



Measurement period ending in: Sep 30, 2012

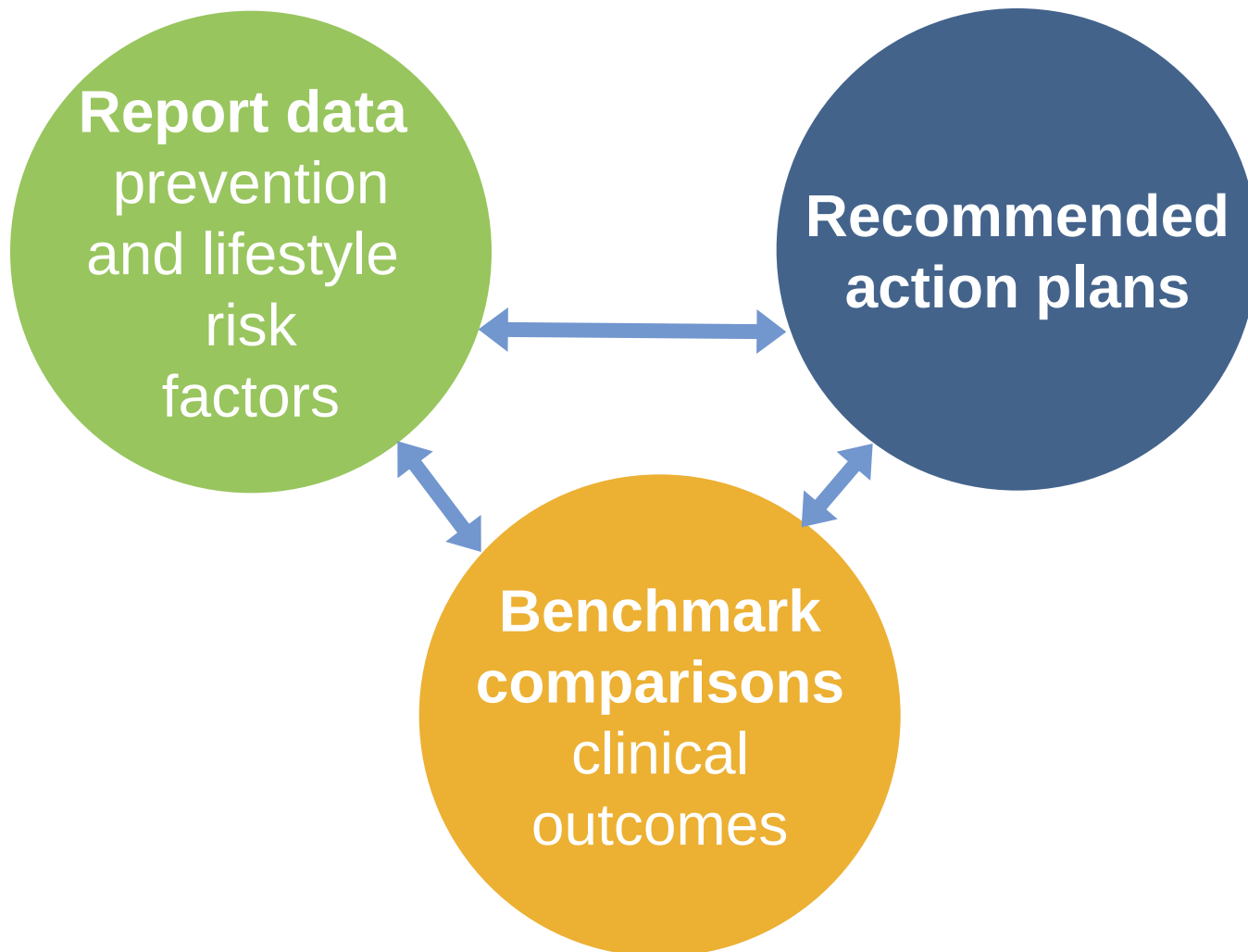
# Partnership in Health Report: Prevention and Lifestyle Risks

