



Recharge Take Charge

with **Rhonda Jones**, MESSA health promotion consultant

MESSA SPRING WORKSITE WELLNESS CONFERENCE 2022

What you'll learn today

- » Create your personal **RECHARGE** program using mindfulness, movement and nutrition.
 - » How MESSA's programs and people can help you **TAKE CHARGE** so you can reach your personal health goals and district wellness goals.
 - » Why happiness and social connection is important to your health.
 - » How your gut bacteria can **RECHARGE** your health and wellness.
 - » How to create energy and nutrient dense foods.
-

MESSA Resources

MESSA programs

MESSA tools



MESSA programs

- » MyStressTools
 - Self-guided resource for MESSA members
 - Provides customized mental health support
 - Sign on through your MyMESSA member account

messa.org

MyStressTools

Mental health and wellness resources for MESSA members

MyStressTools is a suite of stress management and wellness resources that help manage stress and anxiety. It provides podcasts, videos, webinars and informational articles on topics such as resilience, wellness coaching, stress tracking, meditation, mindfulness exercises, and more — and it's all free for MESSA members.

MyStressTools uses a "Stress Profiler" to identify your personal sources of stress and anxiety and tailor the content to your needs.

Mental wellness is an essential part of overall health. High levels of stress and anxiety can lead to long-term health complications and chronic illness. MESSA is here to support your overall health by providing resources to help alleviate stress and anxiety.

Get started:

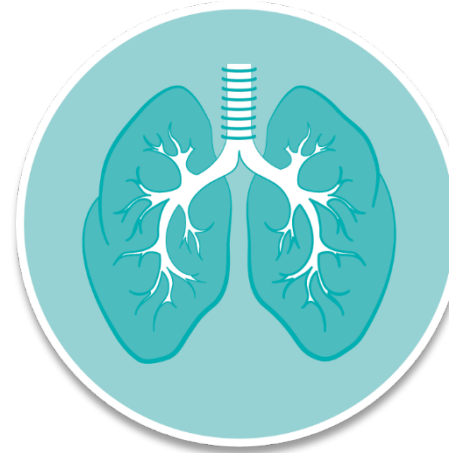
- 1 Log in to your MyMESSA member account at messa.org.
- 2 Select "Wellness Resources" in the left menu.
- 3 Select "MyStressTools" to launch the MyStressTools site.
- 4 Begin your journey by taking the Stress Profiler quiz.

Learn more at messa.org/MyStressTools.

Rev. 04/14/21 PL 04021 - 1 PDF

MESSA programs

- » Case management programs
 - Asthma: messa.org/asthma
 - Cardiovascular: messa.org/heart
 - Diabetes: messa.org/diabetes
 - Medical: messa.org/mcm



