

Workforce Health Engagement Proposal



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WORKFORCE HEALTH ENGAGEMENT PLAN

Kaiser Permanente is proud to partner with **City of Stonecrest**. We are dedicated to strengthening our collaboration through workforce health programs. This engagement plan will go over resources, opportunities and motivational tools to support a healthier workforce.



**KAISER
PERMANENTE**

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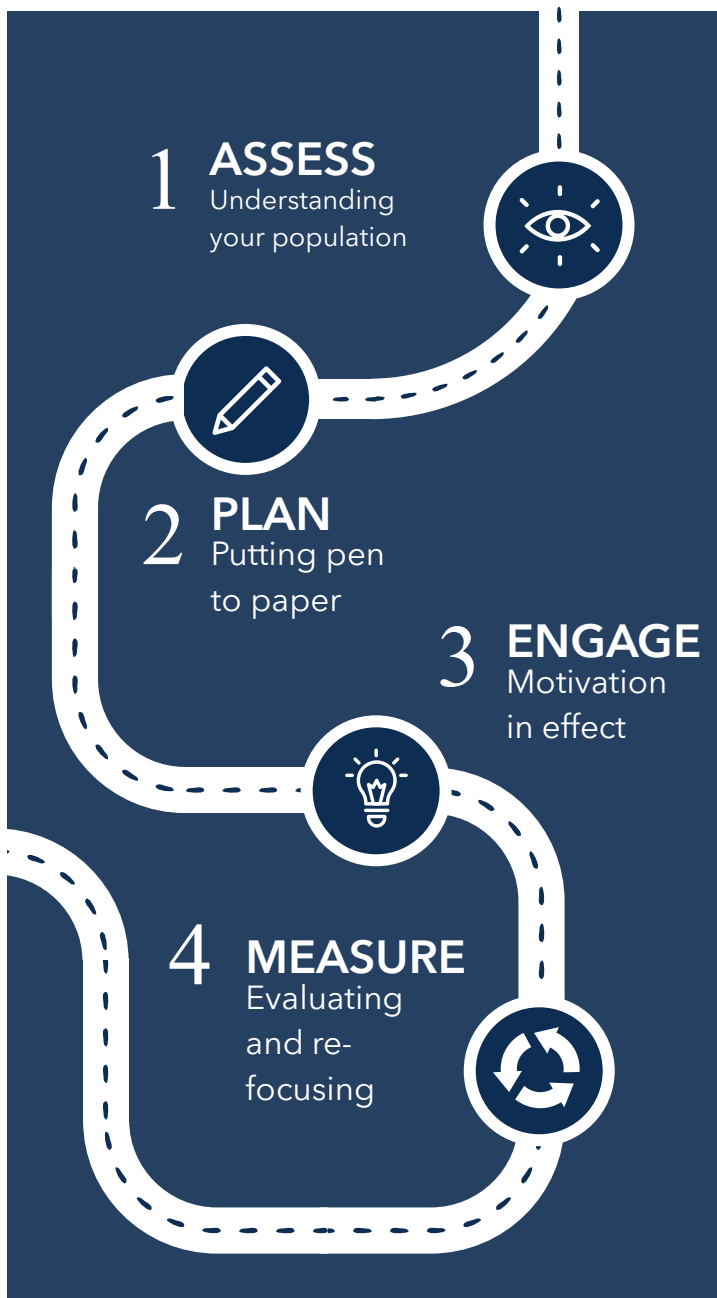
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PLAN SUPPORT

From health care to self-care, Kaiser Permanente is committed to providing groups with tools, benefits, and resources to help make well-being a priority..



WORKFORCE HEALTH ENGAGEMENT ROADMAP



Clear Purpose: Helping Groups Thrive

Good nutrition, physical activity, and social and emotional well-being enrich employee's readiness for increased innovation & creativity.