FELRA and Kaiser Permanente

**Commercial**  
**All Members**

KAISER PERMANENTE®  **thrive**

# Partnership in Health (PIH) Reports



# Your group at a glance

## Member Demographics

Measurement period ending in: Sep 30, 2012

|                     | FELRA | Kaiser Permanente regional average | Comparison       |
|---------------------|-------|------------------------------------|------------------|
| Subscribers         | 778   | -                                  | -                |
| Members             | 2,077 | -                                  | -                |
| Average age         | 33.8  | 35.2                               | -1.4 yrs younger |
| Gender (% female)   | 55.1  | 52.1                               | 3% pts higher    |
| Average family size | 2.7   | 2                                  | .7 higher        |

\*The Kaiser Permanente Regionally Adjusted Benchmark values were based on the weighted average of the purchaser's distribution of members across the Kaiser Permanente regions for the time period being measured.

# Your results: overview

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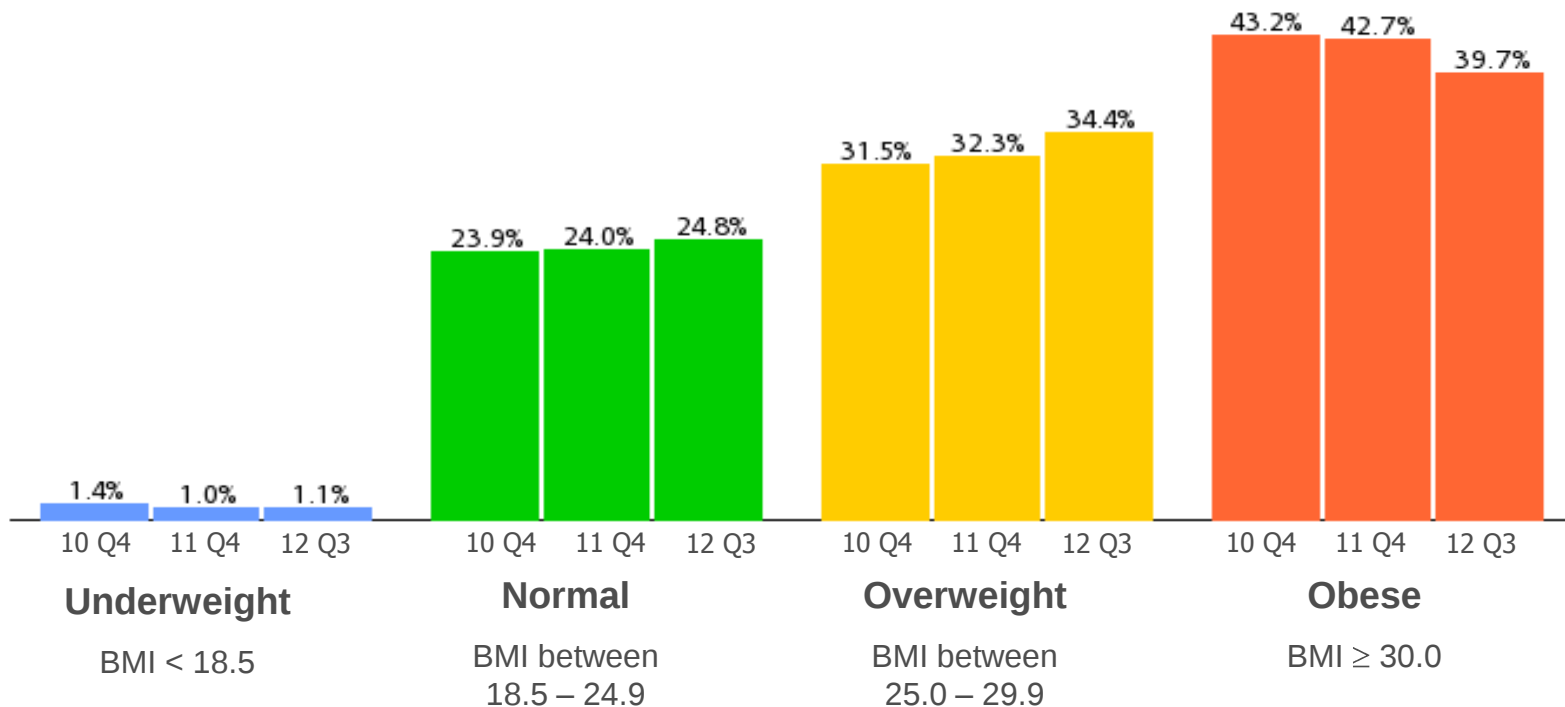
| Measure                        | Description                                            | Your Results, 2011 Q4 | Your Results, 2012 Q3 | Year-Over-Year Change |
|--------------------------------|--------------------------------------------------------|-----------------------|-----------------------|-----------------------|
| BMI: Weight Management+        | % of adult members who are overweight or obese         | 74.97%                | 74.05%                | <b>Improved</b>       |
| Cholesterol management+        | % of members borderline high or high total cholesterol | 39.46%                | 37.13%                | <b>Improved</b>       |
| Blood pressure management+     | % of members with blood pressure $\geq 140/90$         | 9.28%                 | 8.51%                 | <b>Improved</b>       |
| Smoking rates+                 | % of members who smoke                                 | 16.51%                | 15.47%                | <b>Improved</b>       |
| Breast cancer screenings*+     | % of eligible population screened                      | 85.75%                | 84.83%                | <b>Declined</b>       |
| Cervical cancer screenings*+   | % of eligible population screened                      | 87.05%                | 87.1%                 | <b>Improved</b>       |
| Colorectal cancer screenings*+ | % of eligible population screened                      | 66.36%                | 77.2%                 | <b>Improved</b>       |
| Childhood obesity+             | % of child members who are overweight or obese         | 43.79%                | 38.55%                | <b>Improved</b>       |

