

FABOH Member Connect

Message from Board President,
Ray Atchinson

The revitalization of the FABOH organization continues. During the January meeting of the Board of Directors, the following committees were approved:

- Contracting / Provider Credentialing Committee
- Plan Design Committee
- Network Performance Committee

Through these committees the respective talents and expertise of individual Board members can be leveraged to benefit FABOH.

Elements of FABOH's Operating Plan were advanced during the first quarter of calendar year 2012:

- Financial Performance: has exceeded budgeted expectations
- Membership Growth: numerous contacts have been made with former members, Fond du Lac employers and Ripon employers
- Member Value:
 - ~ FABOH claims data is being analyzed to create actual cost per care episode information
 - ~ Wellness Grant requests have been received from FABOH member companies and have been evaluated
 - ~ Claim repricing issue with Humana has been resolved
- Visibility:
 - ~ The Fond du Lac community continues to receive information about FABOH through Press Releases, Newsletters and radio appearances by our Executive Director
 - ~ Our professional staff is actively engaged in community organizations and initiatives such as the Chamber of Commerce, Rotary, Young Professionals of Fond du Lac and the County Health Initiative

I have challenged our Executive Director to seek out and to utilize available community resources to accomplish elements of the current Operating Plan as well as to begin framing a more strategic approach to planning FABOH's future.

Know that FABOH is involved in responses to the Fond du Lac School District's Request for Proposals related to health care benefits for calendar year 2013 and beyond.

Calendar Date to Remember:

Sept. 18th – FABOH hosts AC Business Connection

If you haven't seen FABOH's new offices located at 140 North Main Street, please take a moment to stop in and tour the facility.

The purpose of FABOH is to help the employer community improve the cost effectiveness and quality of health care services.

We believe this ongoing process can best be realized through the sharing of information and ideas, development of strategies, and the implementation of programs designed to support this mission.



Member CONNECT

FABOH Member Connect - May 2012

Message from Executive Director, Larry Richardson

Well City Fond du Lac

FABOH is leading the Well City Fond du Lac initiative aimed at improving the health and wellness of Fond du Lac employees. Well City is based on the Wellness Council of America's (WELCOA) Well-Workplace award designed to engage entire business communities in improving the health and well-being of their workforce.

- The Vision: To work with businesses and community leaders to help make the Fond du Lac workforce one of the healthiest in America by developing and delivering results-oriented, evidence-based health promotion programs at the worksite
- The Goal: Ensure a minimum of 20 employers who collectively employ 20% of the area's workforce meet the requirements of WELCOA's Small Business Bronze, Silver, Gold or Platinum Well Workplace Award within a three year period.

Why Well City?

Comprehensive Workplace Wellness Programs Lead to Results:

- Several scientific reviews indicate that worksite health promotion programs reduce medical costs and absenteeism and produce a positive Return On Investment (ROI). The most definitive review of the financial impact reported the following:
 - ~ 18 studies indicated that these programs reduce medical costs and 14 studies indicated they reduce absenteeism costs
 - ~ 13 studies calculated benefit / cost ratios and all showed the savings from these programs are much greater than their costs, with medical cost savings averaging \$3.48 and absenteeism savings averaging \$5.82 per dollar invested in the programs
- Demand management interventions (i.e. self-care, decision support) have been shown to yield a \$2 to \$3 ROI for each dollar expended in reduced medical costs within a one year period and limited data indicates a similar return in the second year

What is the WELCOA Model?

The WELCOA Model is based on Seven Benchmarks of Success:

- Capturing CEO Support
- Creating Cohesive Wellness Teams
- Collecting Data to Drive Health Efforts
- Carefully Crafting an Operating Plan
- Choosing Appropriate Interventions
- Creating a Supportive Environment
- Carefully Evaluating Outcomes

A CEO Kick-Off event was held on April 26th. More than twenty Fond du Lac employers were present and more than twenty percent of the Fond du Lac workforce was represented by the employers who were in attendance. Jessica Raddemann and Teresa Iso of the Wellness Council of Wisconsin were also present. Subsequent to the Kick-Off event, Well City Fond du Lac has been presented to the Fond du Lac City Council and to the Fond du Lac Area Economic Development Corporation Board of Directors.

Ripon

FABOH has approached the Ripon Business Community by hosting an informational meeting that was held at Ripon College. The focus of the meeting was to identify how membership with FABOH could benefit Ripon employers that self-fund health care benefits for their employees.

