

## Wellness ROI: An Evaluation of HHS' FedStrive Program

Webinar #091114-NE

### DATE AND TIME

September 11, 2014

1:30 p.m. - 3:00 p.m. CT

### OVERVIEW

FedStrive is an integrated health, wellness, and work/life program that was piloted at HHS Headquarters in Washington, DC for 3,000 employees. FedStrive is built on a comprehensive array of integrated service options permitting risk identification, surveillance, and reduction through the following standardized health risk appraisal (HRA) with feedback, biometric screenings, fitness facility access, Work/Life and Employee Assistance Program services, tobacco cessation, employee health challenges, health education classes and training, use of social media, and creative incentivizing that supports behavior change.

An evaluation of the FedStrive program was conducted by FOH and its partners. The comprehensive evaluation of FedStrive included creation of an analytic database and analysis of historical risk, biometric, return-on-investment (ROI), and productivity data for Fiscal Years (FY) 2010-2012. For the FedStrive program, the Truven Health ROI Model will be described during this webinar along with the various data elements that are used in determining program ROI. Additionally, lessons learned from implementing FedStrive in 10 major cities will be discussed.

### TARGET AUDIENCE

CEOs, COOs, CFOs, Health & wellness professionals, human resource and health benefit professionals and students.

### OBJECTIVES

- Describe the development and elements of a prototype comprehensive health promotion program being implemented at the U.S. Department of Health & Human Services, which is a model for similar programs planned for implementation in other Federal agencies.

- Learn progress in third year of the FedStrive program including comparative data on health risk reduction, biometrics and other outcomes.
- Examine how to take health risks and program costs and translate them into financial terms.

### FACULTY

**Gene Migliaccio, DrPH, FACHE, Director**

Federal Occupational Health (FOH), HHS - Washington, DC

Gene Migliaccio provides leadership to the nation's largest Federal provider of occupational health services. FOH serves 360 Federal agencies and reaches 1.8 Federal employees, providing Health, Employee Assistance Program (EAP), and Environmental Health services. A retired United States Public Health Service (PHS) Commissioned Corps Officer, he has managed integrated delivery systems. He was the former Chief of Staff (Acting) for the U.S. Surgeon General. Dr. Migliaccio holds a Doctor of Public Health from Tulane University.

**Maryam J. Tabrizi, PhD, MS**

Research Leader, Truven Health Analytics - Bethesda, MD

Maryam J. Tabrizi has worked in the health care industry for the past 16 years developing, implementing and evaluating health promotion programs and policies. She manages and coordinates applied research programs examining issues related to the health and productivity cost burden of certain health risk factors and common disease conditions, and the impact that innovative health and productivity management programs have on medical and productivity-related outcomes such as diet/nutrition, obesity, physical activity, stress management, tobacco use, absenteeism and presenteeism. Dr. Tabrizi has contributed to numerous government employer and health plan funded program initiatives on health and financial outcomes.

### PRICE

\$195 per connection. (Fill a room with attendees for one fee!)