



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



*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.*



Values Provide Return

Message from Executive Director, Larry Richardson

Through the active pursuit of its value proposition, FABOH provides significant return to its member companies.

By directly contracting with local health care providers FABOH leverages its purchasing power to secure discounted rates with providers in our coverage area. FABOH recently renewed our relationship with Agnesian HealthCare resulting in favorable health care costs and value-added programs for FABOH member companies over the next three years. FABOH's contract with Aurora HealthCare remains in effect through calendar year 2016. The impact of these and other similar contracts and programs have saved local businesses millions of dollars during the past year alone.

FABOH's commitment to wellness is evidenced by Wellness Director, Jeff Butz, and the programming developed individually for our member companies. The result is healthier employees who require less health care consumption and who are more productive while on the job. Employees benefit by actually being healthier and having greater energy while enjoying a higher quality of life. FABOH also provides financial support to member companies that implement and maintain wellness activities.

Addressing specific cost drivers within employer health plans led FABOH to its relationship with Wisconsin Rx. We share the belief that employees and their families deserve access to reasonably priced drugs and other health care services that contribute to their good health. We further believe that employers and employees can make wise choices when presented with complete prescription drug and product information.

With the redesign of its website, www.faboh.com, FABOH will be delivering both quality and consumerism metrics as well as links to information sources that will enable individuals to make more informed decisions about the health related choices they make. Better health related lifestyle choices and more informed health care purchasing decisions lead to higher health status and a reduction in the need to consume health care resources.

To learn more about what FABOH has achieved for its member companies and how becoming a FABOH member will benefit your company and employees, call me at 920-924-3780 or stop in to see us at our new location, 140 North Main Street. If you'd prefer a visit at your location, simply call to arrange for a date and time.

Who We Are...

Message from Board President,
 Ray Atchinson

Fond du Lac Area Businesses On Health (FABOH) is an employer-owned health care coalition that was established in 1992. FABOH shareholders include Combination Door, MAG IAS, LLC, Mercury Marine, Mid-States Aluminum Corporation, Society Insurance, Wells Manufacturing and Wisconsin Employers Association. In addition to its owners, FABOH's member companies include Baker Cheese, City of Fond du Lac, Eden Stone, Fond du Lac County, Holiday Automotive, Interior Systems, Lakeside Foods, Marian University, Moraine Park Technical College, Old Fashioned Foods, Quad Graphics, Sadoff and Rudoy, Silica Hardware, Tom's Quality Millwork and TTI, Inc.

The purpose of FABOH is to help the employer community improve the cost effectiveness and quality of health care services in Fond du Lac County. Cost effectiveness goes far beyond just pricing; it involves a total process of prevention, wellness, user education, and provider quality. We believe that this ongoing process can be best realized through the sharing of information and ideas, development of strategies, and the implementation of programs designed to support this mission. FABOH's value proposition to Fond du Lac County businesses is multi-faceted. We provide a network of health care providers at significantly reduced cost and we supply data and analysis related to the health care purchased by individual employers. We provide Wellness expertise and programming to assist employers improve the health status of their employees thereby minimizing or avoiding health care consumption in the future. A current example of this is the Health Risk Assessments that are available to FABOH member company employees and spouses at no cost to the employer. FABOH also provides linkages to other entities, such as Wisconsin Rx and The Alliance in Madison, that work to lower health care expenditures by employers.

Calendar of events

NOVEMBER 2011

S	M	T	W	T	F	S
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
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DECEMBER 2011

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JANUARY 2012

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29	30	31				

- **November 15th** FABOH Wellness Steering Committee Meeting
- **November 16th** FABOH Board Meeting
- **December 14th** FABOH Board Meeting
- **January 12th** 2012 FABOH Wellness Seminar • *Stayer Center Auditorium*
- **January 18th** FABOH Board Meeting

Published by FABOH/EP-Direct. Please contact us with any comments or suggestions:

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Health Watch

...your connection to wellness



FABOH's Wellness Services

Message from Wellness Director, Jeff Butz

Research has shown that when implemented correctly, worksite wellness programs produce a positive return on investment for medical, absenteeism, workers compensation, and disability costs, but most importantly improve the overall health of your company's greatest resource, your employees. To support our members with the implementation of this vital cost containing strategy, FABOH has developed wellness programming available to all member companies. This programming has been developed incorporating best practices and was built using our three goals as the foundation.

Goal 1: Provide members with valuable wellness educational opportunities.