Health Watch

...your connection to wellness



Message from Wellness Director, Jeff Butz

Greetings FABOH Members,

Congratulations are in order to our five wellness grant winners for 2012 (see below); we look forward to hearing the positive outcomes these programs produce in the future. Speaking of the future, please take note of the changes that will be occurring with the grant process in 2013. These changes will provide an opportunity for all members to receive funding for data driven wellness programming and foster an environment of sharing among members, two key elements to our ongoing success as a group.

2012 FABOH Grant Process:

Five FABOH member companies have been awarded a \$2,500 grant to advance wellness programming in 2012-2013. To qualify for funding, these companies had a representative at the FABOH Wellness Conference in January, completed a wellness operating plan for 2012, and completed a comprehensive application outlining the program that will be funded and how it will be evaluated.

Below is the list of members who will be receiving a grant along with the program they will be funding:

Moraine Park Technical College – Biggest Loser for Life – A campaign designed to help participants apply the behavioral secrets of those who have lost weight and kept it off.

Holiday Automotive – Self-Care Program – A program that provides employees with the tools needed to be better healthcare consumers.

Fond du Lac Lutheran Homes and Health Services – Nutrition improvement program – A campaign focused on increasing fruit and vegetable intake, water consumption, and eating healthy on a budget.

Society Insurance – Weight loss/maintenance program entitled “On my Weigh” – This program is designed to educate and empower participants to self-manage their weight loss efforts to achieve lifelong success.

MAG-Fond du Lac – Self-Care Program – A program that provides employees with the tools needed to be better healthcare consumers.

****2013 Grant Changes:** Starting in 2013, the FABOH grant process will be changing from an application centered approach to a model based on our annual Benefit design/Wellness meetings which are scheduled with each company. At this meeting, company representatives are provided with a list of opportunities for wellness related programming identified by the FABOH team from analysis of Health Risk Assessment aggregate and Focus reports. Discussions are then held with the group to identify the best option for the member as well as the amount that will be funded. This new model will limit the administrative burden of completing and evaluating grant applications, will ensure all interventions funded are data driven, and will allow FABOH to support wellness initiatives in a greater number of member companies.

2012 FABOH Wellness Internship Program:

If you are interested in having the intern assist your company with wellness related programming, please fill out the company internship application or contact Jeff at jbutz@faboh.com or 920-924-3780 today.



FOND DU LAC AREA BUSINESSES ON HEALTH

Message from Executive Assistant, Katie Schwartz

Focus Reports

FABOH Focus Reports are developed by our claims repricer, The Alliance, with information unique to each member company. The focal points of these reports include: Utilization, Cost of Care, FABOH Network, High Cost Claims, Disease Prevalence, and Health Promotion. Contact Katie Schwartz if you have not received the most recent reports which were mailed the end of April.

Plan Design Meetings

Thank you to MAG IAS, LLC, Moraine Park Technical College, City of Fond du Lac, Interior Systems, Silica Hardware & Appliance, Eden Stone, TTI, Inc., Mid-States Aluminum and Holiday Automotive who have taken time out of a busy day to come to our office. During those meetings, the plan design survey was reviewed and completed. In addition, opportunities from the analysis of the Focus and HRA Aggregate Reports were identified and discussed. We look forward to meeting with the remainder of the FABOH member companies in the weeks to come.

***Reminder:** Be sure to notify FABOH immediately with tier level or insurance company changes. Please also forward any ID cards for verification to kschwartz@faboh.com or fax 920-924-3781.

New Provider Announcements

Welcome New Providers:

- The addition of Ripon Memorial Hospital with Agnesian Health Care, Fond du Lac Psychotherapy, Central Wisconsin Anesthesia Associates, and the return of Dr. Kagen, with Kagen Allergy.

New locations for existing provider:

- Dermatology Associates - Beaver Dam, Wautoma, Sheboygan, and Milwaukee

FABOH's online provider directory has been upgraded and is now updated on a weekly basis. If you have any questions or feedback in regard to the Focus Reports, the plan design survey or how we presented your information, please do not hesitate to call or email any of our FABOH office staff. We also welcome your comments and feedback relative to the website and on-line directory.



FABOH *For additional information..*

Visit our website:

www.FABOH.com





FOND DU LAC AREA BUSINESSES ON HEALTH

Fond du Lac Area Businesses on Health
 140 N. Main Street
 Fond du Lac, WI 54935-8049

Calendar of events

May 2012

		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31		

June 2012

					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30

July 2012

1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

Mark Your Calendars: June 13th FABOH Board Meeting - FABOH
July 24th Wellness Steering Committee Meeting

 **September 18th FABOH hosts AC Business Connection**