



Health Screening

Executive Summary Report for:

City of Venice

Presented by: Joan Alewine RN

Dates: August 20, 2014 - August 21, 2014

Florida Blue is a trade name of Blue Cross and Blue Shield of Florida, Inc.,
an Independent Licensee of the Blue Cross and Blue Shield Association.

The information obtained from the Personal Health Assessment (PHA) is stored securely in alignment with industry standards and compliant with applicable regulations. Florida Blue uses the data in a large database for aggregate reporting back to your organization. This allows you to address overall employee health by offering specific interventions. Assessment and screening information may also be used to offer voluntary programs that may fit the health needs of participants, and they may be contacted about these programs.

Florida Blue provides screenings and Personal Health Assessments to employer groups as a value-added service. The total value of these services provided to your organization is approximately \$70 per participant, or \$11,690.

City of Venice Executive Summary

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SUMMARY

PARTICIPATION

	<u>2014</u>	<u>2013</u>
Eligible Screening Population	253	253
PHA Participation	167	146
Biometric Screening Participation	167	147
PHA Participation vs. Eligible	66%	58%
Florida Blue Member PHA Participants*	151	139
Members vs. PHA Participation	90%	95%

CRITICAL VALUES

	<u>2014</u>	<u>2013</u>
Number of Critical Values	3	2
Blood Pressure	3	1
Blood Glucose	0	1
Both	0	0
Critical Values vs. Attendance	1.8%	1.4%
Florida Blue Statewide Average	2.7%	2.7%
Non-member Critical Values	0	0
Accepted Follow-up (Members Only)	0	1
Member Follow-up Outcomes	0	1
Enrolled in Next Steps	0	1
Did not enroll in Next Steps	0	0
Did not respond to contact	0	0

TOP RISK AREAS

The top four at-risk areas for your organization are as follows. Percentages are based on the number of people who ranked "borderline" or "high risk" in each area.

Risk Area	Percentage	Number	Responses
Diabetes	83%	139	167
BMI	72%	120	167
Blood Pressure	71%	119	167
Nutrition	70%	116	166

* The number of Florida Blue member participants is determined by the number of people providing contract IDs that match the member listing on file. The denominator for each measure in this report varies based on the number of participants that complete the questions (subject to age and gender, where appropriate). The numerator for each measure shows the number of participants in each measurement category, based on their results. Values shown may not equal 100% due to rounding.

2014 OVERVIEW

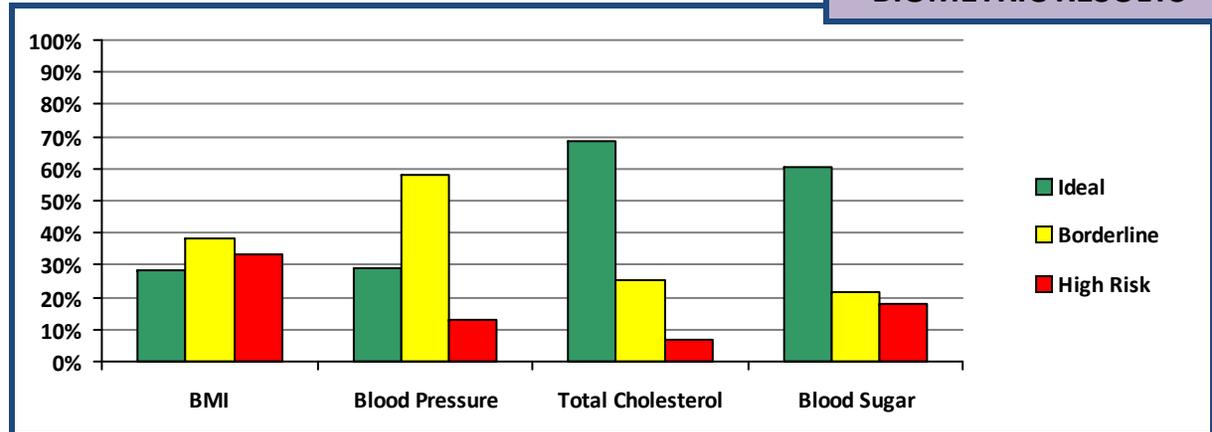
WELLNESS SCORE

Overall wellness score for participants in City of Venice's Health Screening:

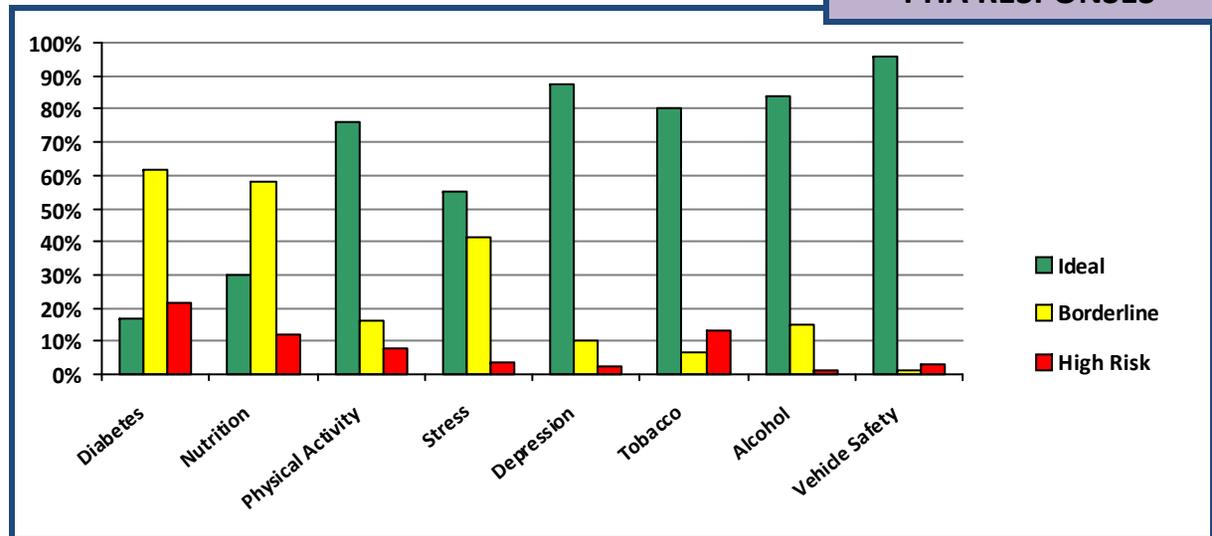
74

A score below 80 indicates an elevated likelihood that individuals will develop certain medical conditions.

BIOMETRIC RESULTS



PHA RESPONSES



The denominator for each measure in this report varies based on the number of participants that complete the questions (subject to age and gender, where appropriate). The numerator for each measure shows the number of participants in each measurement category, based on their results. Values shown may not equal 100% due to rounding.

DEMOGRAPHICS

AGE		
18 - 29	6%	(10)
30 - 39	15%	(25)
40 - 49	21%	(35)
50 - 59	32%	(54)
60 or over	26%	(43)

ETHNICITY		
African American	2%	(3)
American Indian/Alaska Native	0%	(0)
Asian or Pacific Islander	0%	(0)
Caribbean Islander	0%	(0)
Hispanic	2%	(3)
White	96%	(160)
Other	1%	(1)

What are these numbers based on?

The aggregate demographic data above comes from respondents' self-reported answers to questions on the Personal Health Assessment (PHA) regarding age and ethnicity.

Why is it important to consider demographics?

Knowing your organization's age and ethnic backgrounds can help you better understand risk stratification and make informed decisions about worksite wellness programming that may be most relevant to your population.

RISK PROFILE

Research indicates that individuals with multiple health risks incur higher costs than those with fewer health risks. Over time, a results-oriented worksite wellness program can help individuals decrease the number of health risks they have or prevent migration into higher risk categories. It is recommended that organizations aim for a low risk population of 70% - 85% to be successful over the long term.*

What are these numbers based on?

Health screening participants are categorized into one of three risk classifications based on their biometric results and responses to the Personal Health Assessment. The eight factors included in the risk profile are: BMI, Blood Pressure, Cholesterol, Diabetes, Physical Activity, Stress, Tobacco, and Depression.

