

# Alliance Alert

The Public Employee Benefits Alliance (PEBA) was created by a group of Texas Government leaders working together for over a year to develop strategies to manage the rising costs of healthcare benefits. PEBA was established in January 2006 and was created pursuant to Chapter 791 of the Texas government Code, the Purchasing Program Chapter 271 of the Texas Local government Code and all other applicable provisions of Texas Law. PEBA membership is open to all Texas local governments who pay an annual membership fee and execute a PEBA Participating Interlocal Agreement. However, local governments who are members of one of the political subdivision Pool will obtain automatic annual PEBA membership through the participating Pool. An additional per proposal fee will be established for proposal participation for all non-Pool members.

PEBA's mission is to support the individual members by providing: negotiation services to manage the spiraling cost of healthcare and related benefits, working together through the alliance procurement model to purchase healthcare and related benefits a competitive price, and provide contractual negotiations which will include vendor service accountability requirements. In order to accomplish this mission, PEBA makes a commitment to negotiate on behalf of the membership affordable, high-quality healthcare and related benefits and services.

**The Public Employee Benefits Alliance (PEBA) Board met on June 5, 2007 to review the responses received for the Wellness proposal.** The Board made the decision to execute a PEBA Alliance agreement with Circle Wellness for the Wellness Proposal effective 10/01/07. The Circle Wellness Alliance agreement will be available to all active PEBA member groups who are current with their annual membership and proposal fees or are members of one of the Pools.

Below is an overview of the plan designs and pricing PEBA is offering through our Alliance with Circle Wellness. **If you are interested in accessing this contract or want to obtain more details on this opportunity, contact PEBA at (512) 719-6768.**

Circle Wellness (Circle Health Partners, Inc.) was identified as the best partner for the PEBA membership due to their flexibility with wellness benefit option, costs, and willingness to interface the wellness information with the employer's claims administrators and/or disease management partners.

<b>BENEFIT OPTIONS:</b>	
<b>Health Risk Appraisal</b>	Stand Alone Health Risk Appraisal Questionnaire: Paper + 12 mo. basic Web portal <b>\$20.00 PEPY</b>
	Individual reports provided to participants in either online or paper copies
	Electronic Handheld PDA (goes with stand-alone health screening) +12 mo. basic Web portal <b>\$10.00 PPPY</b>
	Individual reports provided to participants in both online and paper copies
	Stand Alone Health Risk Appraisal Questionnaire with basic web portal (Online) <b>\$6.00 PEPY</b>
<b>On-site Biometric Screenings 75 Participants or Greater</b>	Option I: Fee: <b>\$145.95 PPPY (Travel costs are included)</b> 1 on-site event per year with high risk coaching program
	FEE INCLUDES: Travel cost, scheduling, promotion set-up and integration strategy. Implementation meeting and access to information biometrics and reporting data via FTP site Month 1 = Pre-Marketing & Promotion of New Program with: <ul style="list-style-type: none"> <li>▪ 4-color brochures, posters, flyers, table tents, e-mail</li> <li>▪ On-line screening &amp; consultation registration</li> <li>▪ Or, telephonic screening and consultation registration</li> </ul>

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	<p>Month 2 = On-site Screenings</p> <ul style="list-style-type: none"> <li>▪ 10-20 Minute Health Screening and HRA with:</li> <li>▪ Health Risk Appraisal (HRA) questionnaire via hand-held Palm Pilot</li> <li>▪ Biometric Screenings:</li> <li>▪ Blood draw screening with 8-12 hour fast:</li> <li>▪ Comprehensive metabolic blood panel</li> <li>▪ 35 tests via venipuncture including lipid cholesterol, blood glucose, thyroid, liver, kidney etc.,</li> <li>▪ Blood pressure, Heart rate, Height, Weight, Body Mass Index (BMI).</li> <li>▪ Participant Results</li> <li>▪ Proactive outbound call for high risk participants within 48 hours.</li> </ul> <p>All Participants</p> <ul style="list-style-type: none"> <li>▪ Paper Copy (Health Power Profile) mailed in 2-3 weeks</li> <li>▪ Internet Copy (personal web-site of participant's profile)</li> </ul> <p>Ongoing Services: High Risk Coaching</p> <ul style="list-style-type: none"> <li>▪ Up to 14 contacts timed throughout program year</li> <li>▪ Initial proactive outbound call (mos. 2)</li> <li>▪ Web/phone consult for high risk participants (mos. 4)</li> <li>▪ 2 telephonic &amp; 2 e-mail sessions (mos. 7, 11)</li> <li>▪ Risk specific postcards (mos. 4, 4, 4, 5, 6, 8, 11,)</li> </ul> <p>Ongoing Services: Year-long Interaction</p> <ul style="list-style-type: none"> <li>▪ Yearlong Health Awareness &amp; Education with:</li> <li>▪ Monthly newsletters mailed to home</li> <li>▪ 4x6 postcards (mos. 4, 4, 4, 5, 6, 8, 11,)</li> <li>▪ General and risk specific cards mailed to home</li> <li>▪ Wellness web site with Healthwise Knowledgebase</li> <li>▪ E-updates (4-6 e-mail reminders)</li> </ul> <p>Service Team:</p> <ul style="list-style-type: none"> <li>▪ Account Management includes: 2 additional account management meetings:</li> </ul>
	<p>Option II:  <b>\$57.75 PEPY</b> (plus travel)</p> <ul style="list-style-type: none"> <li>▪ Venipuncture blood draw (with 35 blood tests plus blood pressure, height, weight &amp; BMI)</li> <li>▪ Designed to identify Heart Disease, Diabetes, Liver Abnormalities, Kidney Disease, Thyroid, Disease, Anemia, Cancer, Nutrition Disorders &amp; Lifestyle Risks</li> </ul>
	<p>Option III  <b>\$43.65 PEPY</b> (plus travel)</p> <ul style="list-style-type: none"> <li>▪ Venipuncture blood draw (lipid cholesterol &amp; glucose)</li> <li>▪ Total, HDL, LDL, Ratio, triglycerides, glucose plus blood pressure, height, weight &amp; BMI</li> </ul>
	<p>Option IV:  <b>\$42.75 PEPY</b> (plus travel)</p> <ul style="list-style-type: none"> <li>▪ Fingertstick blood draw (total plus HDL cholesterol &amp; glucose)</li> <li>▪ Total, HDL, Ratio, glucose plus blood pressure, height, weight &amp; BMI</li> </ul>
<p><b>Web Wellness Portals</b></p>	<p><b>Web Tools 24.05 PEPY (for all family members)</b></p> <ul style="list-style-type: none"> <li>▪ Standard PEBA set-up,</li> <li>▪ Branding and customization of PEBA website</li> <li>▪ Custom content would cost \$150 per hour</li> <li>▪ Individual groups can add Employer logo to PEBA website for \$500 (they will also add in employer contact info and numbers)</li> </ul>

