



# MINUTES

WEDNESDAY,  
SEPT 09, 2009

8:30 – 10 AM

HAP'S SOUTHFIELD OFFICES  
21700 NORTHWESTERN HWY  
SOUTHFIELD, MICHIGAN

MEETING HOSTED BY	HAP
TYPE OF MEETING	Bi-monthly Coalition Meeting
FACILITATOR	Scott Foster, Wellco
NOTE TAKER	Lia Hosinski, Health and Wellness Coach
TIMEKEEPER	N/A
ATTENDEES	60

## Agenda topics

11 MINUTES **WELCOME & INTRODUCTIONS** SCOTT FOSTER

<b>DISCUSSION</b>	
<p>Scott started the meeting by welcoming everyone on the behalf of the Oakland County Wellness Coalition. This coalition is the network of 28 Chamber of Commerces which is the backbone on how you can apply the networking and skills that you are picking up here. We encourage you to get involve with your local chamber.</p>	
<p>Introductions were made of all attendees of the meeting.</p>	

2 MINUTES **REVIEW OF MINUTES** SCOTT FOSTER

<b>DISCUSSION</b>	
<p><b>REVIEW OF MINUTES</b></p> <p>Scott Foster informed the group that the meeting minutes are now available on-line at the OCWC website. A thank-you was given to Lia Hosinski for recording the meeting minutes.</p> <p>Scott Foster gave a great introduction to our main presenters of Health Alliance Plan (HAP). HAP has been providing wellness for six years and these services are free to their clients. HAP has been in 'wellness' before it was cool. Their focus on prevention and wellness sets them apart from other healthcare companies.</p>	

36 MINUTES **MAIN PRESENTATION** JAMIE SPRIET, VP OF BUSINESS DEVELOPMENT & TERRI KACHADURIAN, DIRECTOR OF WORKSITE HEALTH & WELLNESS HEALTH ALLIANCE PLAN

<b>DISCUSSION</b>	<b>Real Benefits for Real People</b>
<p>First part of presentation was presented by Jamie Spriet. HAP Corporate and Products - and- HAP's Marketplace Differentiation.</p>	
<p>HAP is a wholly owned subsidiary of Henry Ford Health System as a non-profit and Michigan base organization. It's membership is about 500,000 members and approximately 2,000 groups. HAP is NCQA accredited and is recognized in having the best Medicare HMO in Michigan as well as ranking one of the best health plans in the country. Besides being best known for their HMO plans, this company also has all the plans that are recognized in the healthcare industry.</p>	
<p>There are now two new plans that focus on wellness; Health Engagement and Healthy Solutions. Both programs are designed to promote wellness and prevention in a way of addressing every member's needs as a unique individual. The plans offer hands-on events for education and support for a healthy lifestyle.</p>	
<p>HAP differentiates itself from the market with technology innovations, disease &amp; care management, service excellence, and health &amp; wellness programs. The company has been awarded by National Safe Rx for e-prescribing, US News/NCQA for the best health plans in the country, and the Michigan Association of Health Plans for best practices for Health Track &amp; Weight Watchers. HAP has several awards for disease management and was the recipient of J. D. Power &amp; Associates Award for two consecutive years.</p>	
<p>Second part of presentation was presented by Terry Kachadurian. Health and Wellness Tools for Employers and Employee/members.</p>	
<p>HAP works directly with employer groups to bring free or low-cost, state-of-the-art worksite wellness programs. A few of these programs include:</p> <ul style="list-style-type: none"> <li>• Health screening - blood pressure, body fat/BMI, cholesterol, glucose, vision and HgA1C</li> <li>• Wellness workshops - a subject expert comes to the worksite and conducts a workshop. Most popular classes are in healthy eating, physical activity, and stress management.</li> </ul>	

<ul style="list-style-type: none"> <li>• Comprehensive programs - 'behavioral oriented' programs; Weight Wise at Work, Walk for Better Health, Blood Pressure Management, The Wisdom of Women's Health, and Tune up for Life (men's health).</li> <li>• On-line wellness programs- personalized interactive health programs</li> </ul> <p>HAP also offers health fair support in providing educational materials and displays, cooking/fitness demonstrations, chair massage, and "Ask a Nurse", "Ask a Dietitian".</p>
<p>HAP employee members have access to many programs:</p> <ul style="list-style-type: none"> <li>• iStrive - an online health assessment and wellness program</li> <li>• Weight Watchers® - a weight loss program</li> <li>• Smoking Cessation - a six month individualized quit smoking program</li> <li>• Wise Woman - a magazine focusing on health and wellness, weight wise sessions and support, condition-specific and special educational programs</li> <li>• Primetime Living - focusing on seniors with "Ask the Expert", Primetime Living magazine, and Weight Wise.</li> </ul>
<p>For more information on HAP for your company, please contact Jamie Spriet or Terri Kachadurian.</p>