Integrating a workplace wellness program may provide benefits for your company and its employees, such as increased productivity, lower stress and a healthier work-life balance. It's also a low-cost option to support employees and office staff in their pursuit of a healthier lifestyle, which shows how much you value them.

Everyone Benefits From Well-being

Employee Well-Being is integral to the overall health of the workplace.

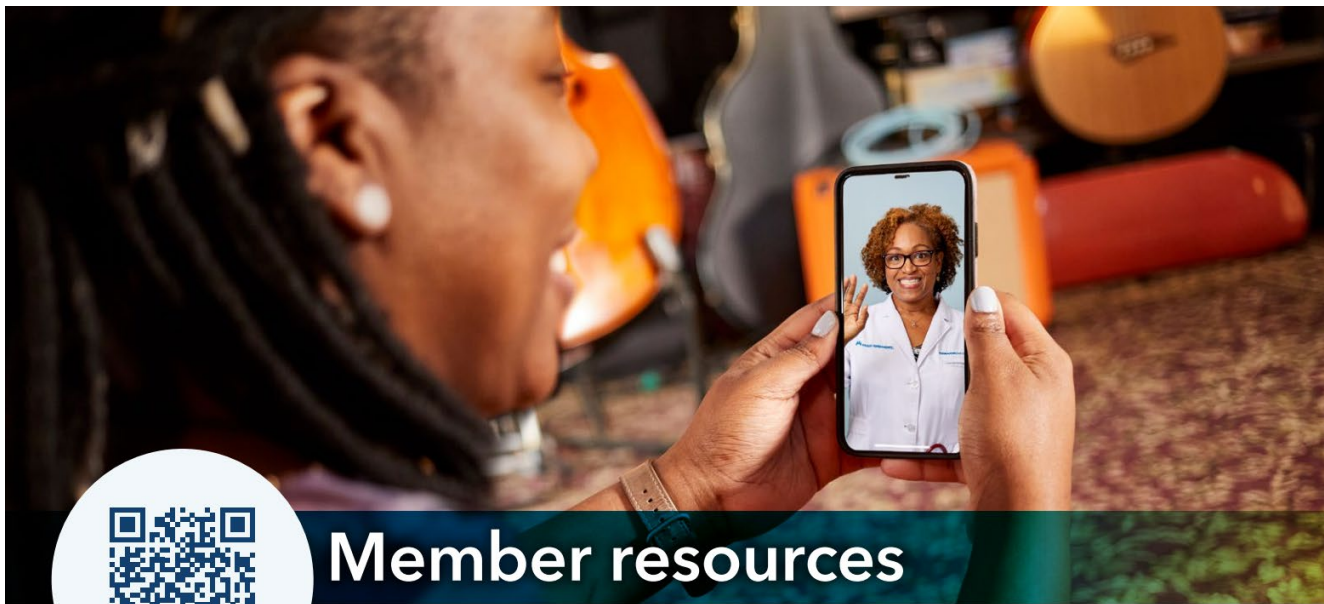
Benefits for the Staff

- Higher job satisfaction
- Increased sense of belonging
- Lower stress levels

PROPOSED PLAN

2025	
Assessment & Business Performance	Feedback from employee interest surveys
Communications	Newsletters; communications to encourage health plan engagement and learn about all the resources available as part of benefit plan.
Wellness Coaching	Promote wellness lifestyle and chronic condition coaching, a resource available to all KP members.
Self-Care Apps	Promote Mental Health & Emotional Wellbeing Self-Care Apps: Calm & Headspace Care available to all KP members.
Well-being Incentive Program	Members earn a reward for completing healthy activities: Biometric Screenings & Total Health Assessment.
Know Your Numbers	Onsite Screenings leveraging our Mobile Health Vehicle
Health Education	Health Education recordings, topics that gear toward the health of the population
Challenge	Online wellbeing challenge to promote physical activities, healthy behaviors and emotional wellbeing.
Physical Activity	Cover participation for Kaiser Permanente Run, Walk, Roll

*As part of our commitment to support your workforce health strategy, Kaiser Permanente will **invest \$15,000** to be used on preapproved Workforce Health sponsored activities within this proposal.*



Member resources

Scan to learn more or visit georgia.kp.org/resources



Member resources, for all that is you

At Kaiser Permanente, we know total health and wellness go beyond the doctor's office. That's why we're here to help you find the high-quality care and resources you need.



