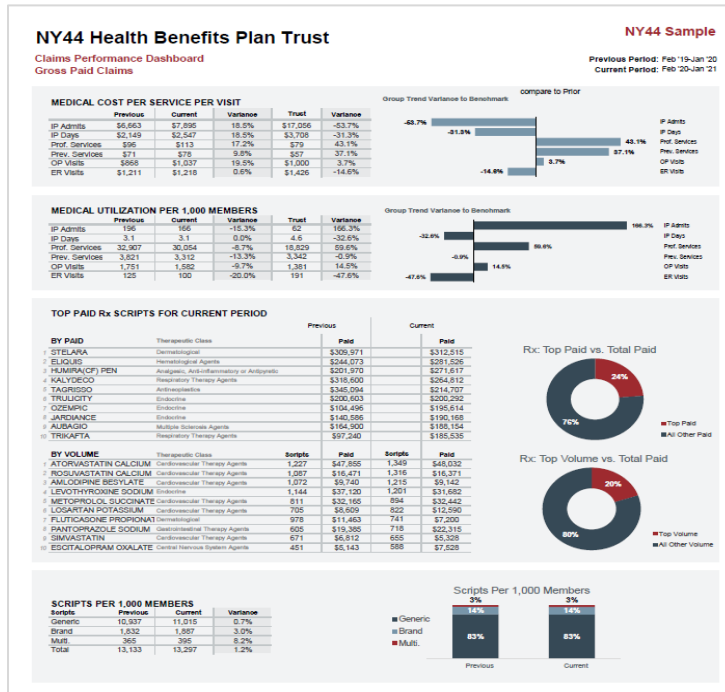


Meeting	Points	Total Points
Wellness Survey Response (2/year)	40 each	80
Population Health Dashboard (2/year)	40 each	80
Board Meetings (6/year)	50 each	300
Open Enrollment (1/year)	40	40
Annual Meeting (1/year)	50	50
Open Forum Subcommittee Meetings (5 of 10/year that could be offered) -Communication -Finance -Population Health -Benefits -Innovation	40 each	200 (Max 200)
Total Available		750

Proposed Engagement Plan for 2024-2025

- Inclusion of Wellness Survey Responses- as district members we want to hear from YOU! What do you want to see for wellness tips or wellness related topics? Fill out the survey with your districts name up to 2x per year and receive Engagement Strategy Points for 2024-2025
- Open Forum Subcommittee Points updated to attend 5 of the potential 10 that are offered for a MAX of 200 points
 - **You will receive credit for today!**

Healthcare Performance Dashboard



8
Requested
for 2023-
2024

REMINDER!

- Summary report of relevant population health data, such as:
- To get your individual report*
- Send an email to 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 Do You Want To See?

Complete the survey during the 2024-2025 school year and receive Engagement Strategy Points!

- You can fill this out 2x per year for your district
- Why participate?
 - Engagement Strategy Points
 - Have your district featured for wellness tips and recommendations!
 - Have YOUR voice heard!

[HERE](#) is the link to the survey



NY44 Wellness Tips

Thank you for participating in this survey! As a valued member of NY-44 we would like to hear your thoughts for what **YOU** would like to see for future wellness tips. Complete the form below in order to see your suggested topics throughout the year!

Please fill out your districts name below: *

Your answer

Please provide what you would like to see for future wellness topics below: *

Your answer

Do you currently use the Wellness Tips? *

- Yes
- No
- Sometimes
- I don't click that portion of the website

Submit

Clear form



How to Locate the Wellness Tips

1. Start by visiting: <https://www.ny44.e1b.org/>
1. Scroll down and select **Enrollees**
1. Select at the top of the webpage **Wellness Tips**



Wellness Tips

Western Region

Eastern Region

Retirees/Medicare

FAQs

Bswift



Wellness Tips



1. Once the wellness tips are selected you will be able to navigate and explore all wellness content

OR on the homepage use the search → → select **Wellness Tips** from the search on the website

wellness+
powered by PEOPLE+ME

Miss the September 18th webinar?
Watch today! Removing the Barriers to Exercise

2024 Monthly Tips

Click Here to Suggest Future Wellness Tips



RESOURCES

SparkAmerica
Healthy Living
NY44 Exercise Tracker
NY44 Nutrition Tracker

MVP WELLNESS

February
Resource Monthbook





Miss the September 18th webinar?

Watch today! Removing the Barriers to Exercise

By the end of this webinar, you will be able to apply the Health Belief model to your exercise habits, learn recommended exercise guidelines for adults, recall ways to structure a workout, and apply some exercises that can be done at work.