\*Continuously enrolled members during measurement period.

+ISS (Insufficient Sample Size) will be displayed if eligible member population for the prevention measure is less than 30.

# Your results: adult weight management

Measurement period ending in: Sep 30, 2012



\*The customer values will be displayed as 0% if the eligible member population for the metric is less than 30.

Ages 21 to 74. Excludes members who utilized maternity services.

70.2% of your member population with a measurement in the last 12 months.

# Adult weight management: member engagement

Prevention  
and Lifestyle  
Risk

## Clinical intervention strategy

Body mass index (BMI) recorded, based on height and weight measurements

Caregivers discuss weight-loss options and resources with patients

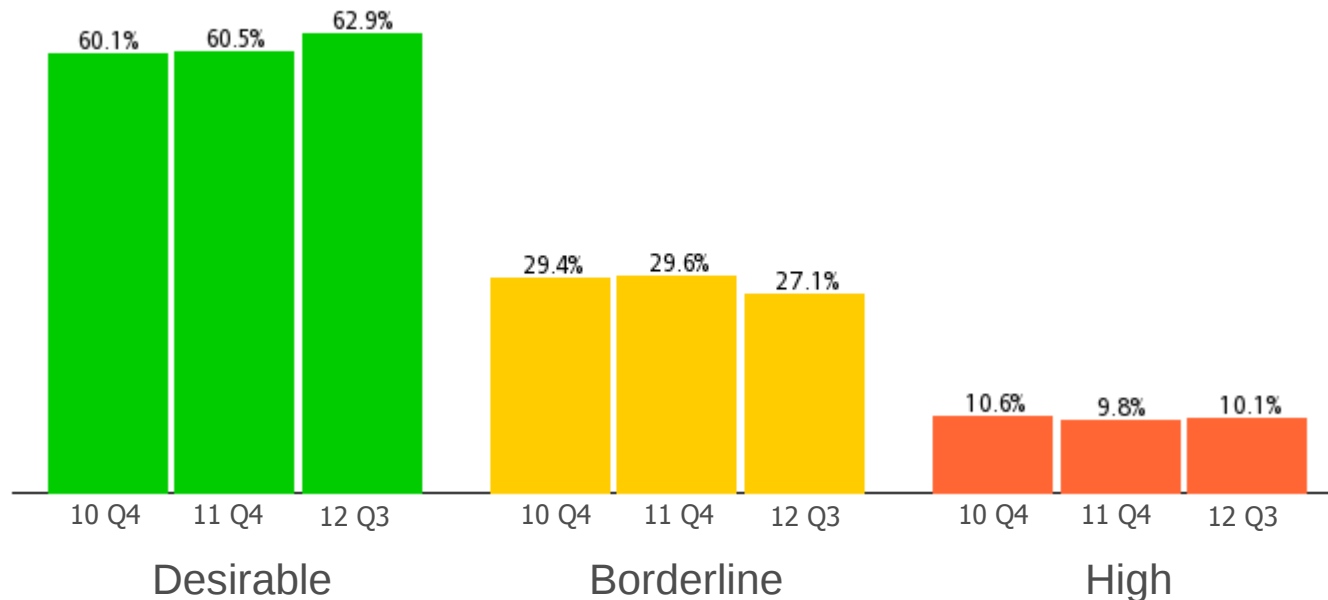
## Available tools and programs

- Online BMI calculator
- Online weight management program
- Healthy Living classes
- Fitness club (preferred rates)
- Podcasts



# Your results: cholesterol management

Measurement period ending in: Sep 30, 2012



**\*The customer values will be displayed as 0% if the eligible member population for the metric is less than 30.**

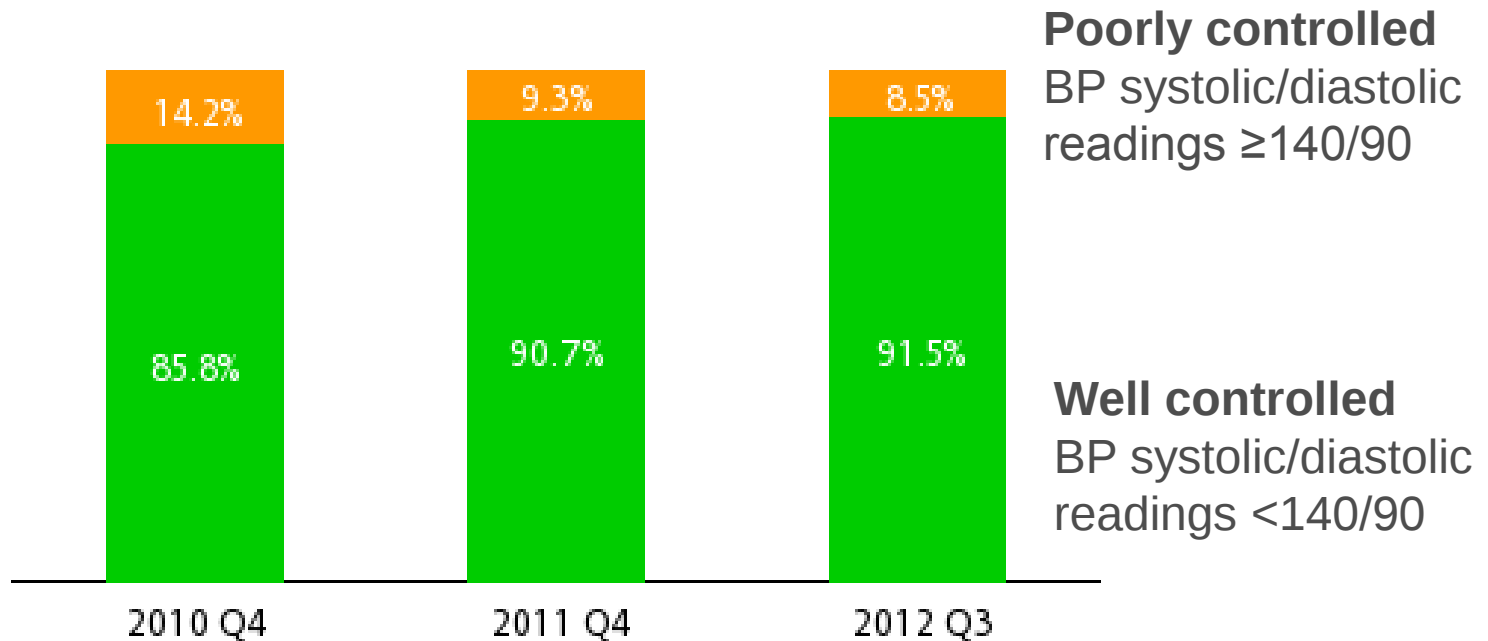
Definitions: Components of total cholesterol include LDL, HDL, and triglycerides.