Wellness Classes and Coaching



Total Health Assessment



Community Resources



Care Options



Mental Health Resources



Chronic Conditions Management



KP Mobile App



Membership Discounts

Scan to learn more or visit georgia.kp.org/resources



Have questions? Call **Member Services**
Monday through Friday, 7 a.m. to 7 p.m. ET
(closed holidays)

404-261-2590 • 1-888-865-5813 (TTY 711)

Kaiser Permanente Mobile Health Vehicle



All the bells and whistles!

- Two exam rooms
- Privacy to speak with a Kaiser Permanente care team member
- Advanced rapid screening technology
- ADA-compliant wheelchair lift/access

Services for the long haul.

- Biometric screenings (blood pressure, glucose/A1C, height/weight, body mass index (BMI), cholesterol, tobacco, and exercise status)
- Health coaching
- Referrals to free health education programs (group classes, wellness coaching by phone and online lifestyle programs)
- Referrals to non-health resources
- Scheduling for preventive care and cancer screenings **
- Vaccinations and more!

**Some services are for Kaiser Permanente members only.

EMPLOYEES CAN EARN A REWARD FOR COMPLETING HEALTHY ACTIVITIES



A way to reward employees for being current on Biometric Screening & Total Health Assessment.

Online Challenges



Worldwide Wellness gives participants the sense of going somewhere — not just virtually, but in their overall health and well-being. It's an ideal way to experience progress toward personal goals and work on travel priorities.

This flexible challenge (30+ well-being behaviors to choose from) with a global travel theme offers participants and wellness managers these program benefits:



2025 KP Corporate Run, Walk, Roll



KAISER PERMANENTE. CORPORATE

RUN · WALK · ROLL



WHAT IS THE RUN, WALK & ROLL?

This 5K isn't just any other race - it's an opportunity to foster teamwork, have fun and showcase your company's commitment to community engagement.

WHO CAN PARTICIPATE?

Open to Teams or Individuals who run, walk or roll!
We offer three divisions, so there is something for everyone!
Push-rim, standard wheel chairs and assisted chairs welcome.
Please visit the website for more details of each division.

WHEN & WHERE?

September 25 | 7:00PM
513 Hank Aaron Drive SW, Atlanta, GA

kprunwalkroll.com

SAMPLE REPORTING

We can work together to grow and develop your culture of health in the workplace. Below is an overview of a strategy with a suggested option to get started this year.

Partnership in Health Snapshot*

PIH Snapshot	Q4 2021	Q4 2023	Industry
Adult Weight - overweight	86.9%	87.2%	72.6%
Smoking	1%	2%	5%
Prevention Index Male	76%	80%	69%
Prevention Index Female	76%	82%	77%
Kp.org Utilization	100%	100%	90%

We would like to partner with you to build awareness and participation in preventive care to reduce the incidence and impact of chronic conditions. If awarded, we recommend developing a marketing campaign to drive KP members into care to encourage healthcare engagement.

Once a member engages with the Kaiser Permanente system, care gap analysis and management will take place. Our goal is to help each member be the best patient possible. Due to the nature of our integrated system, built-in engagement triggers are activated at every point of care to ensure the best outcome for every patient.

**Population Health Insights reports contingent upon # of enrolled members.*

Health Engagement	Q4 2021	Q4 2023	Industry
Getting Connected	86.9%	87.2%	72.6%
Knowing Your Numbers	37.8%	50.0%	33.6%
Staying Up to Date	38.8%	38.7%	35.5%
Seeking Care	15.3%	12.9%	11.6%
Improving Health	6.5%	7.9%	5.9%