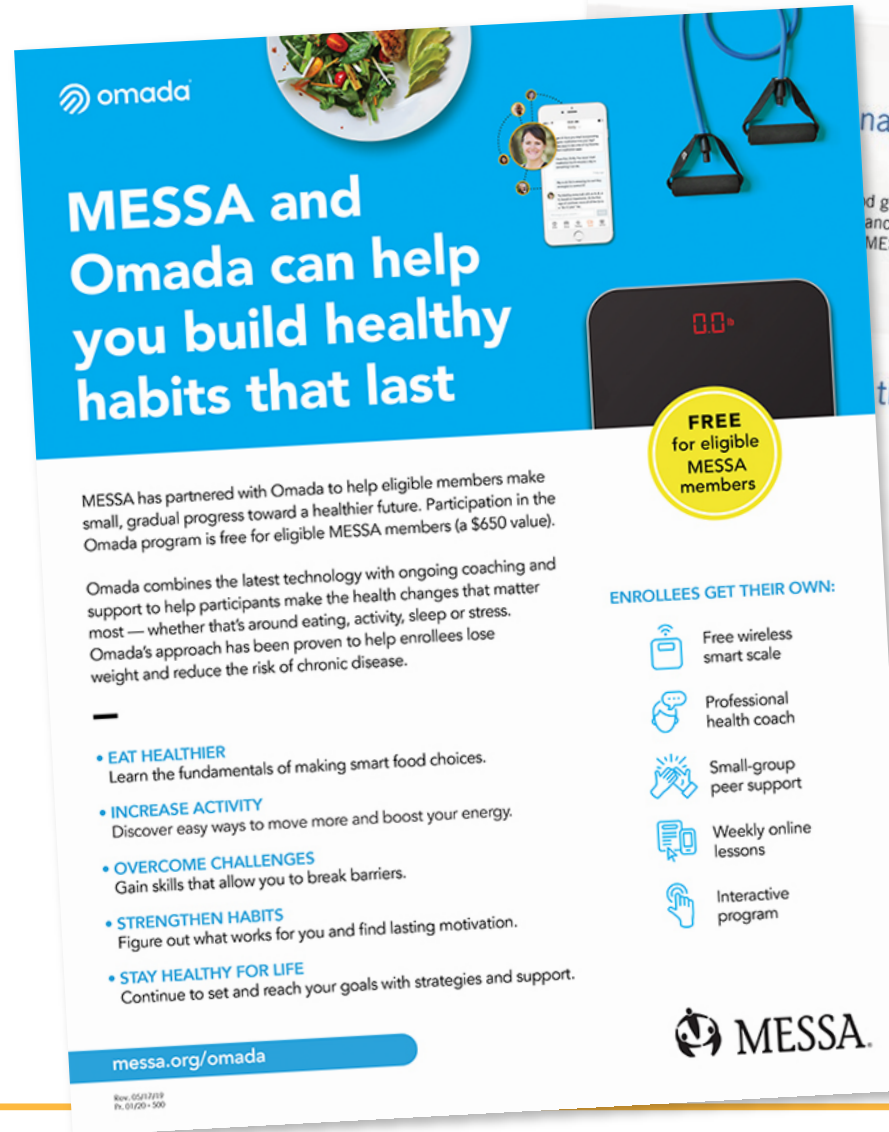
MESSA programs

» Omada

- Diabetes prevention
messa.org/Omada

» Livongo

- Diabetes management
messa.org/Livongo



omada

MESSA and Omada can help you build healthy habits that last

FREE for eligible MESSA members

MESSA has partnered with Omada to help eligible members make small, gradual progress toward a healthier future. Participation in the Omada program is free for eligible MESSA members (a \$650 value).

Omada combines the latest technology with ongoing coaching and support to help participants make the health changes that matter most — whether that's around eating, activity, sleep or stress. Omada's approach has been proven to help enrollees lose weight and reduce the risk of chronic disease.

- **EAT HEALTHIER**
Learn the fundamentals of making smart food choices.
- **INCREASE ACTIVITY**
Discover easy ways to move more and boost your energy.
- **OVERCOME CHALLENGES**
Gain skills that allow you to break barriers.
- **STRENGTHEN HABITS**
Figure out what works for you and find lasting motivation.
- **STAY HEALTHY FOR LIFE**
Continue to set and reach your goals with strategies and support.

messa.org/omada

MESSA

Rev. 05/17/19
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MESSA

Livongo

Management,

and glucose meter, lancets as you MESSA.



the meter and on the house.

- Real-time support when you're out of range
- Strip reordering, right from your meter
- Send a health summary report directly from your meter
- Automatic uploads mean no more paper logbooks

ENROLLEES GET THEIR OWN:

- Free wireless smart scale
- Professional health coach
- Small-group peer support
- Weekly online lessons
- Interactive program

Unlimited strips. Unlimited lancets. It's all free for you.

messa.org/register or call (800) 945-4355
Registration code: MESSA

Members and their dependents who have diabetes. For questions about your MESSA coverage, call the

MESSA tools

» Digital tools

- messa.org
- MyMESSA portal
- MESSA app
- facebook.com/MESSAOnline
- twitter.com/MESSAOnline
- youtube.com/MESSAHealth



Wellness Plan

Mindfulness



Movement



Nutrition



Wellness plan: Mindfulness

- » Mindful Monday email messages
- » Mindful movement activities
- » Gratitude/appreciation activities before meetings or displayed on a break room wall
- » 30-day resiliency challenge
- » Virtual mindfulness meditation sessions
- » My Stress Tools