- Desirable: Members with total cholesterol less than 200.
- Borderline: Members with a total cholesterol between 200–239.
- High: Members with a total cholesterol of greater than 240.

**73.4%** of employee population ages 18 to 75 with a cholesterol measurement in the last 5 years.

# Your results: blood pressure

Measurement period ending in: Sep 30, 2012



\*The customer values will be displayed as 0% if the eligible member population for the metric is less than 30.

**78.4%** of your member population ages 18 to 85 with a blood pressure measurement in the last 12 months.

# Cholesterol and blood pressure management: member engagement

Prevention  
and Lifestyle  
Risk

## Clinical intervention strategy

Cholesterol check at age 20 or first visit  
Blood pressure check at every visit  
Caregivers discuss lifestyle changes and prescription if necessary

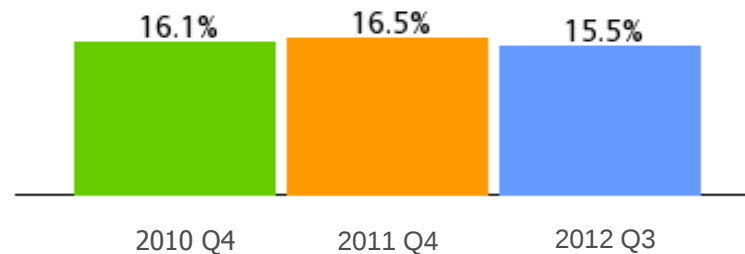
## Available tools and programs

- Online chronic condition management, quit smoking, nutrition, and weight-loss programs
- Hypertension online video
- Online body mass index (BMI) calculator
- Healthy Living classes
- Fitness widget
- Weight loss podcast

# Your results: smoking

Measurement period ending in: Sep 30, 2012

The percentage of your population that smokes.



\*The customer values will be displayed as 0% if the eligible member population for the metric is less than 30.

**90.8%** of your member population aged 18+ with a recorded result for smoking status.

# Smoking: member engagement

Prevention  
and Lifestyle  
Risk

## Clinical intervention strategy

Caregivers ask members about smoking at every visit, advise them to quit, and help them develop a plan to quit smoking, including prescription (best combined with other quit strategies)

## Available tools and programs

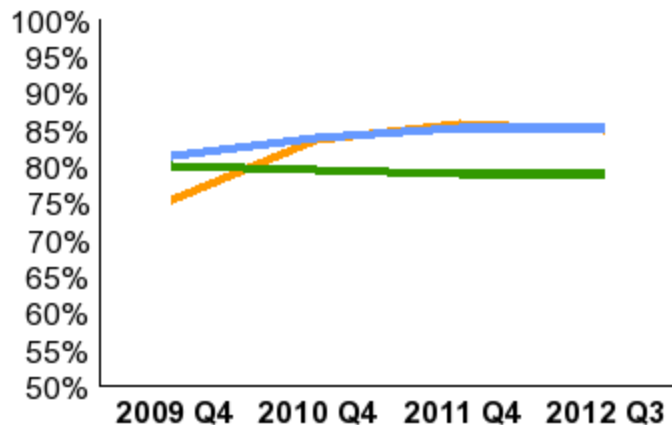
- Healthy Living classes
- Online interactive quit-smoking tools
- Online smoking cessation program
- Online health and drug encyclopedias

