

# State Health Benefit Plan



Presentation to: Care Management Committee

Presented by: Claire Drogula, Wellness Manager

Cheryl Williams, Clinical Director

Cathy Craven, Clinical Manager



# Mission

## The Georgia Department of Community Health

We will provide Georgians with access to affordable, quality health care through effective planning, purchasing and oversight.

*We are dedicated to A Healthy Georgia.*

# State Health Benefit Plan (SHBP)

- Self-funded, self-insured plan – provides health coverage to more than 600,000 state employees, teachers, retirees and their dependents
- Teachers and school personnel represent approximately 76 percent of all members, state agency employees account for about 10 percent and retirees comprise about 24 percent

# Health Plan Options in 2012

- New Wellness Plan:
  - Health Reimbursement Arrangement (HRA)
  - High-Deductible Health Plan (HDHP); and
  - Health Maintenance Organization (HMO)
- New Standard Plan:
  - Health Reimbursement Arrangement (HRA)
  - High-Deductible Health Plan (HDHP); and
  - Health Maintenance Organization (HMO)

# 2012 Wellness Plan Options

- Incentivize members to become more informed and empowered health care consumers
- Voluntary
- Required to make a 2012 Wellness Promise during open enrollment
- Members experienced lower premiums, deductibles and out-of-pocket costs for making the 2012 Wellness Promise

# 2012 Wellness Promise Requirements

1. Complete an online Health Assessment through [mycigna.com](http://mycigna.com) or [myuhc.com](http://myuhc.com) between January 1, 2012 and June 30, 2012
2. Complete a biometric screening (including blood pressure, body mass index, cholesterol and glucose) through a physician's office or at an SHBP sponsored onsite screening between July 1, 2011 and June 30, 2012

# 2012 Standard Plan Options

- Members who did not make the 2012 Wellness Promise
- Members were not required to engage in wellness activities
- Members experienced higher deductibles, higher out-of-pocket costs and paid higher premiums than members enrolled in a 2012 Wellness Plan Option

# Wellness and Standard Member Enrollment

Cigna 2012 Members	
Wellness Plan	40,035
Standard Plan	26,409
UHC 2012 Members	
Wellness Plan	299,267
Standard Plan	204,349

# 2012 Wellness Promise Compliance

Cigna Wellness Members		
Member Only	Member and Spouse	Overall
64%	66.7%	66.5%
UHC Wellness Members		
Member Only	Member and Spouse	Overall
57%	56%	56.5%

# 2012 Health Assessment Completion

Online Health Assessment Completion			
Cigna		UHC	
Standard	4.0%	Standard	3.0%
Wellness	77.5%	Wellness	79.0%

# Members Self-reported Health Risks

Weight--49.8%

Blood Pressure– 27.9%

Lack of Physical Activity– 19.0%

Stress—21.9%

# Preliminary Biometric Screening Results

Biometric Marker			
Body Mass Index	Blood Pressure	LDL	Glucose
25 or greater	140/80 or greater	150 or greater	100 or greater
74%	54%	7%	25%

# Wellness 2012

	Cigna			UHC		
	2010	2011	2012	2010	2011	2012
Online Registration	15,843	19,651	24,138	151,090	198,984	222,107
Health Assessment	7,031	9,515	20,942	47,746	63,860	144,580
Worksite Biometric Screens	1,667	1,520	12,947	N/A	1,808	16,834

# 2012 Wellness Initiatives

- Well Men's Visit
- Well Women's Visit
- Mammogram
- Tobacco Cessation
- Weight Management
- Biometric Screenings
- Know Your Numbers
- Lose and Win

# Clinical Support Services

- Disease Management
- Case Management
- Telephonic Coaching
- Online Coaching
- Educational Resources and Tools
- Discounts

# 2013 Wellness Requirements

Wellness and Standard plan members and spouses (if covered) may each earn a \$240 incentive fund contribution if they each complete the following requirements:

1. Complete an online health education module on the new wellness portal at [www.AHealthierSHBP.com](http://www.AHealthierSHBP.com) between January 1, 2013 and 4:30 pm ET on May 31, 2013, and
2. Complete an online health assessment at [mycigna.com](http://mycigna.com) or [myuhc.com](http://myuhc.com) between January 1, 2013 and 4:30 pm ET on May 31, 2013, and

If the member did not complete the biometric component of the 2012 Wellness Promise or they are newly enrolled they must also,

3. Complete a biometric screening with a physician between July 1, 2012 and 4:30 pm ET on May 31, 2013 with the physician faxing the results to the number of the form between November 1, 2012 and 4:30 pm ET on May 31, 2013

# Wellness and Standard Plan 2013 Enrollment

Cigna		UHC	
Wellness Plans	32,183	Wellness Plans	202,800
Standard Plans	31,713	Standard Plans	255,132
Total	<b>64,896</b>	Total	<b>457,932</b>

# Childhood Obesity

Effective January 1, 2013 benefits have been extended to children between the ages of 3 and 18 who qualify as determined by their physician for the treatment of childhood obesity:

1. Four visits with a Physician
2. Four visits with a Registered Dietician

# *STATE HEALTH BENEFIT PLAN*

*THANK YOU!*