



Agenda Item 7

February 19, 2014

ITEM NAME: Healthier U: California State Employee Workplace Wellness Pilot

PROGRAM: Health Benefits

ITEM TYPE: Information

EXECUTIVE SUMMARY

This information item provides an update on the Healthier U State Employee Workplace Wellness Pilot, a collaborative effort between Service Employees International Union (SEIU) Local 1000, State Controller's Office (SCO), State Treasurer's Office, California Department of Human Resources (CalHR) and California Public Employees' Retirement System (CalPERS) to create an evidence-based workplace wellness program with measureable health outcomes. One goal of the Healthier U project is to demonstrate that comprehensive workplace wellness programs developed in partnership with labor and management are a key factor in improving the health and wellness of state workers.

STRATEGIC PLAN

This item supports CalPERS Strategic Goal A: Improve long-term health benefit sustainability by implementing new approaches and expanding efforts already proven to reduce health care costs and improve health outcomes.

BACKGROUND

California is facing escalating health care costs for its State employees. One in four members has a chronic condition which will drive up costs if not managed correctly and addressed early. A study by the Urban Institute found that 22.4 percent of CalPERS 2008 medical expenditures for State employees and their dependents were spent on health care services attributable to chronic diseases, such as diabetes, hypertension, and heart disease, conditions that are amenable to prevention through changes in diet and increased physical activity. By implementing effective interventions, like workplace wellness programs, substantial savings can be realized.

ANALYSIS

Today's presenters are: Ruth Holton-Hodson, Deputy Controller, Health and Consumer Policy, SCO; Sarah Zimmerman, California Retirement Security Campaign Director, SEIU; and, Ralph Cobb, Health Policy Advisor, CalHR. They will provide an update on the progress of the project.

BUDGET AND FISCAL IMPACTS

Not Applicable

ATTACHMENTS

Attachment 1 - Healthier U Project Timeline

Attachment 2 - Healthier U State Employee Workplace Wellness Pilot

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