Feature selected from the Wellness Tips Survey

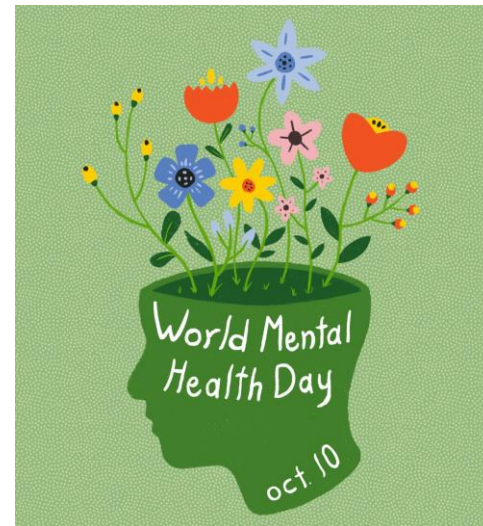


October Wellness

National Breast Cancer Awareness Month



World Mental Health Day



Be Mindful- Here's a Few Practices



Check out the monthly wellness articles at ny44.e1b.org/wellness



November Wellness

100 Random Acts of Kindness That
Could Change The World

BE KIND
TO OTHERS,
BE KIND
TO YOURSELF

American Diabetes Month



Feature selected
from the Wellness
Tips Survey

The Season For Giving Back



Check out the monthly wellness articles at ny44.e1b.org/wellness



December Wellness

Easy Meal Planning Made Just For You!



Feature selected from the Wellness Tips Survey

National Safe Toys and Gifts



7 Ways to Stop the Spread of Germs

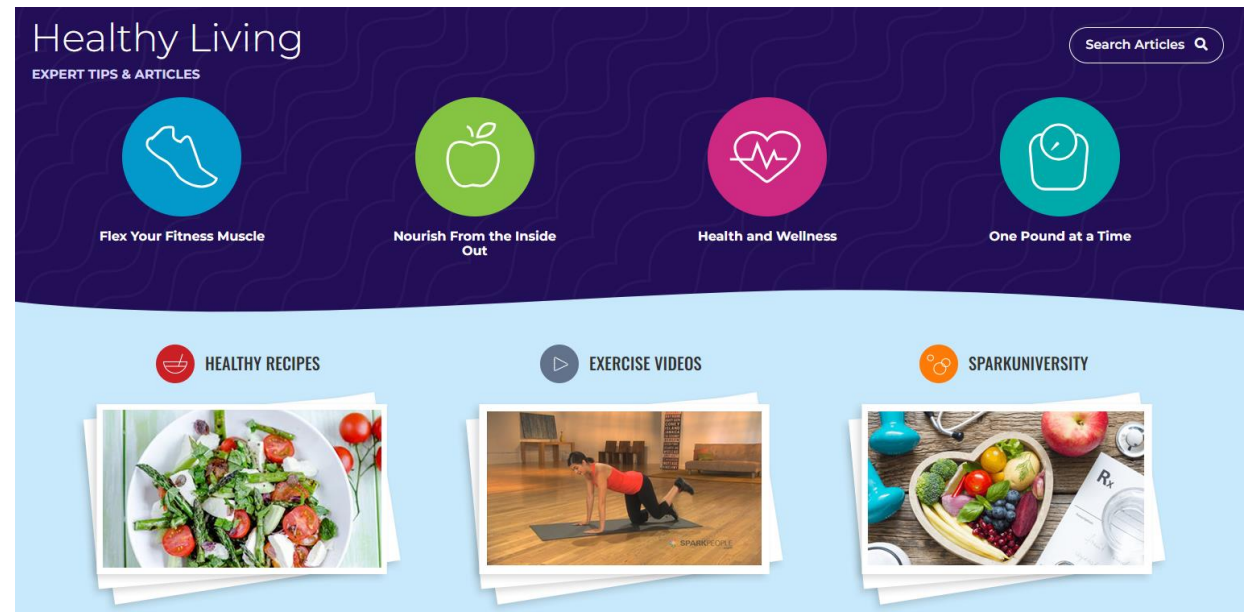


Check out the monthly wellness articles at ny44.e1b.org/wellness



On-Demand Wellness Resources
Visit ny44.e1b.org/wellness TODAY!

- **Expand Your Knowledge with Wellness Articles**
- **Healthy Recipes**
 - Breakfast
 - Lunch
 - Dinner
 - Snacks
 - Filter for Calories, Dietary Needs & more!





On-Demand Wellness Resources

Mindful Moments: Unlocking Peace in Every Practice

Visit ny44.e1b.org/wellness TODAY!



Breathing

- Steering the Ship Through the Storm
- Managing Boredom
- Happiness is Connection
- A Body Scan
- Progressive Body Scan



Gratitude

- Practice Self-Compassion
- Happiness: A Gratitude Practice
- G.R.A.C.E.
- Holidays Can Be Chaotic



Focus

- Focus on the Mountain
- Can You Stay Present?
- Four (4) Attitudes of a Successful Practice
- A Practice in Focus
- Gaining Concentration
- Accessing the Five (5) Senses
- Mindfulness is...



