

**SUBMITTAL TO THE BOARD OF SUPERVISORS
COUNTY OF RIVERSIDE, STATE OF CALIFORNIA**

broc



FROM: Human Resources Dept.

SUBMITTAL DATE:
February 16, 2006

SUBJECT: Addenda to Blue Shield Medical Contracts for County Employees

RECOMMENDED MOTION: That the Board of Supervisors, 1) Approve and ratify the attached First Addendum for the Blue Shield Preferred Plan (PPO) and the First Addendum for the Blue Shield Access + HMO plan Medical Contracts, which specify the addition of Healthy Lifestyle Rewards Program at no additional cost to eligible subscribers effective January 1, 2006; 2) Authorize the Chairperson to sign four (4) copies of each Addendum, retain one (1) copy of the signed Addenda and return three (3) copies to Human Resources for distribution.

BACKGROUND: On September 13, 2005, Agenda No. 3.52, Human Resources updated the Board on its strategies for reducing Workers' Compensation and other absence costs. Included in the update was an extensive plan for developing wellness programs for County employees. Blue Shield has agreed to collaborate with the County to develop wellness incentives to help the County reduce absenteeism and to improve employee health status.

Barbara P. ...

Ronald W. Komers
Asst. County Executive Officer/Human Resources Dir.

FORM APPROVED
COUNTY COUNSEL

FEB 22 2006

Departmental Concurrence

FINANCIAL DATA	Current F.Y. Total Cost:	\$ 0	In Current Year Budget:	No
	Current F.Y. Net County Cost:	\$ 0	Budget Adjustment:	No
	Annual Net County Cost:	\$ 0	For Fiscal Year:	2005/2006

SOURCE OF FUNDS: N/A	Positions To Be Deleted Per A-30	<input type="checkbox"/>
	Requires 4/5 Vote	<input type="checkbox"/>

C.E.O. RECOMMENDATION:

APPROVE

County Executive Office Signature *Sally A. ...*

- Consent
- Policy
- Consent
- Policy

Dept't Recomm.:
Per Exec. Ofc.:

Prev. Agn. Ref.: _____ District: _____ Agenda Number: _____

**ATTACHMENTS FILED
WITH THE CLERK OF THE BOARD**

3 . 27

Healthy Lifestyle Rewards is an online program that supports, motivates and, ultimately, provides cash rewards to subscribers who participate in wellness activities designed to improve an individual's health and wellness.

Key components of this program include:

- Initial health risk appraisal
- Interactive, online coaching, such as nutrition planning, health education materials, exercise tracking tools, weight loss, diet and stress management strategies
- Ten programs designed to specifically address areas in which an employee can improve his/her wellness, including easy start, weight loss, exercise, stress relief, healthy diet, healthy aging, healthy heart, quit smoking, diabetes control, or even a custom program
- Ongoing (self-reported) measurement of behaviors and actions, with cash rewards for individuals who report their activities on a weekly basis for 12 weeks

On November 22, 2005, Agenda No. 3.12, the Board approved Blue Shield of California Medical coverage for active and retired employees effective January 1, 2006. These addenda are written confirmation of Blue Shield's commitment to provide this benefit to County employees currently enrolled in the Blue Shield plans as a part of the current premium.