- **FABOH Wellness Conference** - Our annual wellness conference which is held in late January to early February includes an update on the program from the Wellness Director, as well as a nationally recognized keynote speaker.
- **FABOH WellnessConnect** - With topics selected from the feedback of our members, these educational sessions provide valuable wellness information on many of the hot topics in the world of wellness.

Goal 2: Provide members with the necessary infrastructure to create or maintain a comprehensive wellness program at their worksite.

- **Free Health Risk Appraisals** - As a part of our relationship with Agnesian HealthCare, FABOH can offer free HRA's and HRA follow-up appointments for all member company employees and spouses until March 31st, 2014.
- **Internship program** - Established to provide additional support to our members, the internship program provides a dedicated local university student from a health and wellness field to provide the assistance and fresh ideas necessary to increase the overall effectiveness of your wellness program.
- **Turn-key programming** - Found on the FABOH website, these customizable programs focusing on increasing physical activity, nutrition, weight loss, and self-care/medical consumerism include all of the materials necessary to easily implement at your worksite.

Goal 3: Provide members with ongoing wellness consultation in effort to help them develop and implement a wellness strategy that will work for their culture and needs.

- **Customization** - Each of our member company's cultures and wellness needs are unique to their organization. The wellness director provides individual consultation and support in areas such as incentives, scorecard development, establishing senior level support, forming and maintaining wellness teams, establishing operating plans, creating supportive environments, and program evaluation amongst others. It is this individualized attention to detail that leads to success in your wellness programming.

The programs listed above are just a sampling of the wellness tools and resources available for FABOH members, many of which are accessible on FABOH's website for 24/7 access. If you have any questions or you would like more information on the wellness program at FABOH, please call or email Jeff Butz, Wellness Director at jbutz@faboh.com or 920-924-3780.

Benefits of FABOH

To best serve the needs of our member company employees and their families, Fond du Lac Area Businesses on Health (FABOH) has developed a comprehensive network of hospitals, physicians, clinics, chiropractors, mental health professionals, and other services throughout Wisconsin.

What FABOH Offers:

- Annual Plan Design Summary - a summary of FABOH employers' benefit plan coverage to help benchmark your health plan against other employers' plans
- Semi-annual FOCUS Reports - compare your health benefit plan's claim utilization with that of other FABOH employers', to help evaluate your plan design and target high-cost medical conditions for early intervention and prevention:
- Inpatient utilization summary
- Outpatient utilization summary and average charge analysis for five-impact areas of care
- Cost of care, network utilization and savings data
- Impact analysis (high-cost claims)
- Disease prevalence
- Health promotion (lifestyle-related claims)
- Network Savings Reports - employer specific savings reports available on a monthly and year-to-date basis. Track your rate of savings and your top 10 out-of-network providers

Privileges/Benefits of FABOH membership:

- Access to FABOH rates for group purchasing
- Access to educational information, training, and consultation
- Wellness consultations and resources
- Collaboration with other Fond du Lac County employers working to improve health care cost efficiency
- Access to the provider network



FABOH's leadership is provided by a Board of Directors comprised of the following officers and members:

- Ray Atchinson – Mercury Marine, President
- Kay Pickart – MAG IAS, LLC, Vice President
- Kathy Broske – Moraine Park Technical College, Treasurer and Secretary
- Amy Collett – Society Insurance, Member
- Deborah Hoffmann – City of Fond du Lac, Member
- Sue Roettger – Mid-States Aluminum, Member
- Matt Wirth – Wells Manufacturing, Member

To learn more about FABOH and the savings your company could realize please contact our staff at 920-924-3780.

- Larry Richardson, Executive Director
- Jeff Butz, Wellness Director
- Katie Schwartz, Executive Assistant

Well City Fond du Lac

There's an exciting movement happening in Fond du Lac, and you can be a part of it. Well City Fond du Lac connects local businesses, organizations, and schools to improve the health and productivity of our workforce, reduce the burden of healthcare costs, and reinforce the Fond du Lac's reputation as a great place to live and work. For more information on how your organization can become a part of the Well City initiative, please contact Jeff Butz, FABOH Wellness Director at 920-322-3192 or jbutz@faboh.com.

Become a Member

FABOH Member Criteria:

- Company to be located in the Fond du Lac County
- Identification of contact person(s) willing to serve and actively participate on one FABOH committee
- 10% Channeling to FABOH Network providers
- Ability and willingness to provide utilization data and employee census data

To join the FABOH Network, please contact us at 920-924-3780 or email Katie Schwartz at kschwartz@faboh.com.

