



Ohio BWC Workplace Wellness Program Grant Requirements

StayFit Plan™ Wellness Resources	OBWC Wellness Grant Criteria	StayFit Plan™ Program (Criteria Met)
Health Risk Assessment	<p>This data is REQUIRED of the HRA</p> <ul style="list-style-type: none"> • Percentage of participating employees that have a specific number of health risk factors • Percentage of participating employees engaged physical activity. • Percentage of smokers among participating employees • Percentage of participating employees with sound nutritional habits. • Percentage of participating employees who can be categorized into stress levels 	<p>The StayFit Plan HRA is a confidential, easy-to-read questionnaire designed to assess an individual's health status. Answers to health and lifestyle questions are analyzed and compiled into an Individual Wellness Report which scores and ranks the individual's current good habits as well as their health risks. (Includes all required elements of OBWC HRA criteria)The individual report suggests preventive procedures and lifestyle changes to improve the individual's score and reduce their risk. An employer aggregate summary report provides population health risk overview and targets the top health risk indicators.</p>
Biometric Screening	<ul style="list-style-type: none"> • Body mass index (BMI) • Blood pressure • Blood glucose • Total cholesterol • LDL cholesterol • HDL cholesterol • Triglycerides 	<p>Off-site screening locations (Take Care Clinics and Kroger Little Clinics) Access to licensed health professionals. BMI, BP, Full Lipid Panel, Glucose. 15min counseling session with NP or PA and immediate participant results.</p>
Secure Online Website w/Health Resources and Programs and Health Index Calculator™	<p>Programs designed to address those health-risk factors.</p>	<p>The StayFit Plan secure online portal offers a health and wellness platform where individuals can access a variety of health tools and programs aimed at maintain or improving their personal health. Programs include but are not limited to physical activity, nutrition, weight management, tobacco cessation and financial wellness.</p>
Physician Telephonic Consults	<p>Programs designed to address those health-risk factors.</p>	<p>Access to licensed health professionals 24/7/365. The program focuses on reducing absenteeism and improving productivity.</p>



Health Discount Membership	Programs designed to address those health-risk factors.	The StayFit Plan health discount membership program offers individual's access to health discounts on a variety of health programs such as pharmacy discounts, dental, hearing aids, diabetic supplies and more.
Account Management Services	Personnel with strong business backgrounds and analytical skills	The StayFit Plan offers clients an account manager to support the client wellness operating plan. The account manager will also assist the client with meeting the OBWC reporting guidelines and annual case study submission for maintaining the three year workplace wellness grant.
Aggregate Data and Reporting	Personnel with strong business backgrounds and analytical skills	The StayFit Plan provides robust program reporting on an individual and aggregate level. In addition the account manager uses this data to provide an annual wellness consultation to support wellness program interventions and programming.

Ohio BWC Workplace Wellness Program Vendor Selection Guidelines

OBWC Vendor Selection Guidelines	StayFit Plan™
Experience in developing wellness programs for companies in your industry	Yes
Secured data systems	Yes
Online portal and other means of collecting protected health data and providing guidance	Yes
HRA and biometric analysis software	Yes
Knowledge of legal and regulatory compliance	Yes
Access to licensed health professionals, health coaches and counselors	Yes
Personnel with strong business backgrounds and analytical skills	Yes
References	Yes, available upon request



OBWC Workplace Wellness Program Grant Participation Requirements

Participation requirements

Once approved for a grant, employers **must contract with a third-party wellness program vendor**. (OBWC will not consider existing contracts.) Employers must share aggregated data related to your employees' health-risk factors and costs with OBWC, and demonstrate proper use of grant awards and effective implementation of your wellness program. OBWC will subsequently use the data to determine the effectiveness of the wellness program on workers' compensation claims frequency, claims costs and the timeliness of post-injury return to work.

The employer also agrees to allow OBWC to inspect original program records of wellness program participants upon demand and on-site in the event that questions arise regarding participation. Employers agree to provide OBWC access to information to help OBWC measure the effectiveness of the wellness program. Employers will allow OBWC to use grant program results in the following ways, but not limited to, literature, data, videos, specifications and/or photos for the purposes of illustrating, educating, and training employers and employees.

OBWC Workplace Wellness Program Grant Fund Details

Participating employers may receive \$300 per participating employee over a four-year period, up to a maximum amount of \$15,000 per policy. OBWC defines participating employee as someone **who completes an HRA and biometric screening in the first three months of the first year and each of the subsequent years of the grant program**. In addition, employees **must participate in at least one activity** to improve or maintain their health in each program year. We divide the \$300 over the four years per employee as follows.

Year 1	Year 2	Year 3	Year 4	Total
\$100	\$75	\$75	\$50	\$300 per employee



StayFit Plan Workplace Wellness Program Costs

StayFit Plan™ Wellness Resources	StayFit Plan™ Program Cost*
Health Risk Assessment	<p style="text-align: center;">Call or e-mail for a quote stayfitinfo@simplicityhealthplans.com</p>
Biometric Screening	
Secure Online Website w/Health Resources and Programs and Health Index Calculator™	
Physician Telephonic Consults	
Health Discount Membership	
Account Management Services	Value-add
Communication Toolkit	Value-add
Aggregate Data and Reporting	Value-add

*Welcome Kit: One time set up fee and fulfillment charge of \$6.45/kit applies.