10 MINUTES **FEATURED MEMBER PROFILE** Mary Jo Lefevre,  
AGIS

<b>DISCUSSION</b>
<p>Founded in 1978, AGIS is a full-service independent benefits agency located in downtown Birmingham. The company does things a bit different in terms of integrated enrollment and eligibility and Cobra administration. And as health and wellness is a deep passion of Mary Jo's, she tries to deliver it to her clients. Based on today's environment, topics with clients are emphasized in the area of employee stress, disease management and exercise programs. A lot of programs focus on physical components, but it must not be forgotten that the emotional wellness side will have an impact on company's cost. These emotional behaviors include depression, anxiety, stress, substance misuse and relationship difficulties. In addition, AGIS is focusing on designing their programs around the fifty-five percent of the population that typically doesn't care about health and wellness. The question is, "How do you engage this group of people?"</p> <p>Mary Jo believes in going back to basics; know your consumer. Health assessments and lifestyle surveys help to identify what is going on with a company's employees. Know what the individual employee's stressors are. To engage and motivate people within a company - the more complete the data is, the more effective programs will be. The best type of programs would be "hands on". And lastly, keep a scorecard in measuring the results and finding what works.</p> <p>For more information on AGIS, please contact Mary Jo Lefevre.</p>

9 MINUTES **UPDATES** SCOTT FOSTER

<b>DISCUSSION</b>	<p>The following items were touched on by leader members to the attendees of the meeting in bringing everyone to current status.</p> <ul style="list-style-type: none"> <li>• <b>Strategic Action Planning – Fred Zimmer, Leadership Forward Group, LLC:</b> This committee has met last month with the Executive committee in presenting the 2-year Strategic Action Plan which is to start January, 2010. The OCWC has been growing and evolving, so the initiative is to move up to a whole new level of functioning. Key strategies and objectives have been identified and so now the Executive committee is looking at who will be championing these objectives. There will be another meeting with the Executive committee in finalizing the Strategic Action Plan and then it will be presented at the next OCWC meeting in November.</li> <li>• <b>Communication and engagement – Mitsy Morris, Wellness Development at Sirona Advisors:</b> In developing OCWC as a non-profit organization, we are in the process of defining the type of membership (501c3 or 501c6..). As the process continues, updates will be given at future meetings. <ul style="list-style-type: none"> <li>-Mitsy has been forwarding HAP's 'Tip of the Week' to the OCWC 'LinkedIn' group. We can look forward in receiving the 'Tip of the Week' every Monday.</li> <li>- The OCWC now has a banner to display at events. There are also business cards to direct people to the website: <a href="http://www.OaklandCountyWellness.com">www.OaklandCountyWellness.com</a>.</li> <li>-A reminder to those who have not "LinkedIn" to go to <a href="http://www.linkedin.com">www.linkedin.com</a> and join the OCWC group.</li> <li>-A thank you to Margo, Michigan Institute of NeuroDynamics for sponsoring the raffle. The items pertained to helping with stress reduction.</li> <li>-A thank you to Seco Tools for sponsoring breakfast</li> <li>-If anyone is interested in being a meeting greeter for our meetings, please contact Mitsy.</li> </ul> </li> <li>• <b>2009 Brooksie Way, Planning Committee Liaison, Laurie Gustafson, National Kidney Foundation:</b> A recent meeting indicated that registration is up in comparison to last year's 1st Brooksie Way. Great news! For anyone who wishes to participate at the Health Expo (in conjunction with the Brooksie Way Marathon) as a vendor may do so by contacting Dawn Smith or Pam Tremble. The Health Expo is Oct 2nd &amp; 3rd and it is where and when registered participants are picking up their packets for the marathon on Oct 4th. As a vendor or sponsor you are also recognize on the Brooksie Way website. There is also still time to put together a corporate team for the half marathon. More information and sign-up is available on the website: <a href="http://www.thebrooksieway.com">www.thebrooksieway.com</a>.</li> </ul>
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12 MINUTES **RESOURCES AND INFORMATION SHARING** SCOTT FOSTER

DISCUSSION	
<ul style="list-style-type: none"><li>• Raffle – Donated by Michigan Institute of NeuroDynamics. -A course in Stress Reduction for Healthcare Professionals -A CD in Stress Reduction -A CD in Stress Reduction</li><li>• Raffle - Donated by HAP -Cookbook -Copper Thermos -Cookbook</li></ul>	
<ul style="list-style-type: none"><li>• Scott Foster invited attendees to submit their upcoming events to be posted on the OCWC website.</li></ul>	
<ul style="list-style-type: none"><li>• Attendees provided information to upcoming events from their organization or their interest.</li></ul>	
<ul style="list-style-type: none"><li>• Bring a first timer to the next OCWC meeting and earn an extra raffle ticket.</li></ul>	










CONCLUSIONS	
<ul style="list-style-type: none"><li>• Next OCWC meeting will be Wednesday, November 11, 2009. Location at the National City Center, 755 W. Big Beaver. Troy 48084 - Classroom 1 is on the 2nd floor of the annex on the south side of the building (behind the tower). Agenda available on the OCWC website at <a href="http://www.oaklandcountywellness.com">www.oaklandcountywellness.com</a> .</li></ul>	