Low Risk (0 to 2 risk factors)

- Individuals who are well-suited for health promotion and education programs to delay or prevent migration to the higher risk categories
- 62% of your organization's screening participants are in the low risk category as compared to 55% last year

Medium Risk (3 or 4 risk factors)

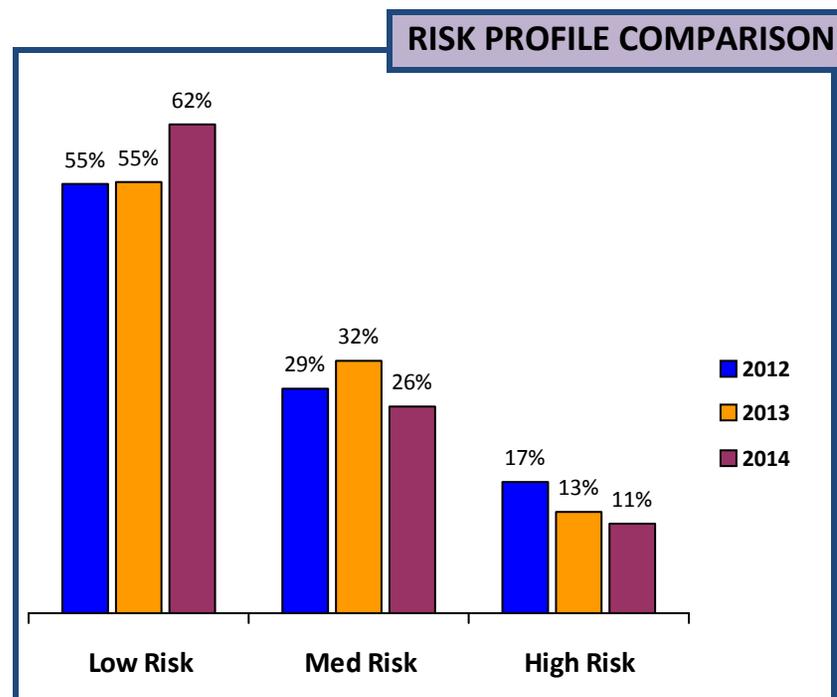
- Individuals who are likely to escalate into disease conditions and may be suited for behavior modification programs
- 26% of your organization's screening participants are in the medium risk category as compared to 32% last year

High Risk (5 or more risk factors)

- Individuals who are likely to have associated diseases amenable for disease management programs
- 11% of your organization's screening participants are in the high risk category as compared to 13% last year

How does City of Venice compare?

The statewide averages for risk categories among employer groups in the BYFB program are: 44% low risk, 40% medium risk, and 16% high risk



*Hunnicut, D. (2009). WELCOA Expert Interview: Dee Edington, PhD. WELCOA Expert Interview.

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BODY MASS INDEX (BMI)

OVERVIEW

BMI SCORE

64

Ideal	28%	(47)
Borderline	38%	(64)
High Risk	34%	(56)

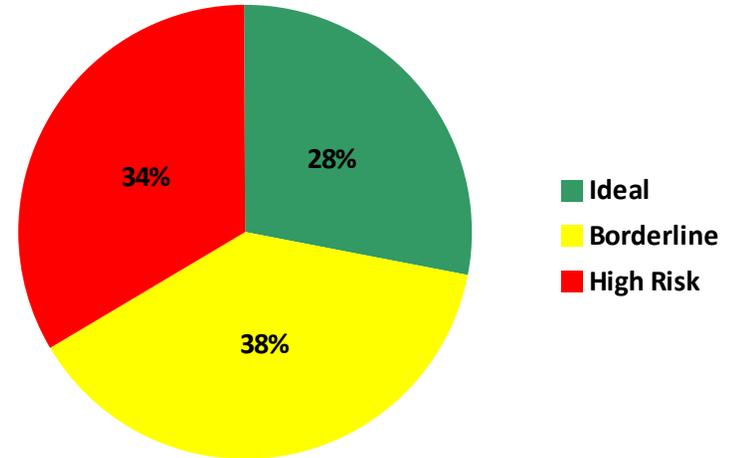
Total At-Risk for BMI

72%

The prevalence of BMI risk is 720 per 1,000.

Change in At-Risk for BMI Compared to Last Year

 **4%**



What are these numbers based on?

Body Mass Index is calculated using the participants' height and weight, as reported on the Personal Health Assessment (PHA). Risk classification is determined in accordance with national guidelines as follows:

Ideal = BMI 18.5 to 24.9

Borderline = BMI 25.0 to 29.9

High Risk = BMI 30 or above (obese) or less than 18.5 (underweight)

How does City of Venice compare?

According to the CDC, 35.9% of adult americans over age 20 are obese; another 33.3% are overweight.

What is the financial impact for City of Venice?

The average increase in annual medical expenditures per obese employee is \$1,091*. Total annual increase in medical expenditures for obese employees in your organization is estimated at \$61,096.

*Ron Z. Goetzel, Xiaofei Pei, Maryam J. Tabrizi, Rachael M. Henke, Niranjana Kowlessar, Craig F. Nelson, and R. Douglas Metz. Ten Modifiable Health Risk Factors Are Linked To More Than One-Fifth Of Employer-Employee Health Care Spending. *Health Affairs*, 31, no. 11 (2012):2474-2484.

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BLOOD PRESSURE

OVERVIEW

Blood Pressure Score

66

Ideal	29%	(48)
Borderline	58%	(97)
High Risk	13%	(22)

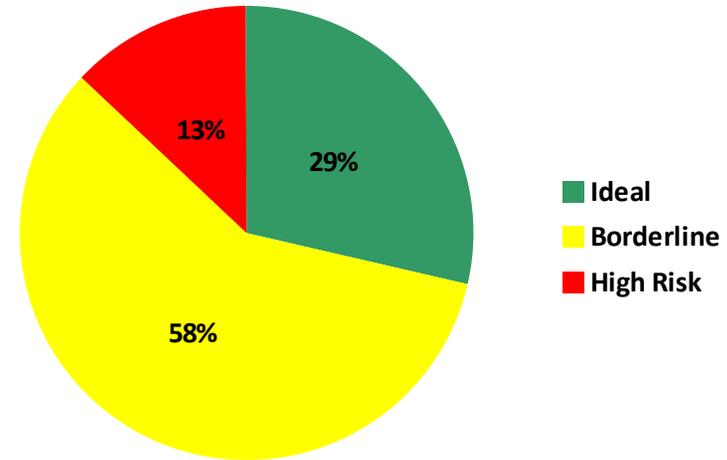
Total At-Risk for High Blood Pressure

71%

The prevalence of blood pressure risk is 710 per 1,000.

Change in At-Risk for High Blood Pressure Compared to Last Year

0%



What are these numbers based on?

Blood pressure score and rankings were determined by evaluating participants' blood pressure readings taken during the biometric screening, with ranges categorized in accordance with national guidelines as follows:

- Ideal = Less than 120/80
- Borderline = 120/80 to 139/89
- High Risk = 140/90 or higher

How does City of Venice compare?

According to the CDC, 25% of Americans have pre-hypertension ("borderline") and 31% have high blood pressure ("high risk").

What is the financial impact for City of Venice?

The average annual increase in medical expenditures per person with high blood pressure is \$1,378*. Total annual increase for employees with high blood pressure in your organization is estimated at \$30,316.

*Ron Z. Goetzel, Xiaofei Pei, Maryam J. Tabrizi, Rachael M. Henke, Niranjana Kowlessar, Craig F. Nelson, and R. Douglas Metz. Ten Modifiable Health Risk Factors Are Linked To More Than One-Fifth Of Employer-Employee Health Care Spending. *Health Affairs*, 31, no. 11 (2012):2474-2484.

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TOTAL AND HDL CHOLESTEROL

OVERVIEW

Cholesterol Ratio Score

80

Ideal	68%	(114)
Borderline	25%	(42)
High Risk	7%	(11)

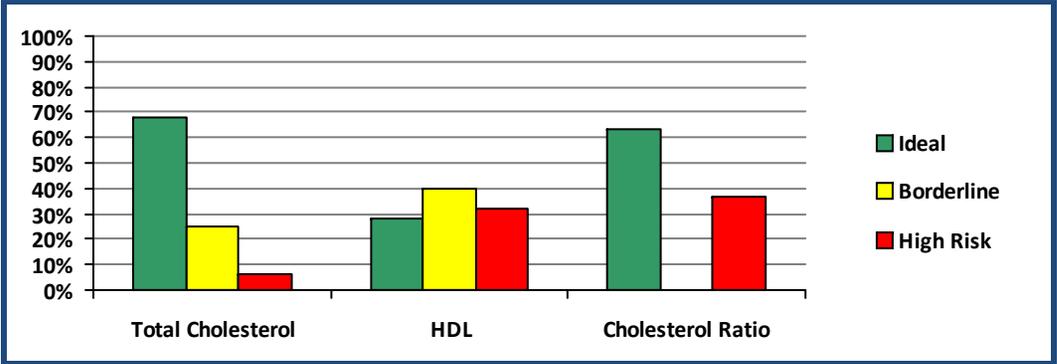
At-Risk for High Total Cholesterol

32%

The prevalence of cholesterol risk is 320 per 1,000.

Change in At-Risk for High Total Cholesterol Compared to Last Year

 **7%**



What are these numbers based on?

The biometric screening for cholesterol includes an assessment of both Total Cholesterol and HDL ("good" cholesterol). The cholesterol score was determined based on the ratio between these numbers. A ratio of less than 4.0 is considered ideal. National guidelines for Total Cholesterol and HDL are as follows:

Range	Total Cholesterol	HDL
Ideal	< 200	>= 60 for both men and women
Borderline	200 - 239	40 - 59 for men; 50 - 59 for women
High Risk	>= 240	< 40 for men; < 50 for women

How does City of Venice compare?

