

WEBB COUNTY WELLNESS PROGRAM



Objective: The objective of the Webb County Wellness program is to promote health awareness, annual checkups, and provide incentives for participating insured county employees.

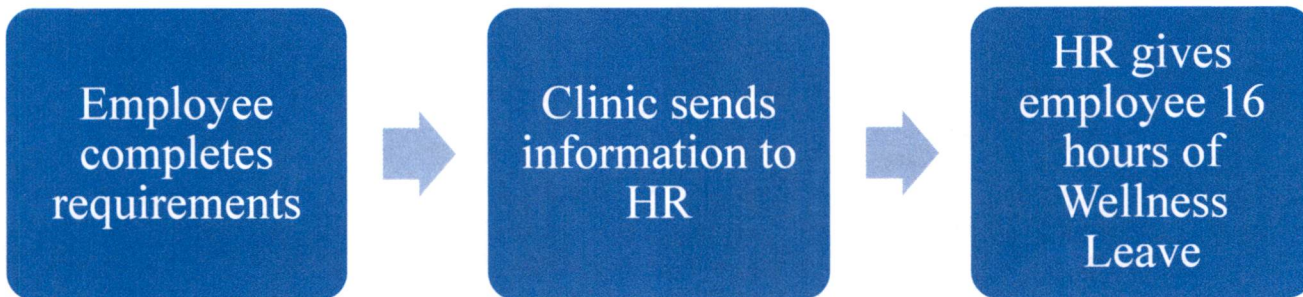
Webb County Wellness Program

	Mandatory Requirements:
	Proof of an annual blood work panel completed through the Webb County Employee Clinic or your Primary Care Physician.
	Annual physical for the employee through Primary Care Physician or Webb County Employee Clinic.
	Blood pressure check 4 times, each two weeks apart at one of Webb County's Health Station Kiosks

	Choose Four:
	Provide proof of a Primary Care Physician.
	Provide proof of a dentist.
	Proof of a diet plan (through a dietician, Weight Watchers, Hello Fresh, etc.).
	Provide proof of a Covid-19 vaccine (all four injections).
	Provide proof of a Shingles vaccine.
	Provide proof of a Flu vaccine.
	Provide proof of a gym membership.
	Complete an Eye Exam with your optometrist.
	Provide proof of a Tetanus vaccine.
	Provide proof of a meeting with a dietician.
	Complete a mammogram or PAP smear.
	Complete an annual dental cleaning with your dentist.
	Complete an Endoscopy or Colonoscopy.
	Complete a Prostate Specific Antigen Test (PSA).

	Incentive:
	16 hours of Wellness Leave to be used within the Fiscal Year.

Process:



- Wellness Leave- Earned by the employee after completing the list of Wellness Program requirements (page 3). Entails sixteen hours of wellness leave to be used within the fiscal year.
- Employees can begin to fulfill Wellness Program requirements at the beginning of the fiscal year, October 1st, and have until the deadline of July 31st to complete all necessary tasks and earn sixteen hours of Wellness Leave.

Budget:

- Interactive Health Stations:
 - Track blood pressure, heart rate, weight, body mass index glucose, and meter downloads. The Wellness Program would initially require two Health Stations.
 - Employees would each have a personal login to the machine, in order to track their personal health.
 - Texas Medical Screening offers Health Stations at \$214 per month per station, plus a data package at \$50 per month; roughly \$478/month for 2 stations and \$5,736 per year.
- Additional Employee:
 - Recommended in order to maintain health stations and keep track of wellness program information

Wellness Survey:

Do you know about Webb County's free employee clinic?

- Yes
- No

Have you checked your blood pressure in the last month?

- Yes
- No

Do you have blood work done annually?

- Yes
- No

Have you gotten a vaccine this year?

- Yes
- No

Would you be willing to participate in physical trainings (yoga, Zumba, meditation)?

- Yes
- No

Have you visited the dentist in the past year?

- Yes
- No

Would you be willing to participate in educational health trainings on topics like nutrition and mental health?

- Yes
- No

Have you had a Pap smear in the past year?

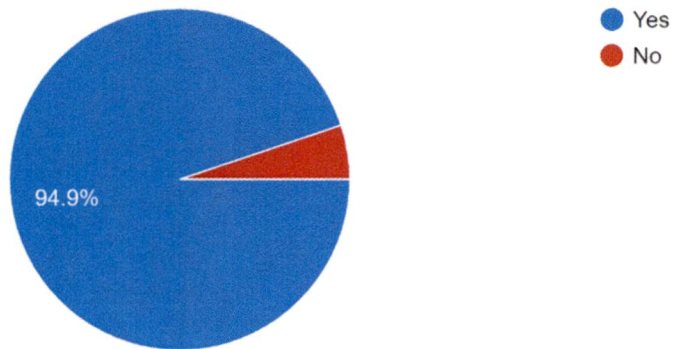
- Yes
- No

Wellness Survey Results:

156 Responses from 07/12/23 – 07/19/2023

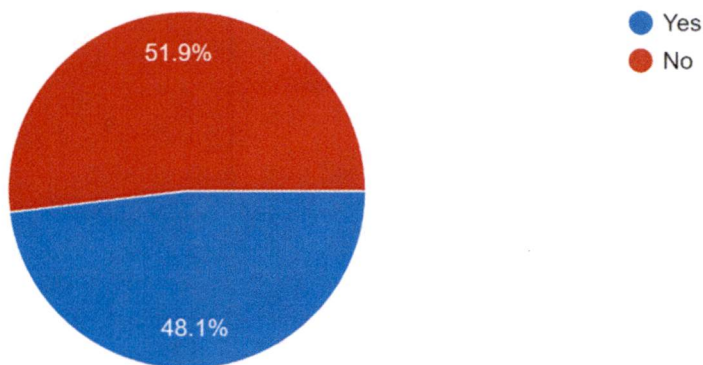
Do you know about Webb County's free employee clinic?