# Your results: cancer screenings

Measurement period ending in: Sep 30, 2012

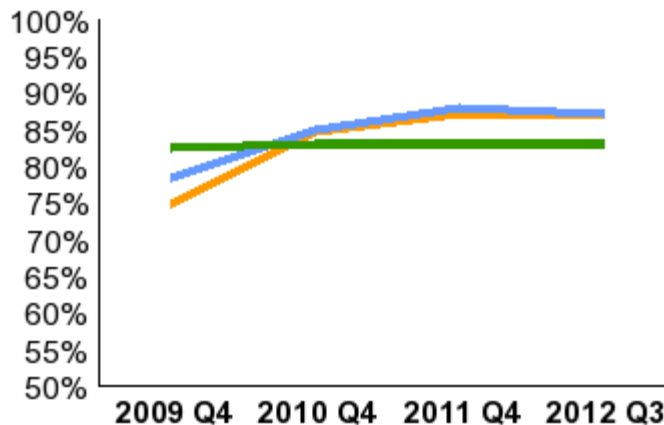
## Breast cancer screening rates

Percent of eligible population screened



## Cervical cancer screening rates

Percent of eligible population screened



— FELRA<sup>^</sup>

— Kaiser Permanente regionally adjusted average

— NCQA 90<sup>th</sup> Percentile

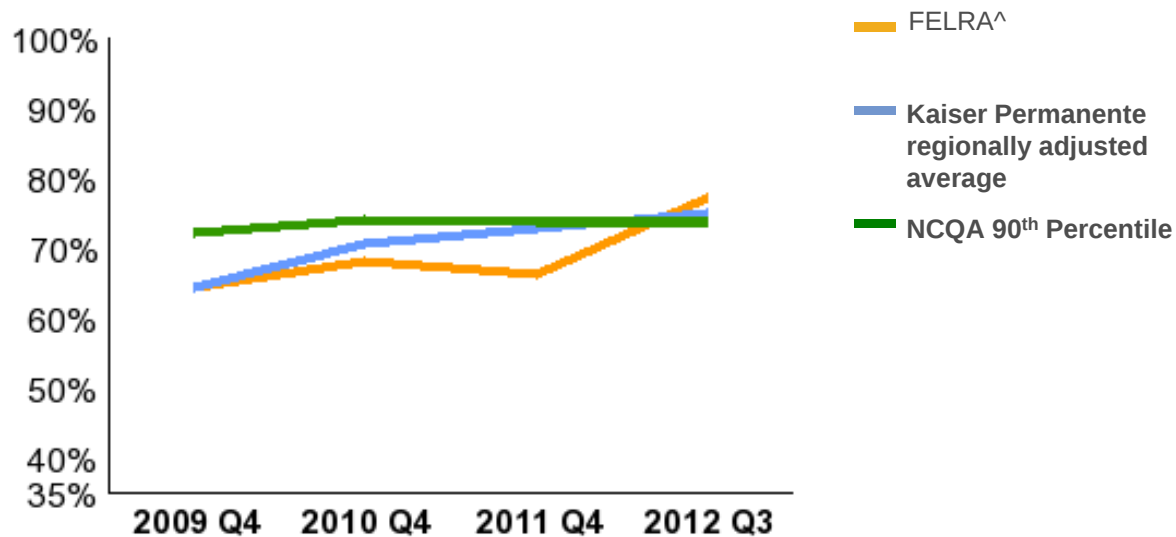
<sup>^</sup>The customer values will not be displayed if the eligible member population for the metric is less than 30.