According to the CDC, approximately 13% of Americans currently have high total cholesterol.

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DIABETES

OVERVIEW

Diabetes Score

58

Total At-Risk for Diabetes

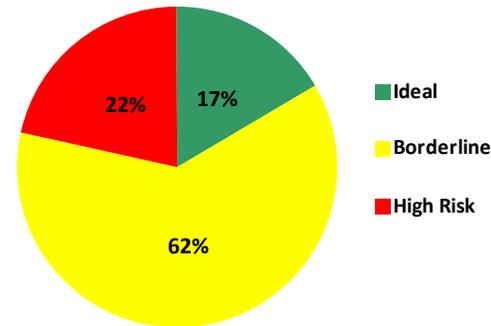
84%

The prevalence of Diabetes risk is 840 per 1,000.

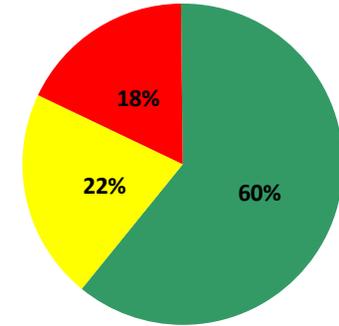
Change in At-Risk for Diabetes Compared to Last Year

↑ 5%

Diabetes Risk



Blood Sugar



What are these numbers based on?

The Diabetes score is based on multiple factors which may increase risk, such as age, activity level, and weight. Blood sugar levels are categorized in accordance with national guidelines as follows:

Ideal = Less than 100 mg/dL

Borderline = 100 - 125 mg/dL

High Risk = Higher than 125 mg/dL

How does City of Venice compare?

The prevalence of self-reported diabetes in your population is 108 per 1000 (10.8%). According to the CDC and the American Diabetes Association, approximately 8% of Americans 20 years and older have Diabetes, and another 35% have Prediabetes.

What is the financial impact for City of Venice?

The average annual increase in medical expenditures per person with high blood sugar is \$1,653*. Total annual increase for employees with high blood sugar (30) in your organization is estimated at \$49,590.

*Ron Z. Goetzel, Xiaofei Pei, Maryam J. Tabrizi, Rachael M. Henke, Niranjana Kowlessar, Craig F. Nelson, and R. Douglas Metz. Ten Modifiable Health Risk Factors Are Linked To More Than One-Fifth Of Employer-Employee Health Care Spending. *Health Affairs*, 31, no. 11 (2012):2474-2484.

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NUTRITION

OVERVIEW

Nutrition Score

66

Ideal	30%	(50)
Borderline	58%	(96)
High Risk	12%	(20)

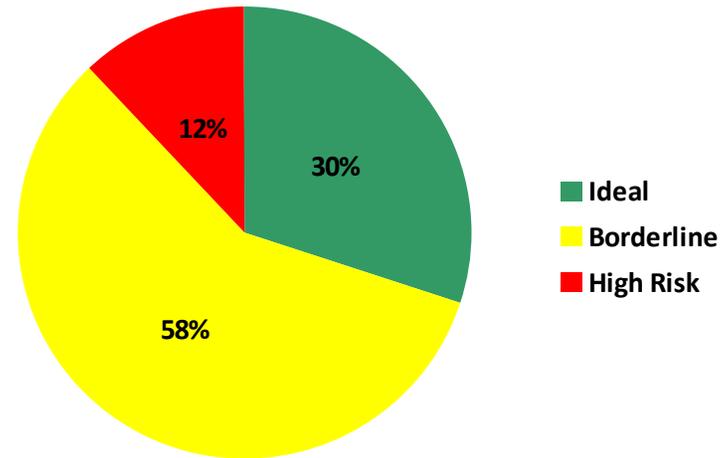
Total At-Risk for Nutrition

70%

The prevalence of nutrition risk is 700 per 1,000.

Change in At-Risk for Nutrition Compared to Last Year

 **9%**



What are these numbers based on?

Nutrition score and rankings were determined based on participants' self-reported responses to a variety of questions on the Personal Health Assessment (PHA) regarding dietary habits. These questions addressed frequency and amount of intake of saturated fats, simple and complex carbohydrates, fruits, and vegetables.

How does City of Venice compare?

The statewide averages for risk categories for nutrition among employer groups in the BYFB program are: 23% ideal; 37% borderline; 40% high risk.

PHYSICAL ACTIVITY

OVERVIEW

Physical Activity Score

87

Ideal	76%	(127)
Borderline	16%	(27)
High Risk	8%	(13)

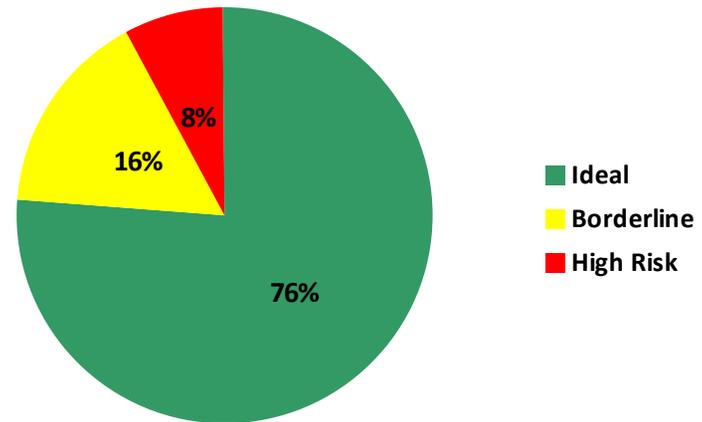
Total At-Risk for Physical Inactivity

24%

The prevalence of physical inactivity risk is 240 per 1,000.

Change in At-Risk for Physical Inactivity Compared to Last Year*

↑ 3%



What are these numbers based on?

Physical activity score and rankings are based on participants' responses on the Personal Health Assessment (PHA). Activity levels were categorized as follows:

Ideal	30 minutes or more of moderate activity at least 5 times per week, or 20 minutes or more of vigorous activity at least 3 days per week, or an equivalent combination of both
Borderline	At least 20 minutes of activity on at least 2 days per week but not enough to meet the ideal criteria
High Risk	Anything less than borderline

How does City of Venice compare?

According to the CDC, 48% of Americans are getting the recommended amount of aerobic activity, 36% have an insufficient level of activity (borderline) and 16% are at high risk due to inactivity.

What is the financial impact for City of Venice?

The average annual increase in medical expenditures per physically inactive person is \$606**. Total annual increase in medical expenditures for these employees in your organization is estimated at \$7,878.

*Risk classification for physical activity has changed to align with national guidelines. This change results in fewer participants identified as "at-risk" than in health assessments from previous years. Comparison data was adjusted to provide a more valid estimation of actual change in risk level for your population.

**Ron Z. Goetzel, Xiaofei Pei, Maryam J. Tabrizi, Rachael M. Henke, Niranjana Kowlessar, Craig F. Nelson, and R. Douglas Metz. Ten Modifiable Health Risk Factors Are Linked To More Than One-Fifth Of Employer-Employee Health Care Spending. *Health Affairs*, 31, no. 11 (2012):2474-2484.

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STRESS

OVERVIEW

Stress Score

72

Ideal	55%	(92)
Borderline	41%	(69)
High Risk	4%	(6)

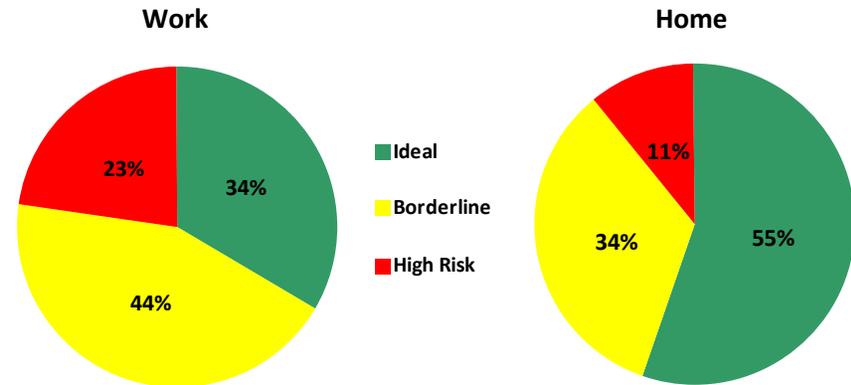
Total At-Risk for Stress

45%

The prevalence of stress risk is 450 per 1,000.

Change in At-Risk for Stress Compared to Last Year

 **9%**



What are these numbers based on?

Stress score and rankings were determined based on participants' self-reported responses to questions on the Personal Health Assessment (PHA) regarding stress at work and home.

How does City of Venice compare?

The statewide averages for stress risk for employers in the BYFB program are as follows:

Work Stress: 38% ideal; 39% borderline; 23% high risk.

Home Stress: 60% ideal; 29% borderline; 11% high risk.

