

Milwaukee County Wellness Overview

March 2017



Where we have been

- ▶ Goal: improve individual health while also reducing our costs.
- ▶ Previously offered biometric screening, but low participation caused the program to be canceled.
- ▶ Since 2013, the program has grown to offering a wide variety of options for employees to improve their wellbeing. Areas of focus include:
 - Stress Management
 - Nutrition
 - Physical Activity
 - Back Health
 - Weight Management
 - Tobacco Cessation
 - Preventive Exams and Screening



Where we have been

- ▶ Wellness programming is designed to be fun, informative, and enjoyable, but there is always an underlying clinical reason behind it.
- ▶ Examples of programs include:
 - 5K Fun Run/Walk
 - Health Coaching
 - Blood Pressure Checks
 - Partnerships with Risk Management
 - Exercise Challenges
 - Yoga for a Cause
 - Mindfulness Stress Management Training
 - Weight Watchers
 - Growing Power CSA
 - Weekly Wellness Information
 - Bike to Work Day
 - Men's/Women's Health Reminders

What we measure

- ▶ Keeping healthy people healthy
- ▶ Movement of high risk individuals toward lower risk categories
- ▶ Effectiveness of health coaching on high risk individuals
- ▶ Overall participation and satisfaction

Where we are going

- ▶ Increase engagement in the annual health assessments (goal: 75% participation by 2018)
- ▶ Improve our food environment
- ▶ Continue offering programming focused on the whole wellbeing of a person
- ▶ Increase stress management offerings