# Your results: cancer screenings

Measurement period ending in: Sep 30, 2012

## Colorectal cancer screening rates

Percent of eligible population screened



^The customer values will not be displayed if the eligible member population for the metric is less than 30.

# Cancer screenings: member engagement

Prevention  
and Lifestyle  
Risk

## Clinical intervention strategy

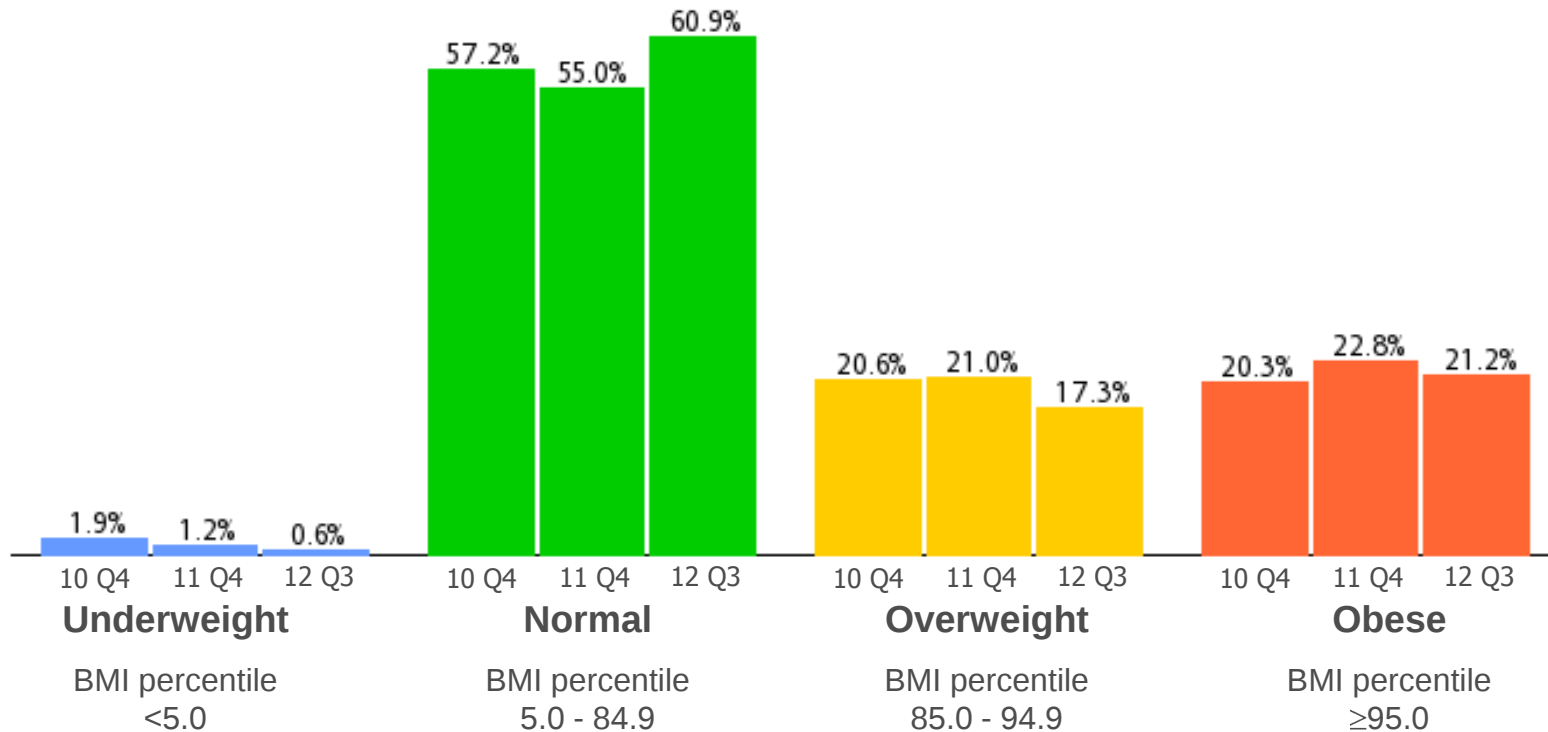
Members making office visits are proactively reminded of upcoming screenings  
Screening recommendations are based on age, gender, patient health, risk factors, and personal and family history  
Overdue screenings generate letter or phone-call reminders

