

GOOD MORNING!





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THE MAINE SCHOOL WELLNESS PILOT

Wellness at Work

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THE PROJECT

- 🍌 To implement a *health behavior change* intervention designed to reduce individual at risk health behavior and thereby:
- 🍌 Reduce total population health risk burden
- 🍌 Improve participant quality of life,
- 🍌 Preserve current health and other related benefits,
- 🍌 Reduce medical/pharmacy cost increases
- 🍌 Compliment safety efforts in reducing work related injuries/illnesses
- 🍌 Increase overall productivity.

THE PLAYERS

- 🍍 MSAD 11- Gardiner
- 🍍 MSAD 22- Hampden
- 🍍 MSAD 75- Topsham
- 🍍 SU 42- Maranacook
- 🍍 Occupational Medical Consulting

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WHO IS OMC?

- 🍍 Occupational Health Services Provider
- 🍍 Health Behavior Change Program Provider
- 🍍 Wellness Works Tracking System Software
- 🍍 13th year

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WELLNESS INTERVENTIONS



THE OPTIONS..

✓ *Health awareness interventions?*

“Feel good wellness”- “wellness for fun and pleasure”- no appreciable risk burden change or economic impact

✓ *Health education interventions?*

“Cover the bases and hope”- “the safe approach”- “something for everyone”-minimal risk burden change and economic impact

✓ *Behavior change interventions?*

“Serious wellness!”- maximal risk burden change and economic impact- **INDIVIDUALIZED** approach to behavior change



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WHAT HAPPENS AT THE SCHOOLS?



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MAJOR PROGRAM COMPONENTS

- 🍍 Wellness Readiness Assessment
- 🍍 Leadership Education and Wellness Team Formation
- 🍍 Participant “kick offs” to all on medical plan
- 🍍 One-on-One, on-site, ongoing, health coach/participant encounters during work hours
- 🍍 WWTS data tracking and reporting

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OUTCOMES

- 🍍 High participation rates
- 🍍 Stabilization early, then reduction of “Cost Risk” scores
- 🍍 Reduction of individual “Behavior Risk” scores
- 🍍 Reduction rates in specific at risk health behavior categories including absenteeism, presenteeism and emergency service utilization



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DOES IT WORK?



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CHANGE IN BEHAVIOR RISK SCORE

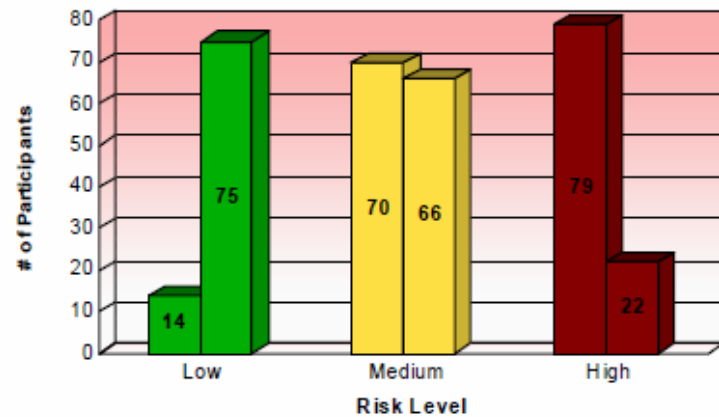
Report Criteria

Start Date: From October 01, 2004 to February 28, 2005
End Date: 10/10/2008
Wellness Status: Active
Participant Type: Employee, Spouse
Gender: Female, Male
Age: 0-17, 18-34, 35-44, 45-54, 55-64, 65-74, 75+
Company Medical Ins: Yes, No
Company: .
Sublevel: , Accounting, Bone Pins, CNC Mill, Deburr, Facilities, Grinding, Large Hole, Lathe, Maintenance, Material Handling, Officers, Operations, Pratt & Whitney, Project Manager, Purchasing, QM, Quality, Sales, Scheduling, Shotpeen, Small Hole, Tooling, Unidrill

All Participants:

	Begin Date		End Date		Change	
	Count	%	Count	%	Count	%
Low	14	9%	75	46%	61	435.7%
Medium	70	43%	66	40%	-4	-5.7%
High	79	48%	22	13%	-57	-72.2%
Total	163		163			

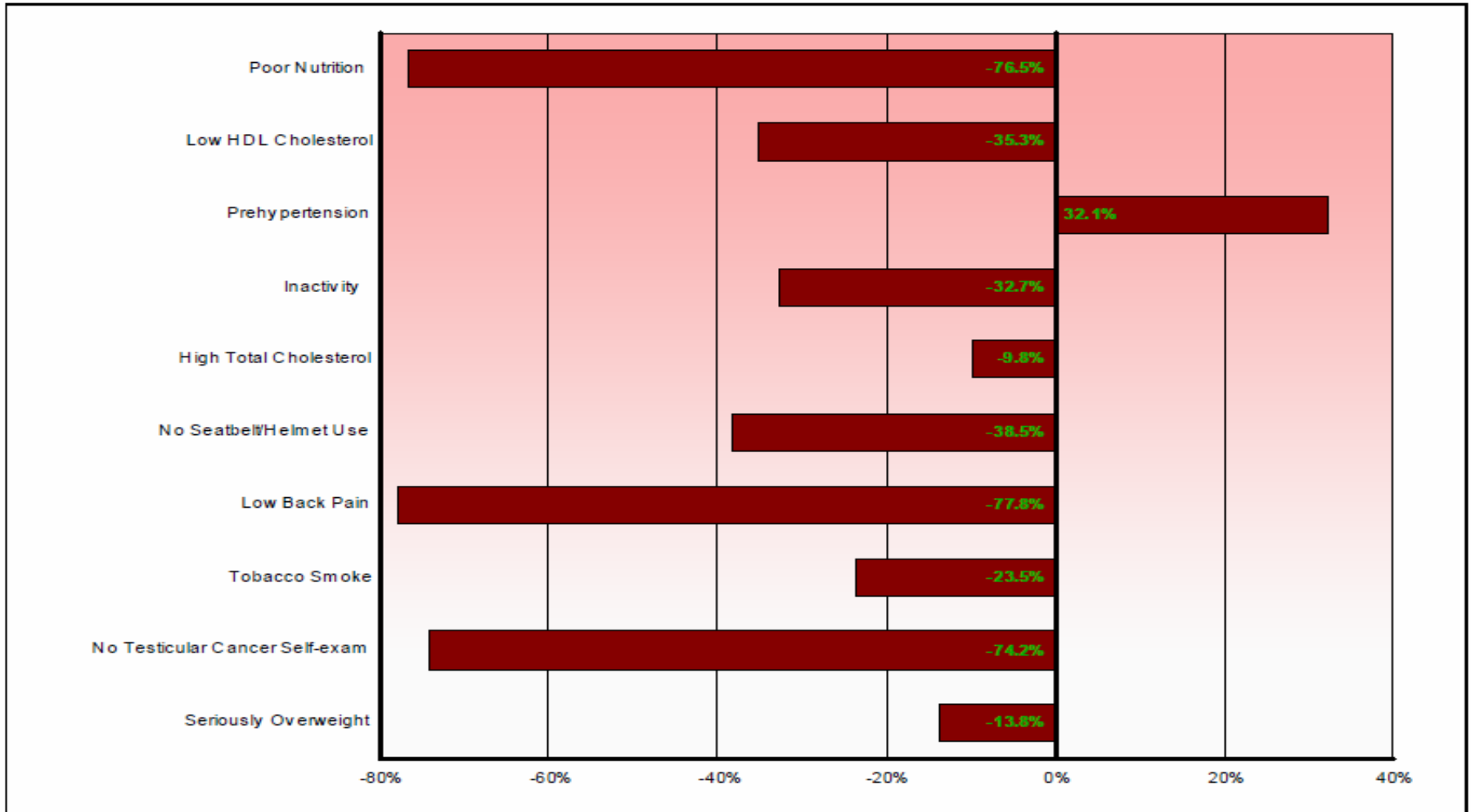
Note: % columns may not total exactly 100% due to sample size and rounding precision.