Wellness plan: Movement

- » Walking or step challenge
 - » Burst Workout by Sean Foy
 - » Pushup challenge
 - » Plank challenge
 - » Group exercise during lunch or after work, virtual or safely distanced
 - » Create a fitness directory for your area that includes virtual options
 - » Offer on-demand fitness options
-

Wellness plan: Nutrition

- » 21-day mindful eating challenge
- » Meal Preparation demo
- » 30-day healthy eating challenge: more vegetables and fruits; fewer processed foods
- » Salad jar lunches
- » Cooking classes
- » Recipe exchanges
- » Newsletters with healthy recipes



Survey Resources

Health Risk
Assessment

Health Interest
Survey

Wellness
Report Card



Health Risk Assessment

- » Helps members understand their current health and identify risks
- » Provides a report to help wellness committees develop customized plans

MESSA Wellness
mindfulness • movement • nutrition

messa.org

What's your risk?
Learn more about your risk for heart disease, certain cancers and depression with the free MediKeeper app.

My Risks for Diseases

- Breast Cancer
- Cervical Cancer
- Colon Cancer
- Lung Cancer
- Melanoma
- Oral and Throat Cancer

Health Management Indicator

This indicator assesses your current health and how well you manage the factors that affect it.

- Green = Good health management
- Yellow = Room for improvement
- Red = Poor health management

You should always discuss any concerns and medical issues with your doctor.

MESSA has partnered with MediKeeper to give our members a helpful tool for assessing their health and identifying risks for certain cancers, diabetes, heart disease, osteoporosis, depression and other illnesses.

Users fill out a detailed questionnaire, which is used to generate a personal health profile, including their lifetime risk for up to 16 major diseases and conditions.

MediKeeper also gives users individual feedback, suggestions to lower their risks and a personal wellness plan. Users can share the reports with their doctor to address any concerns. To protect your privacy, your personal data is not accessible by MESSA, your employer or any other third party.

The MediKeeper health risk assessment is accessible on a smartphone, tablet or computer. To access the tool, members should log into their online MyMESSA account at messa.org.

Rev. 09/06/19
Pg. 01/000-500

MESSA

Health Interest Survey

- » Helps wellness committees identify their groups' interests
- » Questions can be customized to the unique needs of any group

MESSA Wellness [Print](#) [Reset](#) [messa.org](#)

Health Interest Survey
Please complete this survey to help us customize health and wellness information for your group.

How do you prefer to receive health information? Please check all that apply.

- Information mailed to my home
- Newsletters
- Posters and pamphlets
- Newspapers and magazines
- Electronic communications
- Worksite wellness presentations
- Discussion with physician or other health care provider
- Other: _____

If these opportunities for health education were made available for you at your workplace, please check all that you would consider participating in.

- 15-minute webinars offered during the workday
- In-person health presentations by MESSA offered during the workday
- 15- to 30-minute webinars offered in the evening
- YouTube video clips
- In-person health presentations by MESSA offered in the evening
- Online scavenger hunt on a specific health topic
- Health activities and challenges with co-workers (example: walking challenge)
- I prefer written materials

Please indicate your level of interest in the following wellness activities.

	Little or no interest	Some interest	Very interested
Learning more about healthy food choices	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Learning about portion control to help manage my weight	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Learning about reading food labels	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Learning new ways of increasing my physical activity	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Learning more about the health benefits of physical activity	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Increasing my physical activity level	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
10- to 15-minute activities that I can do a few times per day	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Participating in team activities	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Learning about ways to cope with stress	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Learning about quitting smoking	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Learning about the most effective use of my MESSA health plan	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Participating with a group to learn more about health and wellness	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Other: _____	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Your feedback is appreciated. Thank you for your time.


