

SWWC hosted its annual Live Well Workshop on September 19, 2018. Employees from 26 different school districts and 20 different cities, counties, and other governmental agencies (CCOGA) attended the workshop held at SWWC in Marshall.

Kari Bailey, Regional Wellness Coordinator, covered changes to the 2018-19 Live Well program for both the school district insurance pool and the CCOGA insurance pool. In addition, she presented on the all-new Wellness Coordinator Connection portal that will be used by pool members for funding approval and reimbursement requests for their site-based well-being activities and biometric screenings.

Geoff Martinson from BCBSMN presented on the new Sharecare initiative and the Learn to Live program that will be available to groups upon renewal (January 1, 2019, for the CCOGA insurance pool and July 1, 2019, for the school insurance pool). He also reviewed the Blue365 discount program and Doctor on Demand.

Rachelle Deutz, Registered Dietician for Hy-Vee Food Stores, presented on Healthy Eating Made Easy. She also talked about how the catering department at Hy-Vee incorporated some healthy substitutions into the lunch meal that was provided at the workshop.

In the afternoon, participants learned about two more new programs:

- Omada, a new and exciting diabetes and cardiovascular disease prevention program - information presented by Liz Pittinger and Matt Dunn, and
- SmartShopper, a health care shopping and savings program - information presented by Lara Newman of Vitals.

For more information about the health insurance pools at SWWC, visit www.swsc.org/health. Information about the Live Well Program can be found at www.swsc.org/livewell.

