

health care perspectives

2013 | ISSUE 1

FOR OUR HAWAII BUSINESS PARTNERS

Teaming up for better health

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Promoting health, building communities

Welcome the season with a healthy attitude

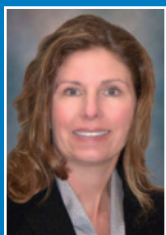
Summer's on the way and it's a great time to explore new ways to keep your business and employees healthy. Investing in employee health protects your business from rising costs. And we can help with a variety of low- or no-cost workforce health resources built into all of our plans. Learn more in this issue of *Health Care Perspectives*.

Look inside for:

- A workforce health teamwork success story about Honolulu YMCA employees
- Tips on the value you get with Kaiser On-the-Job® occupational health services
- Ways to get your employees up and moving with Thrive Across AmericaSM
- Health care reform updates

I hope you'll take time to get out and enjoy our beautiful weather. If you have questions about workforce health or our plans, contact your Kaiser Permanente representative.

Aloha,



Chris Hause

Vice President
Marketing, Sales,
and Business Development
Kaiser Permanente Hawaii



Wellness is a team effort at the YMCA of Honolulu

Employees work together to achieve better health

Part of the YMCA's mission is encouraging healthy living and wellness. At the YMCA of Honolulu, this includes their employees. Working with Kaiser Permanente, they've developed a successful workforce health program combining biometric screenings, flu shots, and a physical activity program to help employees live healthier.

Thanks to the screenings, many employees were able to identify risks and take a more active role in their health, said Shannon Kaneko, associate director of human resources.

"Sometimes things are going on with your body that you don't know about, so we offer the onsite health assessment. [For employees] that were not so healthy, it was the wake-up call to say, 'I need to go to the doctor more regularly. I need to check my blood pressure and cholesterol.'"

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The YMCA also signed up for Thrive Across HawaiiSM, Kaiser Permanente's online physical activity program (recently replaced by Thrive Across America). For extra motivation, organizers offered daily prizes for teams that logged the most activity.

"Within their own branch as well as across branches, there was a friendly competition to see who could get the most points," Kaneko noted.

The program worked so well that Rayen Watanabe, a teen group leader at the Mililani branch, lost 15 pounds over the eight-week program – and has since lost another 29. He attributes much of his success to Thrive Across Hawaii and the team spirit it helped promote.

"We were pretty much working out every day to keep up with the challenge," he said. "It was a good stepping-stone for me to get active."

Get employees moving to reduce costs

Encouraging your employees to become more active is good business – research shows that for every \$1 spent on fitness programs, businesses can expect an almost \$5 return on investment through improved productivity, lower absenteeism rates, and reduced medical costs.¹ One way to get employees up and moving is our fun and easy physical activity program Thrive Across America, formerly known as Thrive Across Hawaii.

With Thrive Across America, employees sign up online to go on a virtual tour of our nation. When employees log physical activity, it appears as progress along a preset route. Stops include national parks, famous recreation areas, and historic landmarks. Employees learn about each location and get exercise and nutrition tips. Thrive Across America makes physical activity a team-focused event that builds relationships and healthier bodies. All of your employees can participate, even if they aren't Kaiser Permanente members.

To learn more about Thrive Across America, contact your Kaiser Permanente representative or our Client Services Team at **808-432-5256** (Oahu) or **888-352-4737** (Neighbor Islands).



➤ Team approach helps employees succeed in workforce health

When people get support and encouragement from their co-workers, it provides an extra incentive to exercise and eat healthier – in fact, adults who competed in a team-based physical activity program showed significant weight loss in just four months and maintained it for six months.²

Health insurance exchanges open on October 1

Hawai'i Health Connector

The Hawai'i Health Connector individual exchange will help residents shop for, compare, and purchase health coverage, as well as apply for financial assistance to make their insurance more affordable. Hawai'i Health Connector is set to open on October 1 for coverage beginning on or after January 1, 2014.

