

**WELLNESS PROGRAM AGREEMENT  
BETWEEN THE IOWA STATE ASSOCIATION OF COUNTIES  
AND PARTICIPATING COUNTY**

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**BACKGROUND**

ISAC has demonstrated support for wellness programming for many years by providing financial resources to counties to be used on wellness programming. ISAC is dedicated to providing members every opportunity to become healthier, and to creating a culture of health and wellness in all counties participating in the ISAC Group Health Program. This is why ISAC is offering counties the opportunity to participate in a more robust wellness program, along with the assistance of a health management consultant and incentive program to help them achieve their goals. ISAC is determined to address rising health care costs through effective wellness programming to encourage healthy behavior changes in the employee population.

**WORKSITE WELLNESS PLAN**

The ISAC enhanced wellness program will include comprehensive consulting services and Online Lifestyle Management programs as well as an incentive program to both counties and policy holders during the plan year of 2017.

**POPULATION TO BE SERVICED**

The online programs are only available to member employees. Comprehensive consulting may assist county wellness committees in planning and implementing additional programs that can be available to all employees. The gift card incentive is available to current county employees who are policyholders in the ISAC group health plan (this does not extend to spouses or dependents on the plan or to COBRA or retirees.)

**ISAC WILL PROVIDE THE FOLLOWING:**

- A dedicated Health Management Consultant to assist in assessment, planning, implementation and evaluation of wellness initiatives. The consultant will also create custom communication and incentive strategies for your county, to improve engagement in wellness programs.
- Online lifestyle management tools to help members better manage their health, including health trackers, nutrition planning, fitness planner and tracker, healthy recipes, forums, smoking cessation, online behavior change programs, and more.
- Three approved programs from TAVi Health that can be used to meet the required programs the county must offer their employees to receive the incentive. The county can request to use other programs for the incentive but these requests are subject to approval from ISAC.
- Printed promotional materials including posters, flyers, payroll stuffers, emails, etc. The consultant will assist in effectively communicating information to employees.

- Up to \$200 in incentive gift cards will be offered for those qualifying employees who have completed up to three approved wellness programs, a preventive exam, and the wellness assessment offered by the county wellness committee. ISAC will provide up to four gift cards per employee. To receive a \$50 gift card the employee must complete both an exam and a wellness assessment. Completion of activity programs will earn an additional \$50 gift card per activity program (1 point) completed with a maximum of \$150 (or 3 activity programs/3 points).
- A rate discount to any county that meets the criteria listed under “Participating County” and documents their achievement.

## **FEES**

ISAC is assuming all fees associated with the wellness program enhancements, which includes comprehensive consulting and online lifestyle management programs through Wellmark Blue Cross Blue Shield. Participating counties will have no financial obligations associated with this program. Each participating county will continue to receive \$30 per contract per year to use toward approved wellness programs. Counties are encouraged to offer additional financial incentives to participants to increase engagement.

## **PARTICIPATING COUNTIES MUST:**

- Form a wellness committee (volunteer or appointed), if one is not already established, that will meet at least four times per calendar year to plan and implement wellness programming. The Health Management Consultant will provide each county with the tools and materials needed to promote these programs.
- Include at least one Supervisor on the committee to support the wellness initiative by holding an active role in the wellness committee and encouraging employees time to participate in wellness programs. County leaders are also encouraged to be an example to employees by participating in programs themselves.
- Designate up to five approved wellness programs to end no later than October 31, 2017. These can be the three *TAVi* and two programs held by the county wellness committee that has received preapproval from ISAC. These are the programs for which employees will receive the gift card incentive – a maximum of \$150.00 for programs.
- Encourage employees to participate in the aforementioned programs to receive the gift card incentive.

## **COLLABORATION**

ISAC is committed to creating a culture of health and wellness at all ISAC counties. ISAC will work with the counties to identify and address its employee health risks through the proposed engagement. We look forward to collaborating with you to promote wellness programs, and welcome any information that you can provide to help us better understand and meet your wellness needs.

**2017 ISAC WELLNESS AGREEMENT**

Iowa State Association of Counties and the participating county have caused this agreement to be executed January 1<sup>st</sup> – October 31<sup>st</sup>, 2017. The undersigned hereby consent to render services accordingly.

\_\_\_\_\_ County elects to participate in the 2017 ISAC Wellness Program, as detailed above.

\_\_\_\_\_ County elects NOT to participate in the 2017 ISAC Wellness Program; understanding that the county will no longer receive the benefits associated with the program.

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William R. Peterson, Executive Director  
Iowa State Association of Counties

\_\_\_\_\_  
Date

\_\_\_\_\_  
Chairperson, Board of Supervisors, County

\_\_\_\_\_  
Date

Please return this agreement to:  
ISAC Wellness, 5500 Westown Pkwy #190, West Des Moines, IA 50266  
FAX: 515-244-6397 or EMAIL: [wellness@iowacounties.org](mailto:wellness@iowacounties.org)