

Oklahoma Employees Benefits Council OK Health Mentoring Program

Cardiovascular Disease and Diabetes Risk Reduction

*Nancy A. Haller, MPH, CHES, Manager,
State Wellness Program*



Program Goals

- *To reduce the risk of Cardiovascular Disease and Diabetes Risk Reduction among state employees.*
- *To suspend or decrease the rising costs of healthcare premiums paid by state government.*
- *To improve our risk as a group and attract additional health care companies.*



Program Description

- *Use of a scientifically web-based interactive program with one-on-one telephone health education mentoring using behavior change techniques.*
- *A comprehensive program that includes:*
 - *exercise training,*
 - *proper nutrition,*
 - *weight management,*
 - *stress management, and*
 - *smoking cessation.*



Program Components

- *Initial Health History Questionnaire (HHQ)*
- *Creation of short and long-term goals*
- *Individualized action plan*
- *One-on-one telephone mentoring*
- *Web-based health educational modules and audios*
- *Ongoing support through email and telephone*
- *Strict tracking adherence*
- *12 week and 1 year follow-up evaluations with physician-based clinical assessments*



OK Health Incentives

- *Cash incentives offered by 52 out of 110 participating state agencies choosing either the:*
 - *Gold \$500*
 - *Silver \$300*
 - *Bronze \$100*
- *A waived visit to your PCP with waived lab work for fasting lipid profile and fasting glucose*
 - *HealthChoice Aetna HMO*
 - *Global Health PacifiCare HMO*
 - *Community Care HMO*
- *Discount to fitness center membership*
 - *Limited area*



Evaluation Plan

- *Participants are evaluated on clinical effectiveness at initial, at 12 weeks, and at 1 year.*
- *Participants are referred to their personal physician for a:*
 - *fasting lipid profile*
 - *fasting glucose*
 - *blood pressure*
 - *resting pulse rate*
 - *height & weight measurements*
 - *hip and waist measurements*
- *Participants that are directed back to their PCP at 12 weeks and at one year will incur some costs.*



Baseline Demographics

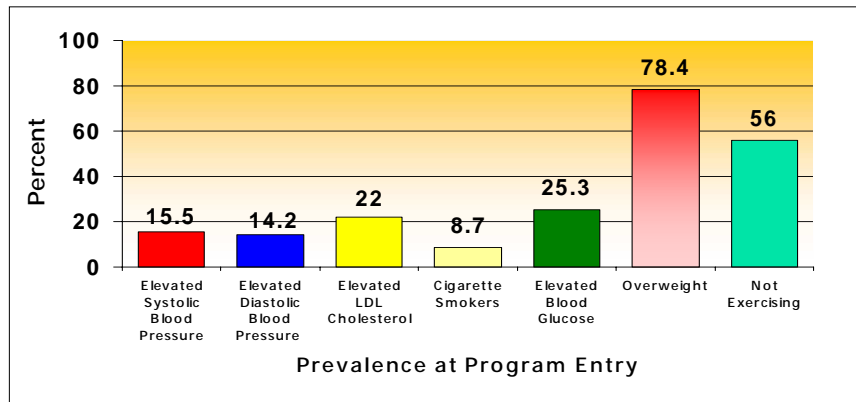
<i>Participants completing OK Health comprehensive Initial Evaluation (Number)</i>	<i>2155</i>
<i>Average Age (years)</i>	<i>46</i>
<i>Males (%)</i>	<i>18.0</i>
<i>Females (%)</i>	<i>82.0</i>