## Available tools and programs

- Online personal health record notes overdue screening
- Online health encyclopedia cancer screening and self-exam information

# Your results: childhood obesity

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\*The customer values will be displayed as 0% if the eligible member population for the metric is less than 30.

Total percent of members aged 2–20. Excludes maternity.

**54.1%** of your member population with a measurement in the last 12 months.

# Childhood obesity: member engagement

Prevention  
and Lifestyle  
Risk

## Clinical intervention strategy

Body mass index recorded (based on height/weight measurements)  
Importance of physical activity discussed at well-child checks  
Caregivers discuss weight-loss options with family and encourage them to use available tools and programs together

## Available tools and programs

- Educational theater program
- Healthy Living classes



# Your recommended action plan

## Three steps to a healthier workforce



Create a culture of  
health at work



Use the tools included  
in your coverage—  
Kaiser Permanente  
HealthWorks



Broaden your reach

# Create a culture of health at work

Worksite health promotion boosts employee wellness program participation by 40 percent\*

Use your worksite to encourage:



Better eating habits



More exercise



Smoking cessation

*\*Closing the Gap: 2008/2009 Employee Perspectives on Health Care, Watson Wyatt, 2008.*

# Use the tools included in your coverage



## Online resources

- HealthWorks workbook
- Total health and productivity library at [businessnet.kp.org](http://businessnet.kp.org)
- Total health assessment
- Online services, including e-mail your doctor's office, view lab results, prescription refills, and more
- Digital coaching sessions
- BMI and health calculators
- Health and drug encyclopedias
- Health screening, self-exam, and symptom tools
- Podcasts

# More included programs and tools

## Membership extras

- Fitness clubs reduced rates
- Complementary medicine reduced rates
- Individual and phone counseling
- Educational theater program

## Facility resources

- Healthy living classes and support groups\*



\*Availability varies by region. Some classes require an additional fee.

# Broaden your reach with HealthWorks



## Onsite

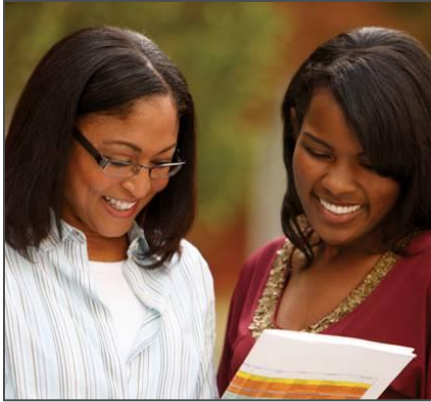
- Healthy Picks vending machine program
- Health promotion classes
- Biometric screenings for cholesterol, blood pressure, and BMI
- Customized communications—flyers, posters, etc.



## Online

- Total health assessments for all employees
- Customized Web site with information and links on participating in the total health assessment, or digital coaching session
- Participation reports and summaries

# Broaden your reach with HealthWorks



## Rewards for participation

- Administer your own rewards program for completing or participating in wellness or fitness programs.
- Select a Kaiser Permanente–administered rewards program. Employees can earn rewards for completing a health assessment or digital coaching session.

# Conclusion: Partner with Kaiser Permanente today

Prevention  
and Lifestyle  
Risk

**Integrated approach to care.**

**Healthier, more productive employees.**

**Greater value and a healthier bottom line.**

# Your Group

Prevention  
and Lifestyle  
Risk

MA - 00006879 - All, MA - 00001976 - All