

Wellness Program

A Strategic Plan for Risk Reduction

September 12, 2008

Goals and Objectives

- Understand national and state health trends
- Review City-specific trends and impact on health costs
- Establish basic information on which strategies will be determined
- Identify preliminary information resources
- Develop a communication plan for all stakeholders
- Determine best structure to support initiatives
- Identify current working groups and relationship to Task Force
- Identify working Task Force Committees
- Develop outcome measurement tools

1. Welcome to the Wellness Summit – Chris Shippey, Assistant City Manager
2. Major Trends Impacting Health Costs – Paul Hackleman/Bill Tugaw, SST Benefits Consulting
 - a. Why are we here?
 - b. What's in it for me?
 - c. Where should we be at the Summit's conclusion?
 - d. Process for implementation
 - e. Goals and objectives
 - f. Health care trends (Beyond our direct control)
 - g. City of San Jose specific trends
 - h. City of San Jose options (What we *can* control)
 - i. Strategic Aims/Goals
 - i. Option 1: High/Prospective Risk Reduction Strategies
 - ii. Option 2: All Risk
 - j. Wellness strategies
 - k. Renewal proposals
 - l. Creating Structures to Support Initiatives
 - i. Process for implementation
 - ii. Developing Working Committee(s)
 - iii. Communication Work Plan
 - iv. Draft Work Plan
 - v. On-Line Resources
 - vi. Website Location – Intranet: <http://www.csj.gov/>
 - m. Next Steps