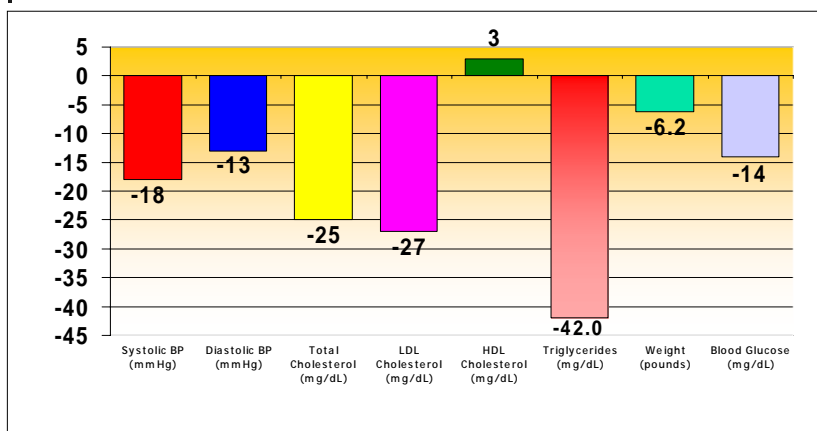
Baseline Demographics

<i>African American (%)</i>	<i>10.8</i>
<i>Asian (%)</i>	<i>1.9</i>
<i>Hispanic (%)</i>	<i>2.7</i>
<i>Caucasian (%)</i>	<i>82.5</i>
<i>American Indian (%)</i>	<i>0.0</i>
<i>Other (%)</i>	<i>2.2</i>

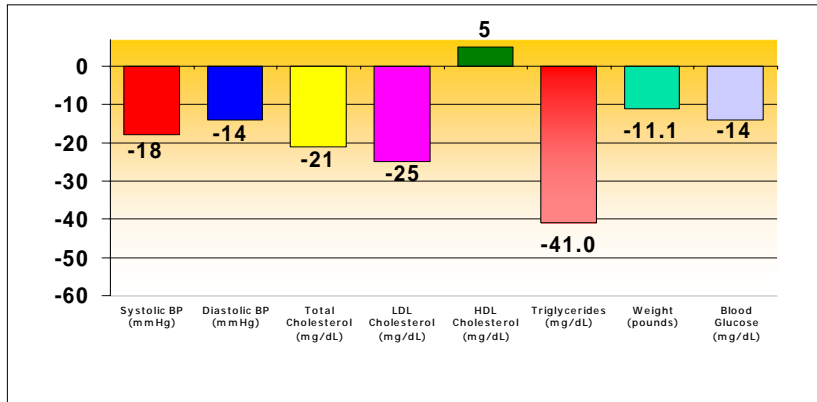
Participants at Baseline (total=2155)
Prevalence of Potentially Modifiable Risk Factors for Cardiovascular Disease (%)



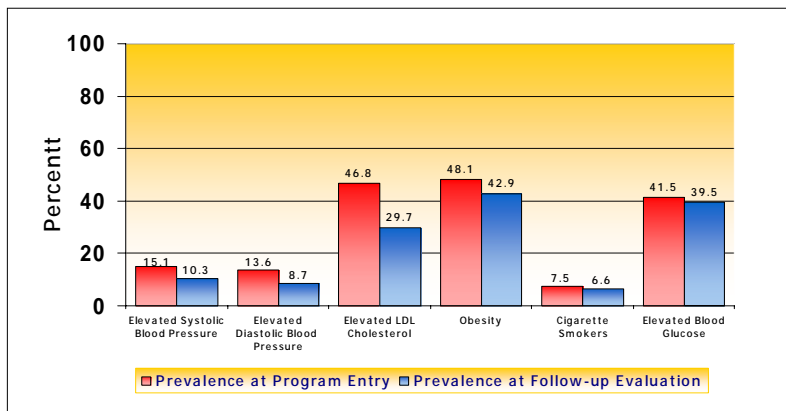
Participants at Baseline + Follow-up (total=1,596)
Effects of Program Participation in Participants with Abnormal Baseline Risk Factor Values (~3 Months)



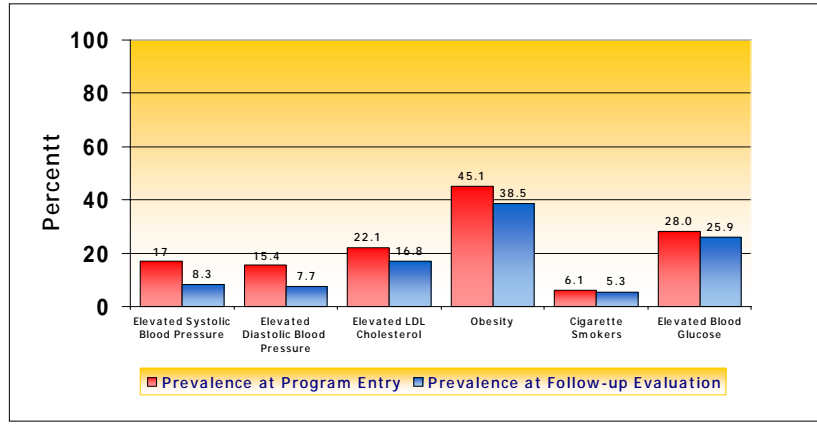
Participants at Baseline + Follow-up (total=475)
Effects of Program Participation in Participants with Abnormal
Baseline Risk Factor Values (~ 12 Months)