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	<ul style="list-style-type: none"> <li>▪ They will also provide training session of the web tools/administration for DM nurses at no additional cost.</li> <li>▪ Health Risk Appraisal for all family members included</li> <li>▪ Internet education and health centers:</li> <li>▪ Over 330 self-directed E-learning lessons available with personal goal and incentive tracking for employees.</li> <li>▪ Advanced Trackable E-learning Center</li> <li>▪ Self Care and Health Care Safety tools and lesson centers</li> <li>▪ Early Detection and Prevention Update tools and lesson centers</li> <li>▪ Battling Germs tool and lesson centers</li> <li>▪ Prevention Update tool and lesson centers</li> <li>▪ Personal Goal Tracking and Incentive System center</li> </ul>
<p><b>Wellness Benefit Enhancements:</b></p> <p>Travel costs (if applicable) are not included</p>	<ul style="list-style-type: none"> <li>▪ On-Demand blood draw (participant visits local draw facility) <b>\$105.00 PPPY</b></li> <li>▪ 15-20 Minute Consultations/Coaching/Follow Up (on-site or web/telephonic) <b>\$40.00 PPPY</b></li> <li>▪ 4 High Risk Coaching Sessions (2 telephone &amp; 2 e-mail) <b>\$95.00 PPPY</b></li> <li>▪ Flu Shots <b>Pricing Varies</b></li> <li>▪ Mayo Clinic Guide to Self Care book <b>\$15.00 PPPY</b></li> <li>▪ On-site Seminars (various topics) <b>\$500 per seminar</b></li> <li>▪ Fast Food Booklets <b>\$7.50 PPPY</b></li> <li>▪ Smoking Cessation (12 month telephonic program) <b>\$275.00 PPPY</b></li> <li>▪ Stress Management (12 month telephonic program) <b>\$275.00 PPPY</b></li> <li>▪ Weight Management (12 month telephonic program) <b>\$275.00 PPPY</b></li> <li>▪ Smoking, Stress and Weight programs (packaged PEPM price) <b>\$0.75 PEPM</b></li> <li>▪ Prostate Specific Antigen (PSA) blood test <b>\$47.50 PPPY</b></li> <li>▪ Hemoglobin A1c <b>\$45.00 PPPY</b></li> <li>▪ Cardiac CRP <b>\$45.00 PPPY</b></li> <li>▪ Allergy (RAST) <b>\$80.00 PPPY</b></li> <li>▪ H. Pylori (Helicobacter Pylori) <b>\$55.00 PPPY</b></li> <li>▪ Homocysteine <b>\$75.00 PPPY</b></li> <li>▪ Inflammatory Joint Disease Screening <b>\$55.00 PPPY</b></li> <li>▪ Male Hormone (Testosterone) Screen <b>\$55.00 PPPY</b></li> <li>▪ Menopause Screen <b>\$95.00 PPPY</b></li> <li>▪ Vitamin Deficiency Anemia Screen <b>\$45.00 PPPY</b></li> <li>▪ Blood Type <b>\$20.00 PPPY</b></li> <li>▪ Thyroid Screen <b>\$50.00 PPPY</b></li> <li>▪ ColoCARE (colorectal cancer screening kit) <b>\$10.00 PPPY</b></li> <li>▪ Advanced Body Composition Analysis (using FUTREX infrared) <b>\$10.00 PPPY</b></li> <li>▪ Osteoporosis Screenings <b>\$50.00 PPPY</b></li> <li>▪ Hepatitis B Immunity Screening <b>\$45.00 PPPY</b></li> <li>▪ 24 hour nurse line service <b>\$0.50 PEPM</b></li> </ul>
<p><b>Technology Interface</b></p>	<p>Circle Wellness will provide the Employer and/or Disease Management vendor with access to HRA and biometric screening data via an FTP site at no additional charge.</p>
<p><b>Reporting</b></p>	<p>Each employer group will receive an aggregate report. For comprehensive programs we provide a full aggregate report, along with recommendations and consulting commensurate with the findings.</p> <p>For web only clients, the reporting will focus on utilization and recommended improvements to the engagement of members. Web reporting occurs monthly.</p> <p>Printed and/or PDF aggregate group reports for screenings and trainings are delivered 1-2 months after applicable personal reports are mailed or last training program per applicable group.</p>