Values

- Honesty and Radical Truth-Telling
- Caring and Interconnection
- Mindful Communication



Mindset

- It's Not Fair
- Silence Your Inner Critic
- What is Mental Health?
- Resilience Warrior
- Cultivating Joy in Uncertain Times
- Negativity Bias
- Growth Mindset
- Fixed Mindset
- Notice, Shift, Rewire
- Begin Again



Stress

- Sayonara Stress: Part 1, 2, 3
- Understanding Radical Acceptance
- A Case of the "Shoulds"
- Using Mindfulness to Manage Stress

Programs in Place Available to You!

Diabetes Management Recommendations & Tips

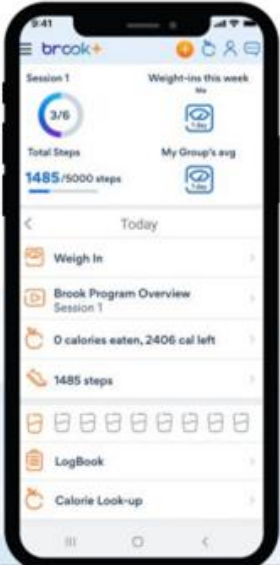
- Schedule a visit with your Primary Care Physician
- Eat a balanced diet to help your body manage blood sugar levels
- Reduce salt/sugar from your diet
- Follow high fiber diet to help control blood sugar and cholesterol
- Stay active - aim for at least 30 minutes for at least five days/week
- Manage stress
- Utilize the available resources through the Trust
 - Wellness+ portal with Tools & Trackers (nutrition, activity, hydration and more)
 - Find out if you are eligible for the Brook+ program today!



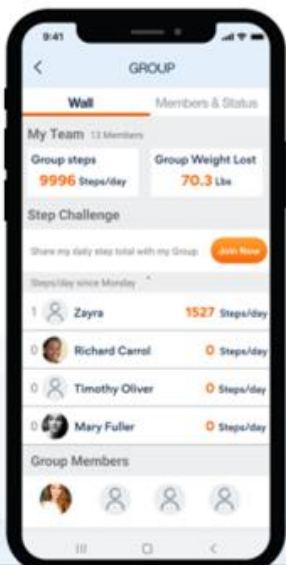
Programs in Place Available to You!



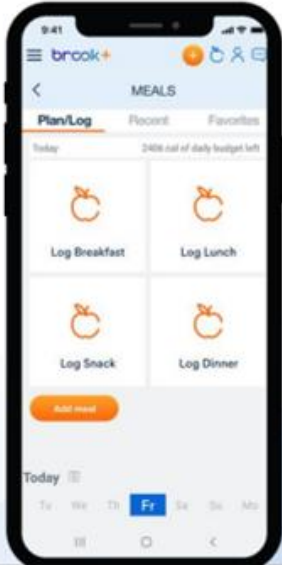
Live dashboard view



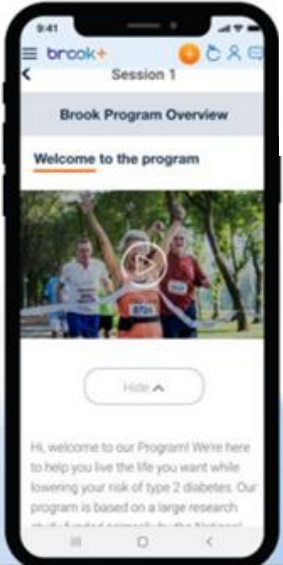
1:1 coaching & group experiences



Natural language meal logging



Engaging video educational sessions



3 USE HEALTHCARE BLUEBOOK AND KNOW WHERE TO GO

Search for your procedure in Healthcare Bluebook, use a **Fair Price™** (green) facility, save big bucks on care, and get a reward.

Knee MRI

Fair Price \$593

\$435\$5,123+

● At or Below Fair Price
▲ Slightly Above Fair Price
● Highest Price

GO HERE

- Reasonable Rates Imaging Center (~ 2 miles)
- ▲ XTRA Imaging (~ 3 miles)
- Too Much Medical Center (~ 1 mile)

NOT HERE

BIG SAVINGS + \$ Reward



FOR EXAMPLE PURPOSES

Brook+ Diabetes Prevention Program



Designed to overcome barriers of in-person delivery, Brook+ allows patients access and flexibility to complete the Diabetes Prevention Program on their schedule.

Milestone 1 – register, commitment to program, & begin

Milestone 2 – engagement for 2 weeks (Fitbit earned)

Milestone 3 – engagement for additional 2 weeks

Milestone 4 - >10 weeks & 5% weight loss

Independent Health

M1: 584

M2: 348

M3: 273

M4: 88

Program completion rate 15%

MVP

M1: 100

M2: 40

M3: 28

M4: 12

Program completion rate 12%

As of October 2024

Brook+ Diabetes Prevention Program



Independent Health

Enrolled: 584

Total lost: 3,183 lbs

Average weight lost: 4.8%

Members completing the program are losing an average of 10.3% of their body weight

MVP

Enrolled: 100

Total lost: 371 lbs

Average weight lost: 5.2%

Members completing the program are losing an average of 9.4% of their body weight

As of October 2024

THANK YOU!

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

THANK YOU!