

# An Opportunity to Achieve Higher Quality Care at Lower Costs What You Need to Know

## The Opportunity

Join a new, innovative public/private employer-based health care collaborative available to employers in our community. This collaborative is a unique opportunity to bring together private and public employers with local health departments and health care experts to work together to create a healthier, more productive workforce and reduce the negative health and financial impacts of chronic illnesses in the workforce.

### The project's goals are two-fold:

- Seek to improve and/or reduce the risk of heart attack and strokes by addressing key chronic conditions, including high blood pressure, high blood cholesterol, obesity, diabetes and smoking within the employee population; and
- Lay the foundation for an ongoing collaborative or coalition in each city that is self-sustaining, providing employers with a one-stop resource and network for businesses to discuss and address health care related concerns.

## What's In It For You, The Employer?

### The opportunity to network with other employers to:

- Assess your current health care spending;
- Find ways to maximize your benefit investment;
- Improve the health and productivity of your workforce; and,
- Access unique programming, hands-on training, valuable resources and toolkits that can stretch your health care dollars while improving employee health outcomes.

## Three Steps to Realize the Benefits of Improved Employee Health

### 1. Commit to participating in the local collaborative as noted by the local collaborative leader, including:

- *Attending regularly scheduled* local collaborative meetings;
- *Establishing a baseline setting of health metrics* and determining targeted employee health outcomes; and
- *Identifying and initiating at least one value-based benefit design change* within your employee health plan that touches those targeted health risk factors.

### 2. Administer tools and submit your worksites' health data to the local collaborative, including:

- The CDC "Evaluating Health Plan Benefits and Services to Promote Cardiovascular Health and Prevent Heart Disease and Stroke," and
- The CDC Heart/Stroke Check: Worksite Assessment Tool for Preventing Heart Disease and Stroke.

### 3. Collect and report to the local collaborative the aggregate, de-identified health metric data on the following risk factors:

- High blood pressure
  - Diabetes
- Obesity/overweight
- High blood cholesterol
  - Tobacco use