Small business

The exchange for small businesses – the Small Business Health Options Program (SHOP) – is set for initial open enrollment lasting from October 1, 2013, to March 31, 2014. SHOP benefits include:

- **More choice** – SHOP consolidates the buying power of small businesses to offer employees more options for affordable health care coverage.
- **One-stop shopping experience** – Employees can research, compare, purchase, and enroll in primary and ancillary coverage, such as dental and vision, all through the SHOP website.
- **Easy comparisons** – Since all insurers within each tier are required to offer the same approximate actuarial level of coverage, it will be easy to compare pricing, benefits, and features to make a more informed decision.
- **Less administration** – The SHOP will handle enrollment, plan administration, and billing, which will help employers save time and resources.
- **One monthly payment** – Employers make only one monthly payment directly to state-run SHOPS.
- **Tax credit** – The small business tax credit is only available through participation in the SHOP.

Large business

- For 2014, the SHOP exchange will only be open to groups with up to 50 employees.
- In 2017, states can open their SHOP to even larger employers.



Health care reform timeline

October 1, 2013 - March 31, 2014

Open enrollment period for small groups (the SHOP exchange) and individuals

January 1, 2014

Health plan coverage purchased through Hawai'i Health Connector or the SHOP begins for individuals or small groups who enrolled between October 1 and December 15, 2013³

January 1, 2017

Hawaii could opt to allow large groups to use the SHOP

Building a stronger community with the Great Aloha Run

For more than 65 years, we've committed to improving the health of the communities we serve. This tradition continued on Presidents Day with the 2013 Great Aloha Run, sponsored by Kaiser Permanente. Nearly 22,000 people ran or walked the 8.15-mile course from the Aloha Tower to Aloha Stadium – including Maui County Mayor Alan Arakawa and Kaiser Permanente Hawaii President Janet Liang⁴. Co-founded in 1985 by singer and philanthropist Carole Kai and Honolulu Marathon founder Jack Scaff, MD, the race has raised almost \$10 million for more than 150 nonprofit organizations to date.

"We promote healthy lifestyles, so getting out on a beautiful day here in Hawaii for a walk or a run is a perfect way to do that," said Liang. "And we like working with Carole Kai's foundation, because we raise money for local charities here in Hawaii."⁵

Events like the Great Aloha Run are among the many ways we help neighborhoods build a culture of health.



Drs. Chun (left) and Uhr, along with many other Kaiser Permanente physicians and providers, were available to help runners at aid stations and on the course.



Convenience and cost savings

Kaiser On-the-Job® – complete, expert occupational health services

With Kaiser On-the-Job, you and your employees get the peace of mind that comes from well-managed care. There are dedicated occupational health clinics on Oahu, Maui, and Hawaii, so employees can conveniently access all the services they need. And Kaiser On-the-Job's cost-effective services are available to your entire workforce – even if they're not Kaiser Permanente members.

Our team of occupational medicine physicians, nurses, and caregivers specializes in state and federal safety regulations and workers' compensation. They can help your employees return to work faster. Kaiser On-the-Job offers:

Safety and prevention services

- Pre- and post-offer employment physical exams, commercial driver's licenses
- Health, medical, and physical capacity screenings
- Substance abuse testing
- Immunizations (hepatitis A and B, tetanus, and TB and PPD screenings)

Workplace illness and injury care

- Specialized care for work-related injuries
- Assistance with workers' compensation paperwork
- Easy referrals to physical therapy, radiology, and specialty care
- Onsite lab testing, pharmacy, and more

Add specialized Kaiser On-the-Job services to your workforce health efforts to improve the health and productivity of your employees and protect your bottom line. You could see measurable savings in your workers' compensation costs.⁶

For more information, visit kp.org/workhealthy or contact your Kaiser Permanente representative. You can also contact Customer Service at **808-432-2208** (Oahu) or **888-683-2208** (Neighbor Islands).

Kaiser On-the-Job Hawaii locations

We have five Kaiser On-the-Job clinics conveniently located throughout the Islands. Your employees may be referred to a specific clinic by their physician.