156 responses



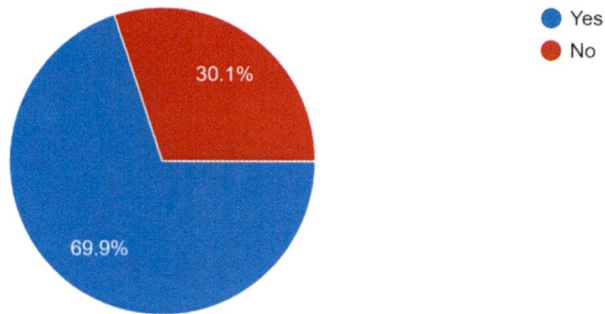
Have you checked your blood pressure in the last month?

156 responses



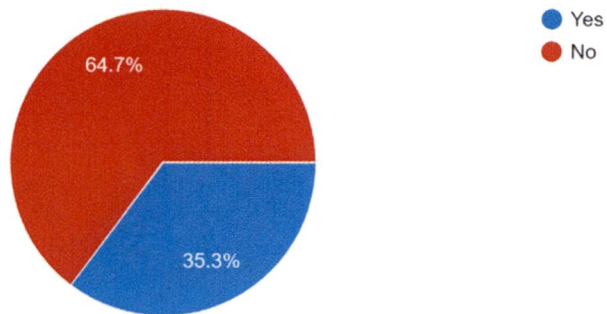
Do you have blood work done annually?

156 responses



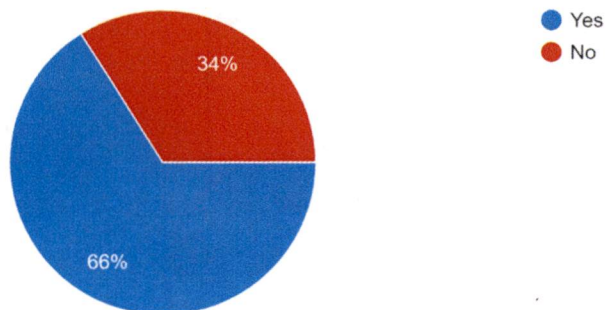
Have you gotten a vaccine this year?

156 responses



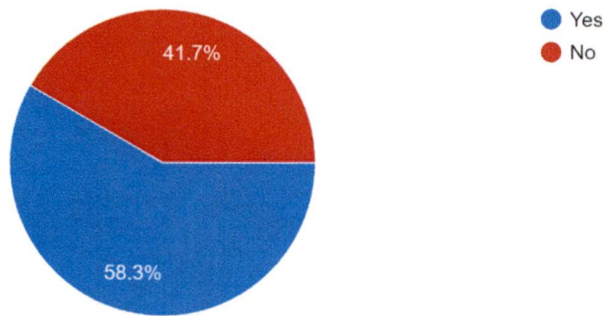
Would you be willing to participate in physical trainings (yoga, Zumba, meditation) ?

156 responses



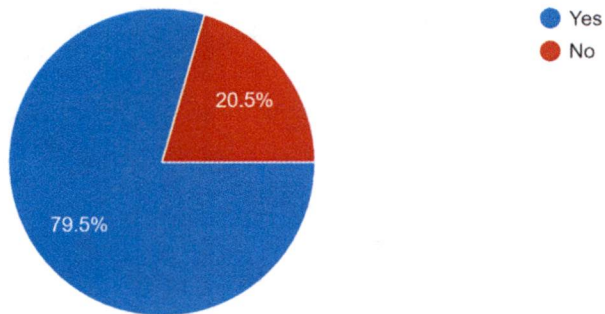
Have you visited a dentist in the past year?

156 responses



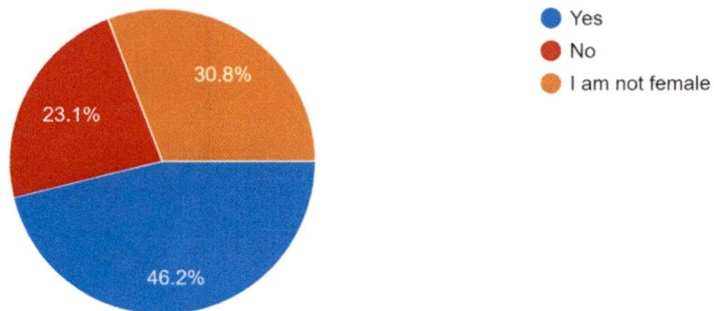
Would you be willing to participate in educational health trainings on topics like nutrition and mental health?

156 responses



Have you had a mammogram or a PAP smear in the past year?

156 responses



Wellness Program Benefits:

- Insurance cost reduction because employees go to the Webb County clinic instead of an out of network clinic.
- Employees are healthier because they are taking more preventative measures.
- Employees spend less on their health; no copays, less doctors' visits.
- Higher volume of patients visiting the Webb County clinic.
- Possible life saving results.