What is the financial impact for City of Venice?

The average annual increase in annual medical expenditures per person with high stress is \$413*. Total increase for employees with high stress in your organization can be estimated at \$2,478.

*Ron Z. Goetzel, Xiaofei Pei, Maryam J. Tabrizi, Rachael M. Henke, Niranjana Kowlessar, Craig F. Nelson, and R. Douglas Metz. Ten Modifiable Health Risk Factors Are Linked To More Than One-Fifth Of Employer-Employee Health Care Spending. *Health Affairs*, 31, no. 11 (2012):2474-2484.

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DEPRESSION

OVERVIEW

Depression Score

83

Ideal	87%	(146)
Borderline	10%	(17)
High Risk	2%	(4)

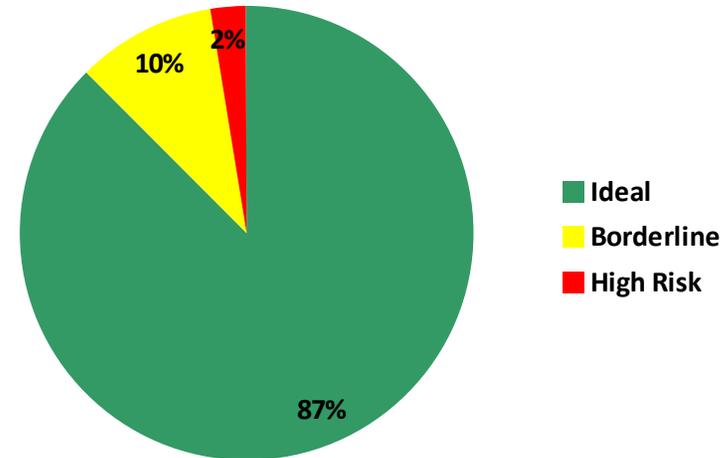
Total At-Risk for Depression

12%

The prevalence of depression risk is 120 per 1,000.

Change in At-Risk for Depression Compared to Last Year

↓ 5%



What are these numbers based on?

Depression score and rankings were determined based on participants' self-reported responses to questions on the Personal Health Assessment (PHA) regarding emotions, support, and life satisfaction .

How does City of Venice compare?

According to the CDC, approximately 5% of Americans over the age of 12 reported being depressed.

What is the financial impact for City of Venice?

The number of participants that reported having depression is 18. The average annual increase in medical expenditures per person with depression is \$2,184*. Total annual increase in medical expenditures for employees with depression at your organization can be estimated at \$39,312.

*Ron Z. Goetzel, Xiaofei Pei, Maryam J. Tabrizi, Rachael M. Henke, Niranjana Kowlessar, Craig F. Nelson, and R. Douglas Metz. Ten Modifiable Health Risk Factors Are Linked To More Than One-Fifth Of Employer-Employee Health Care Spending. *Health Affairs*, 31, no. 11 (2012):2474-2484.

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TOBACCO

OVERVIEW

Tobacco Score

82

Ideal	80%	(134)
Borderline	7%	(11)
High Risk	13%	(22)

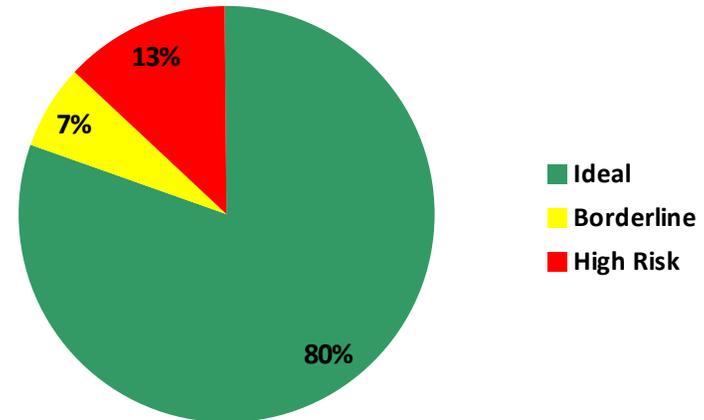
Total At-Risk for Tobacco

20%

The prevalence of tobacco use is 200 per 1,000.

Change in At-Risk for Tobacco Compared to Last Year

↓ 1%



What are these numbers based on?

Tobacco score and rankings were determined based on participants' self-reported responses to questions on the Personal Health Assessment (PHA) regarding use of cigars, pipes, smokeless tobacco, and cigarettes. Use is categorized as follows:

Ideal	No use of any tobacco products for 2 or more years
Borderline	No current tobacco use & quit 2 years ago or less, or occasional use of only one form of tobacco (less than 5 times per month)
High Risk	Anything more than occasional use of one tobacco product (using one form of tobacco 5 or more times per month, or using 2 or more tobacco products in any amount)

How does City of Venice compare?

According to the CDC, approximately 19% of Americans currently smoke cigarettes.

What is the financial impact for City of Venice?

The average annual increase in medical expenditures per employee currently using tobacco is \$587*. Total annual increase in medical expenditures for these employees in your organization is estimated at \$12,914.

*Ron Z. Goetzel, Xiaofei Pei, Maryam J. Tabrizi, Rachael M. Henke, Niranjana Kowlessar, Craig F. Nelson, and R. Douglas Metz. Ten Modifiable Health Risk Factors Are Linked To More Than One-Fifth Of Employer-Employee Health Care Spending. *Health Affairs*, 31, no. 11 (2012):2474-2484.

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ALCOHOL

OVERVIEW

Alcohol Score

83

Ideal	84%	(140)
Borderline	15%	(25)
High Risk	1%	(2)

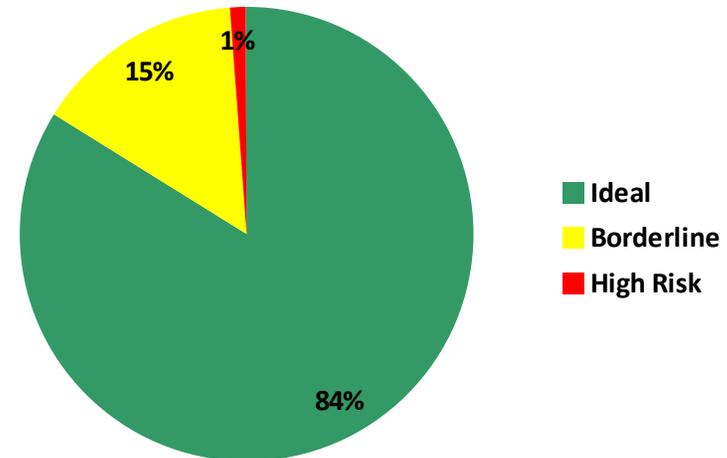
Total At-Risk for Alcohol Use

16%

The prevalence of risky alcohol use is 160 per 1,000.

Change in At-Risk for Alcohol Use Compared to Last Year

 **4%**



What are these numbers based on?

Alcohol score and rankings were determined based on participants' self-reported responses to questions on the Personal Health Assessment (PHA) regarding frequency and quantity of alcohol use.

How does City of Venice compare?

According to the CDC, excessive alcohol use, either in the form of heavy drinking (more than two drinks per day for men or more than one drink per day for women) or binge drinking (drinking 5 or more drinks during a single occasion) occurs in 15% of the population.

VEHICLE SAFETY

OVERVIEW

Vehicle Safety Score

91

Ideal	96%	(159)
Borderline	1%	(2)
High Risk	3%	(5)

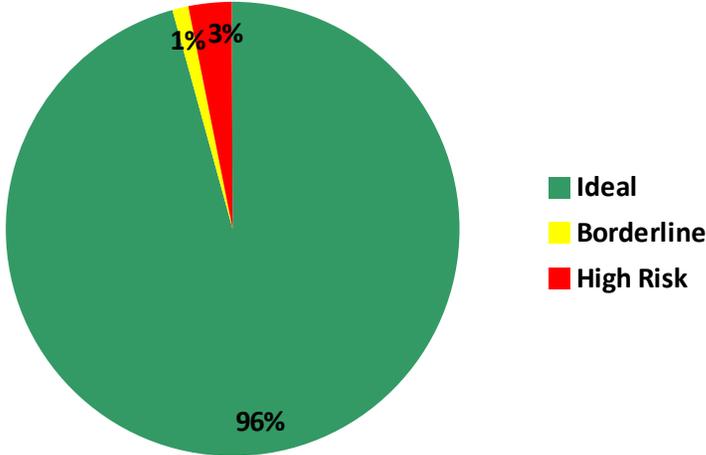
Total At-Risk for Vehicle Safety

4%

The prevalence of vehicle safety risk is 40 per 1,000.

Change in At-Risk for Vehicle Safety Compared to Last Year

↑ 1%



What are these numbers based on?

Vehicle safety score and rankings were determined based on participants' self-reported responses to questions on the Personal Health Assessment (PHA) regarding three behaviors: riding with drivers who are under the influence of alcohol, safety belt use, and speed.

How does City of Venice compare?