- **Kaiser Permanente Honolulu Medical Office**
1010 Pensacola St.
Honolulu, HI 96814
808-432-2000
- **Kaiser Permanente Kona Medical Office**
75-184 Hualalai Rd.
Kailua-Kona, HI 96740
808-334-4400
- **Kaiser Permanente Waipio Medical Office**
94-1480 Moaniani St.
Waipahu, HI 96797
808-432-3100
- **Kaiser Permanente Hilo Clinic**
1292 Waianuenue Ave.
Hilo, HI 96720
808-934-4000
- **Kaiser Permanente Wailuku Medical Office**
80 Mahalani St.
Wailuku, HI 96793
808-243-6000

➤ Better health, lower costs

A 10-year study showed that our occupational health program in California saved \$395 million in total workers' compensation costs and had 32% lower medical treatment costs, 25% lower disability costs, 30% lower attorney involvement, and 24% lower average total costs.⁷



Renovations completed to our Moanalua Medical Center

Renovations to our Moanalua Medical Center Mauka Tower are now complete. Members have access to 80 private rooms, neonatal and other intensive care units, state-of-the-art diagnostic imaging equipment, and decor enhancements that promote healing and well-being through natural light, soft colors, and artwork. Enhancements also include a revamped way-finding system using easy-to-read, consistent signs to simplify getting around the facility.

New clinic to open at Pearlridge Center

Your employees who live or work in the Aiea and Pearl City areas will have expanded access to quality care at our new Pearlridge Clinic, scheduled to open later this year. The 12,000-square-foot clinic will provide family medicine, pediatric care, behavioral health, and lab and pharmacy services.

Work on Koolau Medical Office continues

Renovations to our Koolau Medical Office will add 6,000 square feet for more expanded pharmacy services, greater privacy, and an aesthetically healing environment featuring soft, natural lighting along with fabrics and designs based on plants associated with healing in Hawaiian culture. To complete this work as quickly and safely as possible, the medical office is closed until October 2013.

> Top health plan in Hawaii

Out of 474 plans reviewed by the National Committee for Quality Assurance, we had the top commercial plan in the state.⁸ And our Hawaii plan is one of the highest-ranked in the nation.

> The national benchmark for cost-effectiveness and clinical quality

In a comparison of health plans across the United States, national consulting firm Aon Hewitt reported for the fifth year in a row that we consistently outperform other plans in clinical quality – scoring 58 percent better than the average HMO and 167 percent better than the all-plan average in the markets we serve.⁹

In Hawaii, we ranked first in the state for clinical quality.

Aon Hewitt also reported that we're the most cost-efficient plan across all markets we serve – **10 percent more cost-effective** than the average HMO and **15 percent more cost-effective** than the all-plan average.¹⁰

¹ *Return on Investment*, Health Fairs Direct, April 5, 2011.

² "Social Support: Impact on Health and the Bottom Line," Health Enhancement Systems, 2009.

³ The Hawai'i Health Connector or the SHOP may permit a later date.

⁴ Ramsay Wharton, "Thousands Take Part in a Windy 2013 Great Aloha Run," *Hawaii News Now: KHNL/KGMB*, <http://www.Hawaiinewsnow.com/story/21236052/photos-thousands-take-part-in-a-windy-2013-great-aloha-run>, February 18, 2013.

⁵ KHON2 news story from February 18, 2013, <http://www.khon2.com/news/local/story/Thousands-come-together-for-annual-Great-Aloha-Run/nSHKHeNBRk6lJ4wCLKwCRQ.csp>.

⁶ Greg Griggs, "Wellness Programs Can Help Cut WC Costs," *WorkCompCentral.com*, October 18, 2010.

⁷ "State Fund – Kaiser Permanente Alliance Saves More Than \$395 Million in Workers' Compensation Costs for California Employers in Its 10-Year History," *State Compensation Insurance Fund*, June 11, 2007.

⁸ *NCQA's Private Health Insurance Plan Rankings 2012-13*, National Committee for Quality Assurance, 2012; Kaiser Foundation Health Plan of Hawaii – HMO.

⁹ Hewitt Health Value Initiative™ benchmarking study – Kaiser Foundation Health Plan, Inc., Aon Hewitt, April 3, 2013. To get a copy of the Hewitt Health Value Initiative report for your region, contact your account manager.

¹⁰ See note 9.

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kp.org/choosebetter

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