

## NASA HEALTH PROMOTION AND WELLNESS (HPW) COMMITTEE

Minutes for: December 11, 2008

Attendance: "X" means present

ARC	<input type="checkbox"/>	HQ	<input type="checkbox"/>	DFRC	<input checked="" type="checkbox"/>
JPL	<input type="checkbox"/>	DYN	<input checked="" type="checkbox"/>	GSFC	<input type="checkbox"/>
JSC	<input checked="" type="checkbox"/>	KSC	<input checked="" type="checkbox"/>	MSFC	<input type="checkbox"/>
GRC	<input checked="" type="checkbox"/>	SSC	<input checked="" type="checkbox"/>	WFF	<input checked="" type="checkbox"/>
LRC	<input checked="" type="checkbox"/>	MAF	<input checked="" type="checkbox"/>	WSTF	<input checked="" type="checkbox"/>

### Welcome

Mae Hafizi

For your convenience, minutes are always color coded. Any thing in red requires your review, attention, and/or feedback.

Today's guest speakers are from the Mayo Clinic Health Solutions:

- Kirstin Wood – Account Manager for the NASA Contract
- Kurt Hobbs – Health Management Strategic Consultant
  - NASA EmbodyHealth Key Metrics
  - NASA Health Assessment Data for 2008
  - Overview of the Report Suite

### HPW Communication-

Mae Hafizi

*HealthierYou* is an annual Agency-directed health promotion and wellness Campaign. The components for the upcoming Campaign are as listed on the ohp website at [www.ohp.nasa.gov/disciplines/hpromo/campaigns/2009/index.html](http://www.ohp.nasa.gov/disciplines/hpromo/campaigns/2009/index.html)

- Totals of the Influenza Vaccination Drive must be forwarded to our office at the completion of the Drive.
- *Mayo Clinic EmbodyHealth*
  - The agency continues to purchase and distribute 2,000 copies of the EmbodyHealth Newsletter on monthly basis.
  - The EmbodyHealth Web portal is accessible 24/7
    - Health Assessment 2008 Closes 12/15/2008
    - Health Assessment 2009 Opens 12/29/2008
      - Work-Limitation Questionnaire (WLO) will be included to assess the impact of mental/physical impairment on productivity
- In 2009, For a *HealthierYou* Quarterly e- Newsletter will focus on healthy aging. The newsletter is always posted on the ohp website and the EmbodyHealth portal.
- *HealthierYou* Calendar- 19,000 copies were printed and distributed through a variety of means such as:
  - Mail room distribution, one or two copies to each CS & Contractor MS
  - High traffic areas: Clinic, Fitness, Credit Union
  - Announcement: Center online Daily News
  - Influenza vaccination, blood drives, Part I Physicals
  - Senior management distributes at Staff Meetings
  - Incentive: Completion of Health Assessment

## Important announcement: Modifications to the May Clinic EmbodyHealth Registration Fields

Mayo Clinic allows for five registration fields for data stratification. Currently, we are using four fields that are titled as such:

- I am
- Center
- NASA Years of Service
- Age

In 2009, we will be adding a new field to collect employer affiliations. This field is titled:

- Employer

In order to create the drop down box we request a list of large contractors and tenant organization at each Center by 12/15/08.

To keep the list manageable Mae Hafizi will work with each Center to reach the desired outcome.

Please inform your employees that returning users will be asked to update their profile the first time they log in.

### Walk to Wellness Campaign

The Campaign ended on November 7, 2008. 151 participants enrolled in the Campaign which resulted in the completion of 77 Health Assessments. Data will be available after 12/15/08. We will be introducing other Mayo Clinic Health Management Solutions programs such as Healthy Weight in 2009.

### NASA EmbodyHealth Progress Update 2008

**Kirstin Wood**  
**Kurt Hobbs**

To review the key metrics and the analysis of the Health Assessment data please refer to the PP presentation on the ohp website. Some important issues were discussed at length such as the importance of frequent and multi-modal communication, engagement of a larger number of contractors, employees' general perception of health while carrying multiple risk factors, and a comparison of the NASA data with the Mayo Clinic Book of Business.

It was highly recommended that the Team review the Benchmarking data by Age Bands.

Any questions regarding the Report Suite should be directed to Mae Hafizi.

Some key aspects of success in promoting the Mayo Clinic EmbodyHealth web portal and its accompanying Health Assessment are:

- One person should assume the leadership role.
- Senior management from NASA and Contractor companies must be directly involved in carrying the message of engagement and participation.
- Additional Center-designated incentives, even small ones, can make a difference in engagement.

### Follow up Questions:

1) Can more than one salary be used for the analysis of the WLO data in order to present the true cost of impairment/PL? The CS pay range is not reflective of the Contractors' pay range and structure.

2) Is there an analogous cost structure for health care expenditure incurred by the individual/employee as there is for the employers? We can use this information in our communications.

3) At JSC, some companies have less than 50 employees but they still require their company's risk profile. The Report Suite will not accommodate these cases. How can this issue be addressed?

### **Future ViTs**

- March 12, 2009 at 11:00 AM EST

Meeting adjourned at 12:02 PM EST.  
Respectfully submitted,

Mae Hafizi  
12/11/2008