

**DENTON ISD**  
**WELLNESS PROGRAM**

Total Eligible = 2,862 Total Participants = 1,515	<b>Viverae Elite Wellness</b>	<b>Principal Wellness</b>	<b>Circle Wellness Blue Option Circle Health</b>	<b>Circle Wellness Yellow Option Circle Health</b>	<b>United Healthcare</b>
<b>PP Fee</b>	\$3.95 pepm \$135,658	\$9.25 pepm	\$176.35 pppy (2)	\$156.35 pppy (2)	
<b>Health Risk Appraisal</b>	Included	Included	Included	Included	\$17.65 pp \$26,740
<b>Set Up Fee</b>	\$0	Included	\$0	Included	\$0
<b>Targeted Health Mgmt</b>	\$195 pp (3) \$45,435	Included	Included	N/A	\$1.30 pepm \$44,647
<b>Quarterly Maintenance</b>	\$995 / quarter \$3,980	Included	Included	Included	N/A
<b>Screening Cost</b>	\$52 pp (1) \$78,780	Included	Included	Included	\$86,666 (4)
<b>Home Based Targeted Program</b>	\$2.95 pepm \$101,315	Included	Included	N/A	\$0.39 pepm \$13,394
<b>Educational Materials</b>	Included	Included	Included	Included	On-Line
<b>Travel Expenses</b>	Included	Included	Included	Included	Included
<b>Total Cost</b>	<b>\$361,187</b>	<b>\$317,682</b>	<b>\$328,064</b>	<b>\$290,858</b>	<b>\$171,447</b>
<b>Comments</b>					Model based upon myuhc and mostly member driven

- (1) Biometric Screening
- (2) Minimum participation requirement of 65%
- (3) Assumed 233 participants
- (4) Minimum cost based upon utilization

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<p style="text-align: center;"><b>Recommended Core Program</b> <b>On-Site Screenings</b></p> <p><b>Health Risk Appraisal Questionnaire</b> (Immediate Results of Questionnaire &amp; Testing)</p> <p style="padding-left: 40px;">Lipid Profile Cholesterol</p> <p style="padding-left: 40px;">Blood Pressure/Heart Rate</p> <p style="padding-left: 40px;">Height/Weight</p> <p style="padding-left: 40px;">Blood Glucose</p> <p style="padding-left: 20px;">Fecal Occult Blood Test (over age 40)</p> <p style="padding-left: 40px;">Body Composition</p> <p style="padding-left: 20px;">Low Back &amp; Hamstring Flexibility</p> <p style="padding-left: 20px;">Educational Lifestyle Handouts</p> <p style="padding-left: 20px;">Promotional Materials</p>			
<p style="text-align: center;"><b>Optional Physician Health Screening</b> <b>Packets</b></p> <p>(all Insured Spouses; no fee for outlying insured ee's)</p> <p><b>Health Risk Appraisal Questionnaire (HRA)</b></p> <p style="padding-left: 20px;">Physician Health Screening Packet &amp; Mailings</p> <p style="padding-left: 40px;">Health Risk Analysis Report &amp; Mailing</p> <p style="padding-left: 40px;">Educational Lifestyle Handouts</p> <p style="padding-left: 20px;">Group Aggregate Reporting of HRA Results</p> <p style="padding-left: 20px;">Optional Phone Consultation</p>			
<p style="text-align: center;"><b>Targeted Health Management Programs</b></p> <p><b>Home Based Targeted Intervention Program</b> (Cholesterol, Blood Sugar, Blood Pressure, Weight Mgmt) (all insured ee's identified during on-site health screening)</p>			
<b>Counter Marketing &amp; Education</b>			
<b>Reporting, Administration &amp; Management</b>			

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<b>Optional Enhancements</b> On-Site Health Screenings Spouses & Non-Insured Participants			
Home Based Targeted Intervention Program (Cholesterol, Blood Sugar, Blood Pressure, Weight Mgmt) (Spouses & Non-Insured Participants Only)			
<b>Other Targeted Programs</b> <b>(In Addition to the Core Program)</b> Baby Benefits Maternity Mgmt Healthy Returns Chronic Disease Mgmt Home Based Smoking Cessation Home Based Weight Mgmt Home Based Stress Mgmt 24 Hour Nurse Line			
<b>Health Screening Enhancements</b> (Performed during On-Site Health Screening or at another time) Osteoporosis Screenings Vision Screenings Hemocult (take home colo-care kit) Thyroid Stimulating Hormone (TSH) Prostate Specific Antigen (PSA) Follicle Stimulating Hormone (FSH) Hemoglobin & Hematocrit (H&H) Tetanus Shot			
<b>COMMENTS</b>			
<b>Rate Guarantee</b>			