The statewide averages for risk categories for vehicle safety for employer groups in the BYFB program are: 96% ideal; 2% borderline; 2% high risk.

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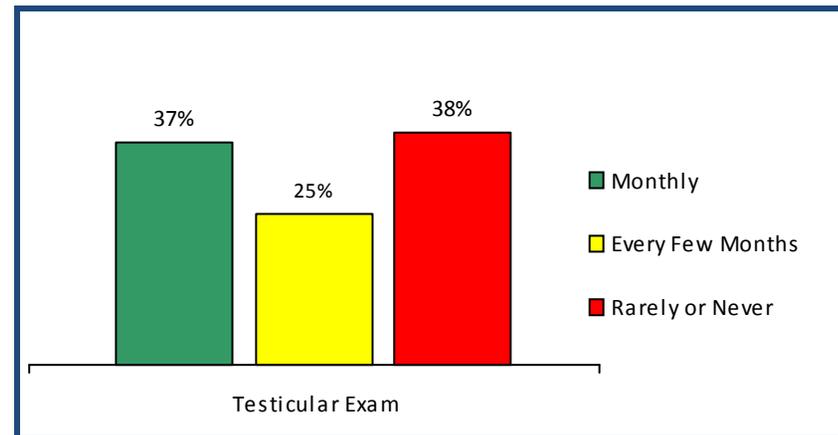
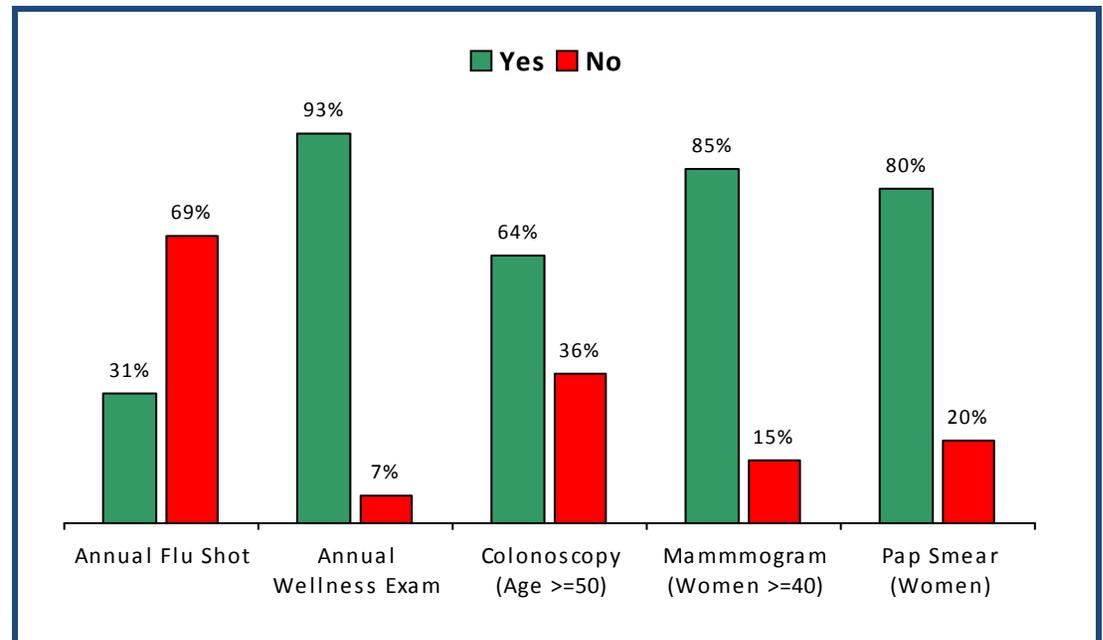
PREVENTIVE HEALTH

What are these numbers based on?

Participants answered questions related to preventive health on the Personal Health Assessment (PHA). The charts to the right show the percentage of respondents who are meeting recommended guidelines for frequency of various preventive health measures.

Nationally accepted guidelines are as follows:

- Everyone six months of age or older should be vaccinated against influenza annually.
- Adults should have a wellness exam with a physician annually.
- Adults age 50 and above should have a colonoscopy screening.
- Women age 40 and over should have a mammogram at least every two years.
- Adult women should have a pap smear at least every three years.
- Adult men should perform self-testicular exams monthly.

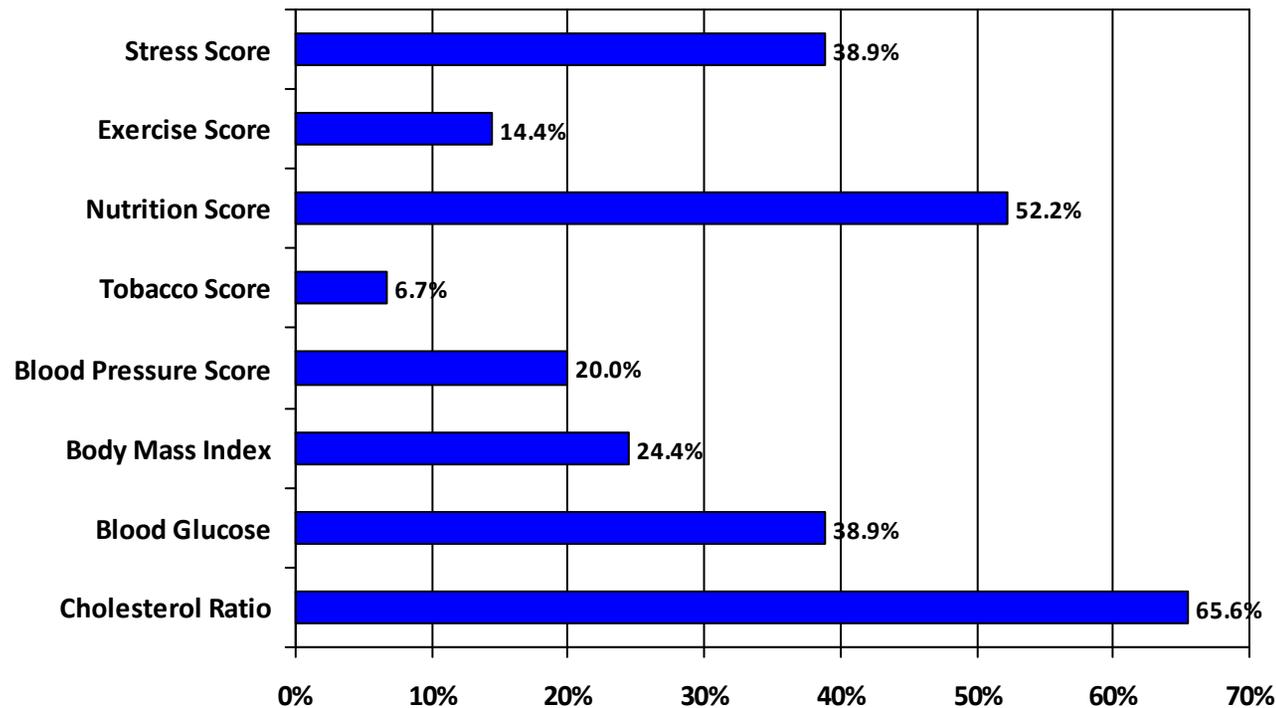




Health Score Improvements City of Venice



- As people age, their health risks increase. With increased risk comes increased cost. Without intervention or lifestyle changes, many health risks or associated conditions will get worse.
- The chart below shows the percent of participants with positive change in year-over-year comparisons of individual biometrics or risk scores. This information might be used to determine appropriate next steps for addressing the health risks of your population.



2013: 121

2014: 133

Repeats: 90

Percentage of Participants with Positive Change

This analysis includes employee subscribers with Florida Blue coverage for at least 6 months. The PHAs were completed through August, 2014. Retirees and COBRA members are excluded.

* Dee Edington, University of Michigan, 2009

CRITICAL VALUE REPORT

All participants who are identified at the screening with biometric values considered critical are referred to an onsite nurse for immediate assistance and confidential counseling. These values are:

- Blood pressure at or above **160/100 mm Hg** (either or both values)
- Blood glucose at or above **300 mg/d** for those who have been diagnosed with Diabetes
- Blood glucose at or above **200 mg/d** for those who have *not* been diagnosed with Diabetes

Those participants identified with critical values who are Florida Blue members are sent a follow-up letter after the screening informing them of their own responsibility to urgently follow up with a doctor. They are also offered health coaching by a *Better You from Blue* Next Steps nurse. (This service is not provided to non-members.)

