



Understanding and Interpreting the Cost of Wellness and Disease Management

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Interrelated Costs

Disease Management or Wellness

- Which comes First
 - Getting “Weller”
 - Managing known diseases
- Mind Body Spirit
 - Enhance ministry through wellness
- Pay me now or pay me later
 - Can be less cost by starting wellness



Mississippi's Historical Costs

- History of Drug Cost

■ 2002	\$1,138,170	
■ 2003	\$1,304,560	14.6%
■ 2004	\$1,684,232	29.1%
■ 2005	\$1,773,859	5.3%
■ 2006	\$2,108,382	18.9%
■ 2007	\$2,227,727	5.7%
■ 2008	\$2,378,353	6.8%
■	Average thru 2007	14.7%



Mississippi's Historical Costs

- History of Claims Cost

■ 2002	\$2,756,422	
■ 2003	\$2,752,463	-.1%
■ 2004	\$3,105,060	12.8%
■ 2005	\$3,789,384	22.0%
■ 2006	\$3,350,741	-11.6%
■ 2007	\$4,175,740	24.6%
■ 2008	\$3,890,990	-6.8%
■	Average thru 2007	9.5%



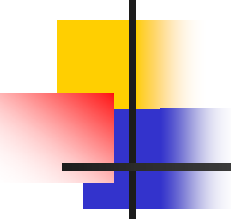
Mississippi Journey

- Began with Q-Element
 - No accountability
- 24 Hour Nurse Hotline
 - People just had some one to talk to
- Bishop's Wellness Initiative
 - Driving force-Time was right



The New Plan

- December 2006
- Conference Office Trial
- Rolled out plan 2007 Annual Conference
- ACCOUNTABLE
- Rewards after performance



Board of Medical Benefits Projections (The BOMB)

- Fixed Cost of Plan
- Additional medical claims
- Additional prescriptions
- Average age of 54
- Study to reduce cost \$2200 per year (2003)



Why a Wellness Program

- Physical Activity Interventions
- Change in Life Style
- Awareness
- Successes
- Competition
- Rate of return \$3.48 for \$1 invested



Disease Management

- Phone Calls
 - Hard to get participants to return calls
- Letters
 - Looked like advertisement
 - CBO wrote introduction letters
- Responses
 - Well received-after getting them started



Our Findings created a Dilemma – Of Health Plan Participants Who Completed the AP Enrollment Questionnaire (n=494) (Changes)

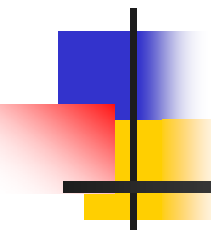
- 354 had Chronic Health conditions
- 198 were classed as sedentary
- 25 were morbidly obese
- 128 were obese
- 95 were overweight

That's Right- 50% with weight problems, 40% were inactive (self-reported), 72% had chronic health problems



Our Accomplishments (Changes)

- PACERs walked 373,248 miles from June 17, 2007 to June 10, 2008
- 15 Times Around the World
- Lifestyles were changed
- Awareness was raised
- Better equipped to carry out the mission of the Church
- Amazing Pace can even be classified as an evangelism tool



Lets Take a Look at our Numbers
as prepared by our Wellness Plan



What is our Future Plan

- Move up to the next level
- Raise Awareness
- Keep People moving
- Watch the Numbers
- Keep the plan fresh, crisp and responsive



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