Rev. 06/2021 FL 06/21 - 1 PDF

MESSA

Wellness Report Card

- » Snapshot of a group's usage of health screenings, preventive care services and engagement in MESSA's chronic disease management programs
- » Helps wellness committees plan meaningful programs that target the most prevalent health risks

WELLNESS REPORT CARD: 000 EXAMPLE SCHOOL DISTRICT
 Current: Oct 2019 – Sep 2020 (Incurred); Previous: Oct 2018 – Sep 2019 (Incurred); Paid Through: Dec 2020



Preventive Compliance:

	000 EXAMPLE SCHOOL DISTRICT	MESSA BOB
Annual Preventive Exam (all covered lives) within last 12 mo	48.46%	49.39%
Pap Test (Women >= 20 yrs old) within last 24 mo	44.08%	46.06%
Mammogram (Women between 45-54 yrs old) within last 12 mo	44.88%	48.47%
Mammogram (Women 55+ yrs old) within last 24 mo	74.07%	72.08%
Covered lives > 18 yrs old with Prediabetes in the last 12 mo	4.74%	4.35%

Preventive Office Visit Compliance:

	000 EXAMPLE SCHOOL DISTRICT	MESSA BOB	US NORM
Ages 0-18 years	90.61%	91.69%	86.02%
Ages 19-44 years	49.45%	48.91%	40.49%
Ages 45-64 years	79.90%	71.54%	56.24%
Ages 65+	89.60%	73.77%	60.44%

Utilization:

	000 EXAMPLE SCHOOL DISTRICT			MESSA BOB			US NORM
	Current	Previous	% Change	Current	Previous	% Change	
Office Visits per 1,000	5,230.51	6,788.58	-22.95%	4,642.99	5,653.16	-17.87%	4,435.30
Allowed per Office Visit	\$120.18	\$120.89	-0.59%	\$117.96	\$118.39	-0.37%	\$120.76
Urgent Care Visits per 1,000	74.97	177.60	-57.79%	135.44	174.48	-22.38%	154.87
Allowed per Urgent Care Visit	\$114.85	\$122.37	-6.15%	\$102.25	\$106.50	-3.99%	\$145.47
ER Visits per 1,000	202.64	207.10	-2.16%	182.39	214.53	-14.98%	221.19
Allowed per ER Visit	\$1,268.09	\$1,357.07	-6.56%	\$1,462.73	\$1,382.53	5.80%	\$2,077.86

Chronic Conditions Prevalence:

	Claimants Per 1000					
	000 EXAMPLE SCHOOL DISTRICT			MESSA BOB		
	Current	Previous	% Change	Current	Previous	% Change
Asthma	28	32	-9.69%	31	32	-3.44%
Coronary Artery Disease	19	17	7.44%	10	11	-6.79%
Diabetes	52	52	-1.50%	39	39	-0.04%
Hypertension	85	86	-1.00%	69	71	-3.58%
Back Disorders and Injuries	118	136	-13.41%	117	129	-9.34%