Critical Values	Non-Members		Members		Outcomes For Members				
	Diagnosed prior to screening	Identified during screening	Diagnosed prior to screening	Identified during screening	Enrolled in Next Steps	Did not enroll in Next Steps	Did not respond to contact	Visited doctor after screening	Currently on medication
Blood Pressure	0	0	2	1	0	3	0	0	1
Blood Glucose	0	0	0	0	0	0	0	0	0
Blood Pressure and Blood Glucose	0	0	0	0	0	0	0	0	0
TOTAL	0	0	3	1	0	3	0	0	1

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COMPARISON REPORT

CITY OF VENICE		WELLNESS SCORE	PARTICIPATION		DEMOGRAPHICS					
Screening Site	Screening Date	Site Score	Total Participants	Group Percent	Percent Male	Percent Female	Majority Age Group	Percent	Majority Ethnicity	Percent
Venice Community Center	8/20/2014 - 8/21/2014	74	167	100%	67%	33%	50 - 59	32%	White	96%
Year	Overall Score	Total	% Eligible Attended	Percent Male	Percent Female	Majority Age Group	Percent	Majority Ethnicity	Percent	
2014 Overall	74	167	66%	67%	33%	50 - 59	32%	White	96%	
2013 Overall	72	146	N/A	70%	30%	40 - 49	31%	White	95%	
2012 Overall	72	143	N/A	66%	34%	40 - 49	29%	White	94%	

The percentage shown in all "At Risk" columns in this comparison report includes those who ranked "borderline" and "high risk".
 The denominator for each measure in this report varies based on the number of participants that complete the questions (subject to age and gender, where appropriate).
 The numerator for each measure shows the number of participants in each measurement category, based on their results. Values shown may not equal 100% due to rounding.

COMPARISON REPORT

CITY OF VENICE		BIOMETRICS					DIABETES	
Screening Site	Screening Date	BMI (% At Risk)	Blood Pressure (% At Risk)	Cholesterol (% At Risk)	Cholesterol Ratio	Blood Sugar (% At Risk)	Self-Reported Having Diabetes	Overall Diabetes (% At Risk)
Venice Community Center	8/20/2014 - 8/21/2014	72%	71%	32%	3.85	40%	11%	84%

Year	BMI (% At Risk)	Blood Pressure (% At Risk)	Cholesterol (% At Risk)	Cholesterol Ratio	Blood Sugar (% At Risk)	Self-Reported Having Diabetes	Overall Diabetes (% At Risk)
2014 Overall	72%	71%	32%	3.85	40%	11%	84%
2013 Overall	76%	71%	39%	4.54	41%	10%	79%
2012 Overall	77%	71%	32%	4.45	41%	12%	79%

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COMPARISON REPORT

CITY OF VENICE		LIFESTYLE					EMOTIONAL WELLNESS			
Screening Site	Screening Date	Nutrition (% At Risk)	Physical Activity (% At Risk)	Tobacco/Cigarette Use (% At Risk)	Alcohol Use (% At Risk)	Vehicle Safety (% At Risk)	Stress-Work (% At Risk)	Stress-Home (% At Risk)	Overall Stress (% At Risk)	Depression (% At Risk)
Venice Community Center	8/20/2014 - 8/21/2014	70%	24%	20% / 11%	16%	4%	67%	45%	45%	12%
Year		Nutrition (% At Risk)	Physical Activity (% At Risk)	Tobacco/Cigarette Use (% At Risk)	Alcohol Use (% At Risk)	Vehicle Safety (% At Risk)	Stress-Work (% At Risk)	Stress-Home (% At Risk)	Overall Stress (% At Risk)	Depression (% At Risk)
2014 Overall		70%	24%	20% / 11%	16%	4%	67%	45%	45%	12%
2013 Overall		79%	21%	21% / 14%	12%	3%	69%	42%	54%	17%
2012 Overall		77%	17%	24% / 14%	15%	4%	64%	45%	47%	18%

The percentage shown in all "At Risk" columns in this comparison report includes those who ranked "borderline" and "high risk".
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 The numerator for each measure shows the number of participants in each measurement category, based on their results. Values shown may not equal 100% due to rounding.

COMPARISON REPORT

CITY OF VENICE		PREVENTIVE HEALTH					
Screening Site	Screening Date	MEN Rarely/Never Conduct Testicular Exams (% At Risk)	WOMEN No Pap Exam in Past Three Years (% At Risk)	WOMEN No Mammogram in Past Two Years (% At Risk)	50 OR OVER No Screening for Colon Cancer (% At Risk)	WELLNESS EXAM No Wellness Exam in Past Year (% At Risk)	FLU SHOT No Flu Shot in Past Year (% At Risk)
Venice Community Center	8/20/2014 - 8/21/2014	38%	20%	15%	36%	7%	69%
Year		MEN Rarely/Never Conduct Testicular Exams (% At Risk)	WOMEN No Pap Exam in Past Three Years (% At Risk)	WOMEN No Mammogram in Past Two Years (% At Risk)	50 OR OVER No Screening for Colon Cancer (% At Risk)	WELLNESS EXAM No Wellness Exam in Past Year (% At Risk)	FLU SHOT No Flu Shot in Past Year (% At Risk)
2014 Overall		38%	20%	15%	36%	7%	69%
2013 Overall		39%	18%	10%	37%	6%	73%
2012 Overall		38%	15%	14%	45%	7%	73%

The percentage shown in all "At Risk" columns in this comparison report includes those who ranked "borderline" and "high risk".
 The denominator for each measure in this report varies based on the number of participants that complete the questions (subject to age and gender, where appropriate).
 The numerator for each measure shows the number of participants in each measurement category, based on their results. Values shown may not equal 100% due to rounding.

OVERVIEW OF RISK FACTORS

Risk Factor	Score		Ideal		Borderline		High Risk	
	2014	2013	2014	2013	2014	2013	2014	2013
BMI	64	63	28% (47)	24% (35)	38% (64)	45% (66)	34% (56)	31% (45)
Blood Pressure	66	65	29% (48)	29% (42)	58% (97)	56% (82)	13% (22)	15% (22)
Total Cholesterol	79	75	68% (114)	61% (89)	25% (42)	27% (40)	7% (11)	12% (17)
HDL Cholesterol	58	51	28% (47)	23% (34)	40% (66)	30% (44)	32% (54)	47% (68)
Cholesterol Ratio	80	72	63% (106)	45% (66)	31% (52)	42% (62)	5% (9)	12% (18)
Diabetes Risk	58	59	17% (28)	21% (31)	62% (103)	56% (82)	22% (36)	23% (33)
Blood Sugar	77	78	60% (101)	59% (86)	22% (36)	28% (41)	18% (30)	13% (19)
Nutrition	66	56	30% (50)	21% (30)	58% (96)	42% (62)	12% (20)	37% (54)
Physical Activity	87	87	76% (127)	79% (116)	16% (27)	14% (20)	8% (13)	7% (10)
Stress	72	66	55% (92)	46% (67)	41% (69)	31% (45)	4% (6)	23% (34)
Depression	83	83	87% (146)	83% (121)	10% (17)	14% (20)	2% (4)	3% (5)
Tobacco	82	82	80% (134)	79% (115)	7% (11)	6% (9)	13% (22)	15% (22)
Alcohol	83	86	84% (140)	88% (128)	15% (25)	12% (18)	1% (2)	0% (0)
Vehicle Safety	91	92	96% (159)	97% (142)	1% (2)	1% (1)	3% (5)	2% (3)

Risk Factor	Yes		No	
	2014	2013	2014	2013
Testicular Exam (Men)	62% (69)	61% (62)	38% (43)	39% (40)
Pap Smear (Women 21+)	80% (44)	82% (36)	20% (11)	18% (8)
Mammogram (Women 40+)	85% (39)	90% (36)	15% (7)	10% (4)
Colonscopy (Age 50+)	64% (62)	63% (48)	36% (35)	37% (28)
Annual Wellness Exam (All)	93% (156)	94% (137)	7% (11)	6% (9)
Annual Flu Shot (All)	31% (52)	27% (39)	69% (115)	73% (107)

The denominator for each measure in this report varies based on the number of participants that complete the questions (subject to age and gender, where appropriate). The numerator for each measure shows the number of participants in each measurement category, based on their results. Values shown may not equal 100% due to rounding.

City of Venice
RISK REDUCTION INTERVENTION GUIDE

There are many wellness interventions your organization can implement to address the top risk factors identified in this report. Better You from Blue offers interventions for all major risk factors in three formats – onsite, online and telephonically. Many community programs and organizations may also be useful.