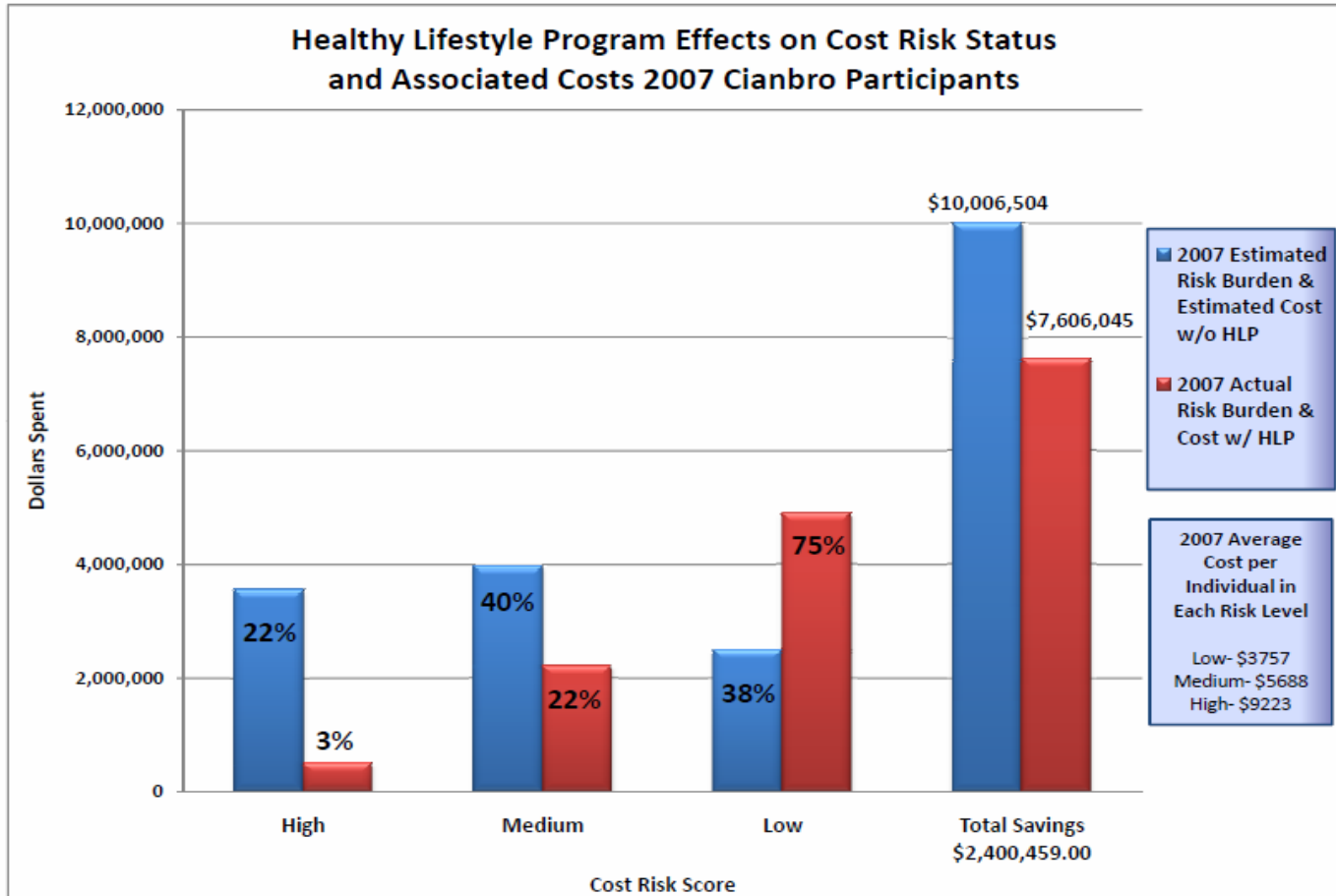


CHANGE IN BEHAVIORAL RISK INCIDENCE-MAINE COMPANY



Start Date: *From October 01, 2004 to February 28, 2005*
End Date: 10/10/2008





THANKS!