Planning Resources

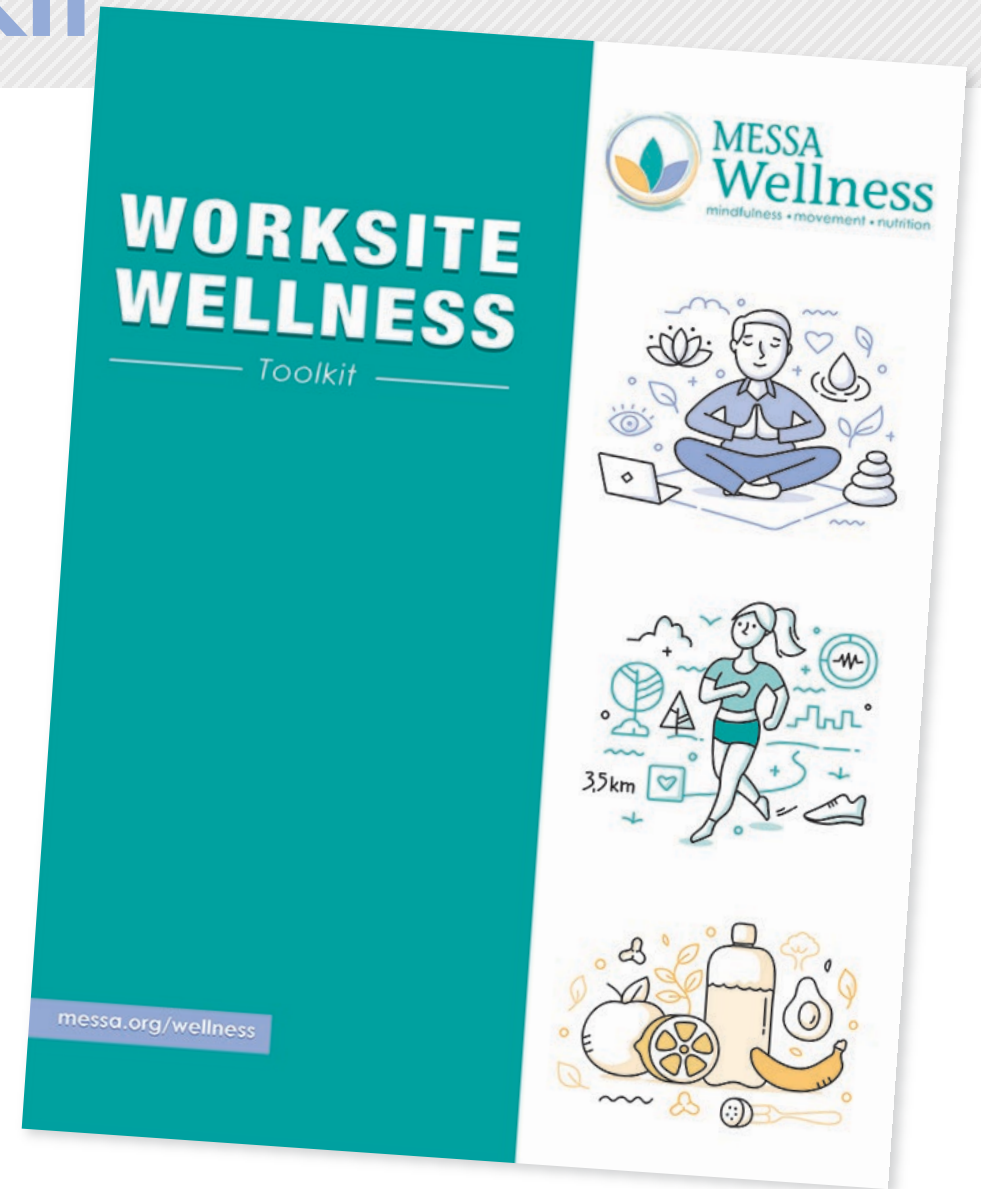
Worksite
Wellness Toolkit

Wellness activity
calendar



Worksite Wellness Toolkit

- » Resources for your wellness committee
- » Download it at messa.org/wellness



Wellness activity calendar

- » Plan and track monthly wellness activities and challenges

The image shows a digital form titled "Monthly Activity Calendar" from MESSA Wellness. At the top left is the MESSA Wellness logo, and at the top right are buttons for "Print", "Reset", and "Save", along with the URL "messa.org/wellness". Below the title is an introductory paragraph: "The three keys to worksite wellness are mindfulness, movement and nutrition. Your Wellness Committee has planned wellness activities for the year, with the goal of creating a culture of wellness in our workplace. We hope you enjoy them!". The form is organized into five sections, one for each month from January to May. Each month's section has a colored header bar (teal for January, April; blue for February, May; orange for March) and is followed by several horizontal lines for notes. A "Continue" button with a right-pointing arrow is located at the bottom right of the page.

MESSA Wellness
messa.org/wellness

Print **Reset** **Save**

Monthly Activity Calendar

The three keys to worksite wellness are mindfulness, movement and nutrition. Your Wellness Committee has planned wellness activities for the year, with the goal of creating a culture of wellness in our workplace. We hope you enjoy them!

January	Wellness Committee activities

February	Wellness Committee activities

March	Wellness Committee activities

April	Wellness Committee activities

May	Wellness Committee activities

Continue ►

Join today!



MESSA[®]

Wellness Pros 



- » Zoom meetings third Wednesday of the month – choose morning or afternoon
- » Chat about worksite wellness and share ideas
- » Opportunity to meet with MESSA health promotion consultant **Rhonda Jones**

Register at messa.org/wellness



Questions?

Rhonda Jones
MESSA health promotion consultant
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