Risk Factor	Florida Blue
ALL	<ul style="list-style-type: none"> • Monthly <i>Wellness Update</i> Newsletter delivered to employees via email or print copies (covers a variety of wellness topics) • Better You from Blue <i>Next Steps</i> program <ul style="list-style-type: none"> ○ Individual coaching with a dedicated registered nurse health coach for assistance making lasting behavior change in virtually any area of health ○ (800) 477-3736 or nextsteps@floridablue.com • Health Dialog <ul style="list-style-type: none"> ○ Access to health coaches, registered nurses, dieticians and respiratory therapists 24/7 ○ Web-based information and tools on more than 1,900 clinical topics ○ Free audio, video and print information ○ (877) 789-2582 or floridablue.com • Florida Blue Member Portal <ul style="list-style-type: none"> ○ Access to benefits, personal health statements, claims status, ID cards and tools designed to help make wise healthcare choices ○ Online suite of wellness interventions powered by WebMD, including My Health Assistant, a personalized online health coaching tool ○ www.floridablue.com • Blue 365 <ul style="list-style-type: none"> ○ Save up to 60% on discounts for fitness clubs, exercise equipment, contact lens and glasses, nutrition and weight management programs, massages, vitamins and more ○ www.floridablue.com

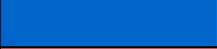
Risk Factor	Better You from Blue	Other
BMI	<ul style="list-style-type: none"> • <i>Healthy Words of Wisdom</i> on weight management, nutrition and physical activity • Onsite wellness presentations on weight management, nutrition and physical activity • 8-week <i>Am I Hungry?® Mindful Eating</i> Weight Management Workshop (onsite or via webinar) • Online Brainshark™ multi-media presentations on weight, nutrition and physical activity • American Heart Association's <i>Start Walking Now</i> online physical activity tracking program 	<ul style="list-style-type: none"> • <i>Weight Watchers at Work:</i> www.weightwatchers.com • <i>Choose MyPlate</i> website: www.choosemyplate.gov • American Cancer Society's <i>Eat Right and Get Active</i> Challenge: http://eatrightgetactive.org • Overeaters Anonymous: www.oa.org
Blood Pressure	<ul style="list-style-type: none"> • <i>Healthy Words of Wisdom</i> on Blood Pressure • Onsite wellness presentations on blood pressure and heart health • Online Brainshark™ multi-media presentation on blood pressure and heart health • Florida Blue Retail Center blood pressure screening 	<ul style="list-style-type: none"> • Dietary Approach to Stop Hypertension (DASH): www.dashdiet.org • American Heart Association: www.heart.org
Cholesterol	<ul style="list-style-type: none"> • <i>Healthy Words of Wisdom</i> on Cholesterol • Onsite wellness presentations on cholesterol and heart health • Florida Blue Retail Center cholesterol screenings • Online Brainshark™ multi-media presentation on cholesterol and heart health 	<ul style="list-style-type: none"> • American Heart Association: www.heart.org • The National Coalition of Women with Heart Disease: www.womenheart.org
Diabetes	<ul style="list-style-type: none"> • <i>Healthy Words of Wisdom</i> on Diabetes • Onsite wellness presentations on diabetes prevention and management • Florida Blue Retail Center blood glucose screenings • Online Brainshark™ multi-media presentation on Diabetes 	<ul style="list-style-type: none"> • American Diabetes Association www.diabetes.org
Nutrition	<ul style="list-style-type: none"> • <i>Healthy Words of Wisdom</i> on Nutrition • Onsite wellness presentations on various nutrition topics • Online Brainshark™ multi-media presentation on various nutrition topics • 8-week <i>Am I Hungry?® Mindful Eating</i> Workshop (onsite or via webinar) • 6-week <i>Nutritious You from Blue</i> Nutrition Series (onsite or via webinar) 	<ul style="list-style-type: none"> • <i>Weight Watchers at Work:</i> www.weightwatcher.com • <i>Choose MyPlate:</i> www.choosemyplate.gov • Dietitian at Academy of Nutrition and Dietetics: www.eatright.org • <i>Meals Matter:</i> www.healthyeating.org

Risk Factor	Better You from Blue	Other
Physical Activity	<ul style="list-style-type: none"> • <i>Healthy Words of Wisdom</i> on Physical Activity • Onsite wellness presentations on various physical activity topics • Online Brainshark™ multi-media presentation on various physical activity topics • 6 week onsite Physical Activity Lifestyle Improvement Program • American Heart Association's <i>Start Walking Now</i> online physical activity tracking program 	<ul style="list-style-type: none"> • Center for Disease Control: www.cdc.gov/physicalactivity • USD of Health and Human Services: www.health.gov/paguidelines • Walking clubs at work • Participate in National Walk at Lunch Day • Independent physical activity programs and team challenges • Onsite fitness classes led by community fitness professionals
Stress	<ul style="list-style-type: none"> • <i>Healthy Words of Wisdom</i> on Stress Management • Onsite wellness presentations on stress management • Online Brainshark™ multi-media presentation on stress management 	<ul style="list-style-type: none"> • Institute of Stress: www.stress.org • Internal Employee Assistance Program (EAP) • Onsite Yoga or Meditation classes led by certified community professionals • Onsite chair massage
Depression	<ul style="list-style-type: none"> • <i>Healthy Words of Wisdom</i> on Depression and Stress Management • Onsite wellness presentations on depression and stress management • Online Brainshark™ multi-media presentation on stress management 	<ul style="list-style-type: none"> • Internal Employee Assistance Program (EAP)

Risk Factor	Better You from Blue	Other
Tobacco	<ul style="list-style-type: none"> • <i>Healthy Words of Wisdom</i> on Tobacco • Onsite wellness presentations on tobacco use and preventive care • Onsite Lifestyle Improvement programs for smoking cessation from ALA and AHEC • Online Brainshark™ multi-media presentation on tobacco • WebMD: Lifestyle Improvement Programs 	<ul style="list-style-type: none"> • American Lung Association (ALA): www.ffsonline.org • Florida Area Health Education Center (AHEC): www.ahectobacco.com • Tobacco Free Florida / Florida Quit-line: www.tobaccofreeflorida.com and 1-800-U-Can-Now • US Department of Health and Human Services Tobacco Cessation website: www.betobaccofree.gov • American Cancer Society: www.cancer.org
Preventive Health	<ul style="list-style-type: none"> • <i>Healthy Words of Wisdom</i> on men's health and women's health • <i>Preventative Screening Guidelines</i> for adults and children • Onsite wellness presentations on preventative care, men's health, women's health and heart healthy living • Online Brainshark™ multi-media presentation on cancer , stroke awareness and heart health 	<ul style="list-style-type: none"> • Promote or incentivize annual screenings • Center for Disease Control: http://www.cdc.gov
Alcohol	<ul style="list-style-type: none"> • <i>Healthy Words of Wisdom</i> on Risky Drinking • Online Brainshark™ multi-media presentation on stress management 	<ul style="list-style-type: none"> • Alcoholics Anonymous www.aa.org • Internal Employee Assistance Program (EAP)

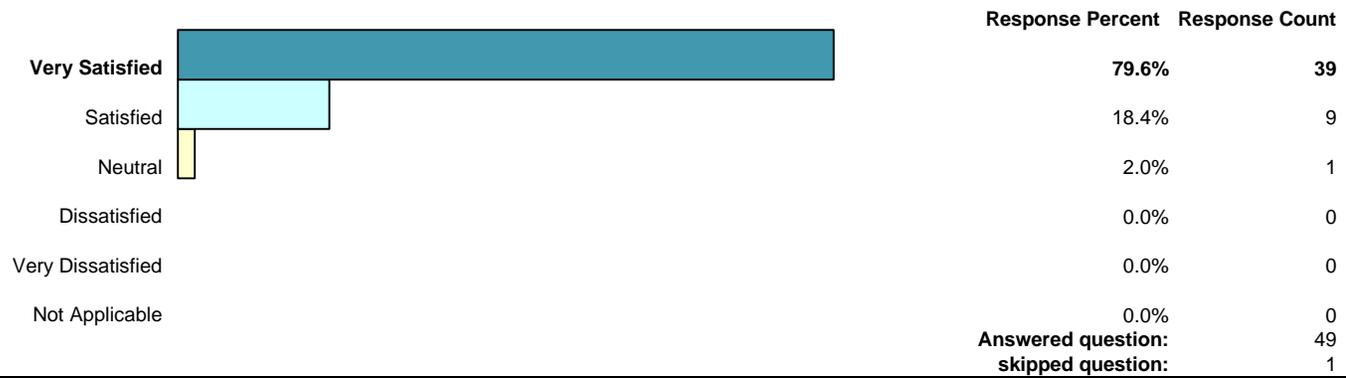
City of Venice Health Screening Evaluation Summary

1. Did you attend the Better You from Blue health screening?			
		Response Percent	Response Count
Yes		100.0%	50
No		0.0%	0
		Answered question:	50
		skipped question:	0

2. What motivated you to participate in the Better You from Blue (BYFB) health screening? (Check all that apply)			
		Response Percent	Response Count
Free Health Screening		79.6%	39
Recommendation from coworker		26.5%	13
Ability to attend during work hours		57.1%	28
Opportunity to speak to a Health Coach		26.5%	13
Availability of health and wellness information		51.0%	25
Prizes and drawings (if offered)		22.4%	11
Incentives provided by employer		61.2%	30
Other (please specify)		4.1%	2
		Answered question:	49
		skipped question:	1

Other (please specify)
Vendor booths
Flu Shot

3. How would you rate your satisfaction with the convenience of the time and location of the BYFB health screening?



4. How would you rate your satisfaction with the blood pressure, glucose and cholesterol screening process?



5. How would you rate the individual wellness information you received as a result of completing the personal health assessment questionnaire?