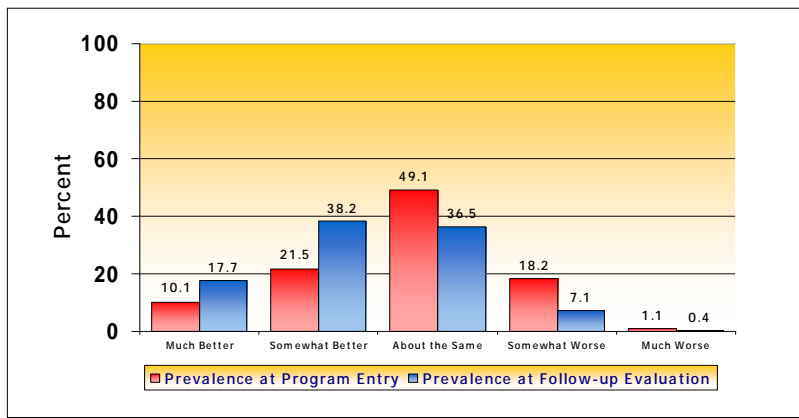
Participants at Baseline + Follow-up (total=1,596)
Prevalence of Potentially Modifiable Risk Factors for
Cardiovascular Disease (%) (~3 Months)



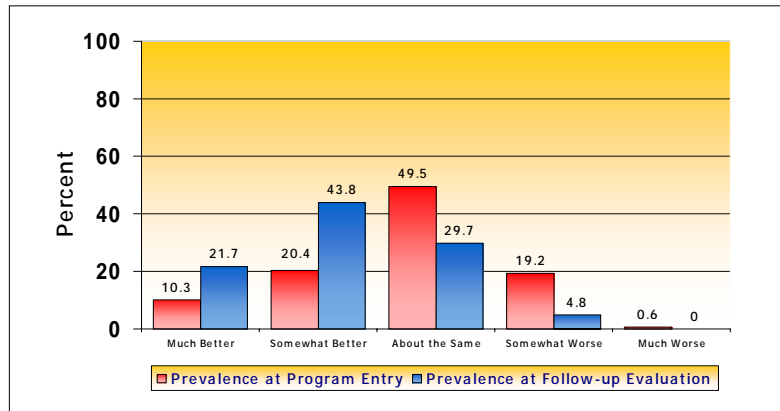
Participants at Baseline + Follow-up (total=475)
Prevalence of Potentially Modifiable Risk Factors for
Cardiovascular Disease (%) (~ 12 Months)



Participants at Baseline + Follow-up (total=1,596)
Percentage of Participants Who, Compared to One Year Ago,
Rate Their Health: (~3 Months)



Participants at Baseline + Follow-up (total=475)
Percentage of Participants Who, Compared to One Year Ago,
Rate Their Health: (~ 12 Months)



What OK Health Participants Are
Saying About Us...

- *“Excellent program – so glad I enrolled – very educating ...even my husband is following an exercise and meal plan because of my involvement with this. Thanks very much.”*
- *“This program has given me a great incentive to stick with an exercise program and to eat better.”*
- *“My mentor is awesome and I am grateful the state employees are allowed this awesome program.”*



What OK Health Participants Are Saying About Us...

- *"I'm learning a lot. I have achieved my goals from two years ago. I am medication free, losing weight and feeling good. Thank you for all the support."*
- *"Excellent support system and encouragement. Mentor stays on track, keeps me focused on goals and helps me avoid the consequences of my impatience with myself."*
- *"The program is a wonderful idea! What a great thing for Oklahoma."*



Program Recognition

- *SouthWest Benefits Association award for 2007 Best of Class Benefits Solution*
- *OPM's Quality Oklahoma 2006 Award for Motivating the Masses*
- *Recognized as the top program for the governor's Strong and Healthy Oklahoma Initiative at the National Governor's Annual meeting*
- *Oklahoma Higher Education is interested in duplicating our program*
- *Presenting at the National Association for State Personnel Directors, July 24, Williamsburg, VA*
- *Presenting at the Benefits Management Forum and Expo, September 18, Dallas, TX*



OK Health Staff



For More Information

Our website:

www.ebc.state.ok.us/okhealth

Our phone number:

405 – 232-1190 ext. 120 & 153