



# Town of Simsbury

933 HOPMEADOW STREET

P.O. BOX 495

SIMSBURY, CONNECTICUT 06070

*Thomas F. Cooke - Director of Administrative Services*

## BOARD OF SELECTMEN MEETING AGENDA SUBMISSION FORM

1. **Title of submission:** Approval of Contract with Wellness Program Provider
2. **Date of submission:** May 22, 2013
3. **Date of Board Meeting:** May 29, 2013

4. **Individual or Entity making the submission:**

Thomas F. Cooke – Director of Administrative Services

5. **Action requested of the Board of Selectmen (Acceptance of gift, creation of reserve, approval of contract, information only, etc. Be as specific as possible with respect to the desired action of the Board.):**

*The Individual or Entity making the submission requests that the Board of Selectmen:*

Authorize the First Selectman to enter into a contract with Interactive Health, subject to review and approval of the contract terms by Town Counsel.

6. **Individual(s) responsible for submission (Please include complete contact information. The identified individual(s) should be prepared to present information to the Board of Selectmen at the Board Meeting.):**

Thomas F. Cooke – Director of Administrative Services – (860) 658-3230

7. **Summary of Submission** (Include in your summary (i) relevant dates and timelines; (ii) parties involved; (iii) a description of financial terms and conditions specifically identifying the financial exposure/commitment of the Town of Simsbury; (iv) whether or not contracts, licenses and other legal documents have been reviewed by the Town's counsel; and (v) other information that will inform the Board of Selectmen's consideration of your submission. Include any additional information in an attached memorandum.):

In the course of collective bargaining with the Town's unions, the Town of Simsbury sought to introduce a wellness program designed to help employees maintain and/or improve their health and to help control health care costs. At the Town's request, Lindberg & Ripple issued a Request for Proposal for wellness providers. Seven organizations responded, and a summary of these responses was reviewed with the Personnel Sub-Committee in March, 2012. Based on the responses and the recommendations of Town Staff, the Personnel Sub-Committee approved Interactive Health, which offered a comprehensive program (including extensive biometric testing) for the lowest cost at \$158 per actual participant.

The Town's wellness proposals in collective bargaining were modeled on the Interactive Health program. All three of the CSEA contracts ratified by the Board of Selectmen last year included the wellness proposal.

The Town is preparing to roll out the program in June, 2013. At the time of this submission, the contract is under review by Town Counsel.

8. **Description of documents included with submission** (All documents must be in final form and signed by the appropriate party.):

*The following documents are included with this submission and attached hereto:*

A summary of benefits, recently provided to employees, is attached.



## What is a "Preventive Health Evaluation"?

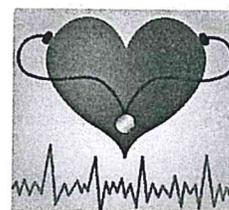
### Comprehensive Clinical Blood Test

- Cardiovascular disease risks (high cholesterol; high blood pressure)
- Diabetes
- Liver and kidney disease
- Anemia
- Blood, bone, and muscle disease (including certain types of cancer)

### Other great benefits:

- [www.myinteractivehealth.com](http://www.myinteractivehealth.com)
  - Online test result access
  - Virtual medical record
  - Annual trend analysis
  - Electronically forward your test results to your physician
  - Medical library on symptoms, diseases, treatments
  - Online health consultations
- **Personal Health Report** mailed to your home, explaining your results and what they mean.
- **Health-related emails** targeted to your specific condition(s), age and gender.
- **Health Coaching Programs**
  - Weight Loss
  - Achieving Balance
  - Tobacco-free for Life
  - Diabetes Prevention and Control
  - Better Nutrition
  - Managing Cholesterol Levels
  - Personalized Fitness
  - Managing and Preventing High Blood Pressure

## Great News!



### ***On-site preventive health evaluations are just around the corner.***

In an effort to encourage personal health awareness, focus on prevention, and manage rising health care costs, we encourage everyone to **take 10 minutes out of your day and do something good for yourself. Your results are 100% confidential!**

We are excited to offer Preventive Health Evaluations performed via venipuncture that include:

- ✓ Comprehensive blood test, blood pressure analysis and health risk assessment
- ✓ Printed and online results and health education tools
- ✓ Personal Health Coaching

**We encourage you to take advantage of this exceptional program being offered to you.**

**Watch for more information coming soon on the event dates and enrollment instructions.**