	Response Percent	Response Count
Easy to read, understand and comprehend	100.0%	49
Somewhat difficult to read, understand and comprehend	0.0%	0
Very difficult to read, understand and comprehend	0.0%	0
Answered question:		49
skipped question:		1

6. How would you rate your satisfaction with speaking to a health coach?

	Response Percent	Response Count
Very Satisfied	59.2%	29
Satisfied	34.7%	17
Neutral	6.1%	3
Dissatisfied	0.0%	0
Very Dissatisfied	0.0%	0
Not Applicable	0.0%	0
Comment:		1
Answered question:		49
skipped question:		1

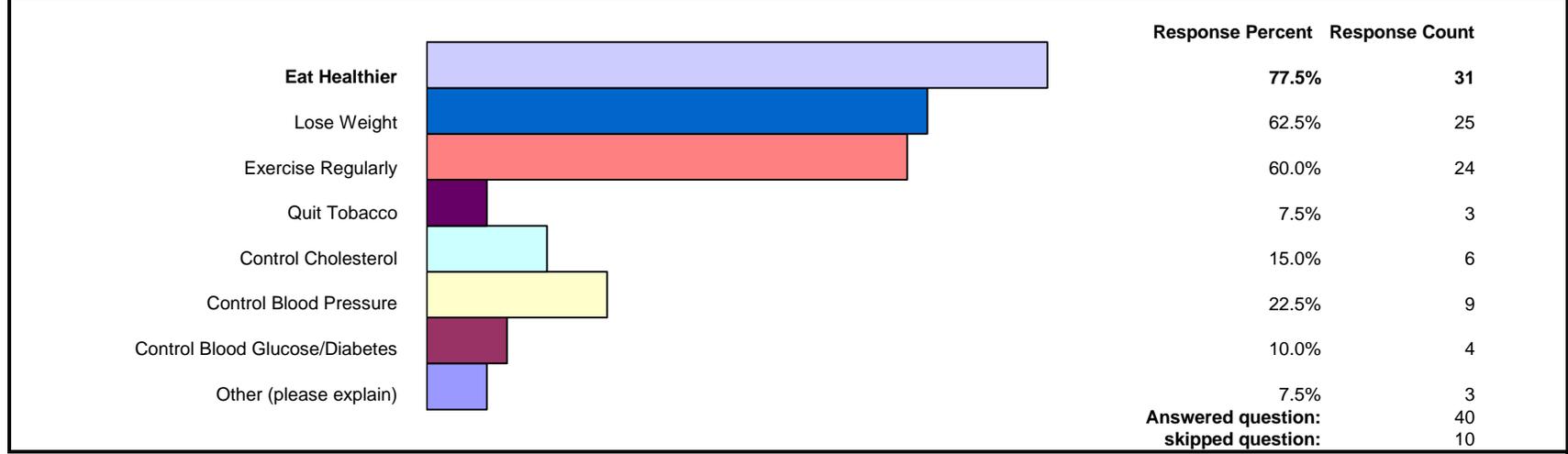
Comment:

There really wasn't anything for her to tell me that I didn't already know or was able to see on the results sheet.

7. Will you make any changes in your lifestyle as a result of the BYFB health screening?

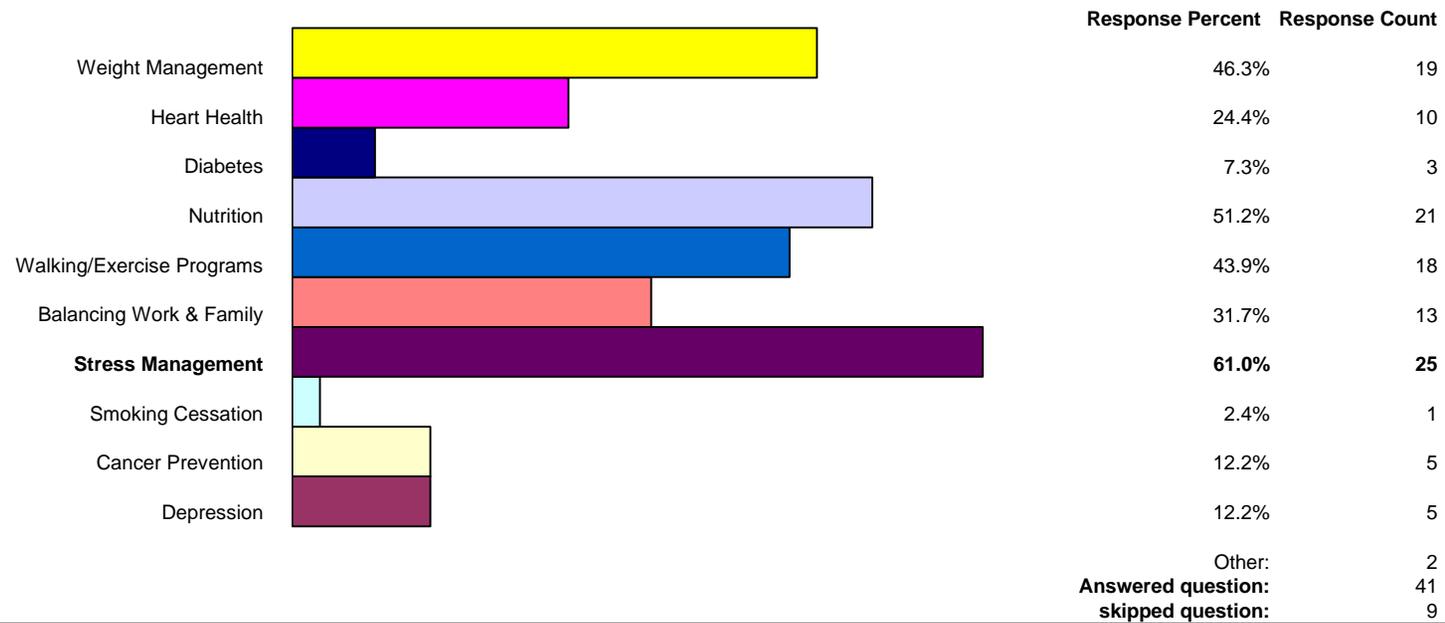
	Response Percent	Response Count
Yes	83.7%	41
No	16.3%	8
Answered question:		49
skipped question:		1

8. If yes, please check all that apply:



Other (please explain)
 moderate alcohol consumption
 will schedule some doctor appts.
 control stress better

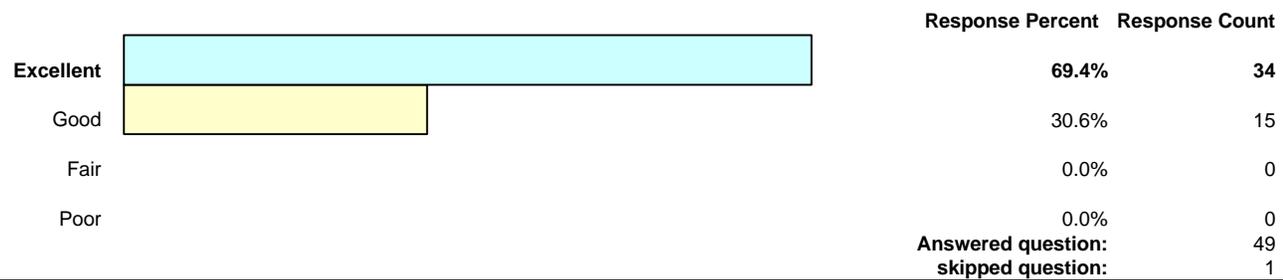
9. Your employer and Florida Blue may offer future health and wellness programs. What topics are of interest to you?



Other:

I would like the breathing analysis we used to have added to the screening.
How to deal with difficult people

10. What is your overall rating of the BYFB health screening?



11. Please share your comments / suggestions

Most nutritional information does not go far enough in explaining the hazards of processed meats and other processed foods.
 They, got us in and out quickly, and the coach was to the point, with recommendations
 For some reason, my history from previous screenings was not available, so I was not able to compare year-to-year changes. That was very disappointing.
 Door prize winners this year should not be eligible to win prizes the next 2 years
 This was my first one. Very helpful. I look forward to attending again next year.
 Law Enforcement Officers get a Life Scan physical that is a valuable and thorough health assessment. I wish this could be included in our City Blue Cross Health Fair.
 Great event.
 Nicely done! Great program offered by the employer and BCBS.

12. While most of the survey is intended for those that participated in the Better You from Blue Health Screening, we would like your feedback as to why you did not participate (choose all that apply).

	Response Percent	Response Count
The location was not convenient	N/A	0
I was too busy to attend	N/A	0
Scheduling conflict	N/A	0
I did not know it was being held	N/A	0
My supervisor/manager would not let me attend	N/A	0
I am already maintaining healthy habits and did not feel it would be useful	N/A	0
I was not interested	N/A	0
Other (please specify)	N/A	0
	Answered question:	0
	skipped question:	50

Other (please explain)

Blank value

In the pursuit of health®



Florida Blue