



## Travis County Commissioners Court Agenda Request Travis County Health Facilities Development Corporation

**Meeting Date:** April 23, 2013

**Prepared By/Phone Number:** Andrea Shields, Manager/854-9116

**Elected/Appointed Official/Dept. Head:** Leslie Browder, County Executive, Planning and Budget/854-9106

**Commissioners Court Sponsor:** Samuel T. Biscoe, President

### **AGENDA LANGUAGE:**

Consider and take appropriate action to approve four separate payments totaling \$1,561.55 for Wellness Program Spring, Summer and Fall 2013 events.

**BACKGROUND/SUMMARY OF REQUEST AND ATTACHMENTS:** See additional attached backup.

#### Mammogram Events

FY13 – 3 events have been held (Jan 2013 – Mar 2013) for a total of 15 participants and 15 mammograms performed.

#### Health Fair

Last health fair held on 8/31/12, approximately 500 employees attended. Count was taken from the number of bags given to employees as they entered the Health Fair.

#### Walk Across Texas

Walk Across Texas will kick off on April 15, 2013. As of today, there are 18 teams. Each team has 8 members, so a total of 144 participants.

**AGENDA REQUEST DEADLINE:** All agenda requests and supporting materials must be submitted as a pdf to the County Judge's office, [agenda@co.travis.tx.us](mailto:agenda@co.travis.tx.us) by **Tuesdays at 5:00 p.m.** for the next week's meeting.

### Weight Management Program

This is a new 6 week program which started on 1/9/13. The 1/9/13 program had 14 participants. At the end of the program, there were only 4 participants.

To build on maintaining participation retention, offering an incentive, such as a drawing for a 3 month Weight Watchers membership to participants who attend all 6 sessions will help the participant receive the health education the program offers, plus offer them a chance in a drawing for a 3 month Weight Watchers membership to continue on good health.

The Spring weight management program started on 4/4/13 with 10 participants.

**STAFF RECOMMENDATIONS:** Staff recommends approval.

**ISSUES AND OPPORTUNITIES:** None.

**FISCAL IMPACT AND SOURCE OF FUNDING:** None.

**REQUIRED AUTHORIZATIONS:** Andrea Shields, Manager/854-9116;  
Leslie Browder, County Executive, Planning and Budget/854-9106



## TRAVIS COUNTY EMPLOYEES WELLNESS & HEALTH CLINIC

Lynn Stewart, MD  
Clinic Physician  
5501 N. Airport Blvd  
Austin, TX 78751  
Phone: (512) 854-7998  
Fax: (512) 854-7997

Margaret Brown, MD  
Clinic Physician  
1010 Lavaca, Ste 221  
Austin, TX 78701  
Phone: (512) 854-5509  
Fax: (512) 854-4480

---

April 10, 2013

**TO:** Andrea Shields, Corporations Administrator

**FROM:** Leroy Nellis, PBO

**SUBJECT:** Wellness Program Expense

Please prepare agenda item to approve payment for items listed in attachment.

Per the attachment:

**Mammogram Events:**

- Seven \$25 gift certificates for mammogram event drawings for the next 7 months=\$175 - HEB gift card
- Event expenses for 7 events - \$50 x 7 = \$350. HEB gift card
- Total - \$525

**Health Fair Event Drawings:** 5 drawings at each Health Fair for correct health responses. Two Health Fairs- April 2013 and October 2013. Total 10 - \$25 gift certificates. These gift certificates may also be purchased at HEB. Total - \$250

**Walk Across Texas Challenge:**

- For the winning team – 8 participants, 8 - \$25 Academy gift certificates.  
Total \$200
- For the individual with the most weight lost – 1 Fit Bit Wristband from Best Buy - \$100. Total \$100
- For the end of challenge event (larger group than Mammogram event) – HEB - \$100. Total \$100

**Weight Management Program:**

- For participants who attend all sessions- entered into a drawing for 3 months Weight Watchers membership. Three programs will be held – Spring 2013, Summer 2013, and Fall 2013. Total - \$386.55

Requesting a check to be issued as follows:

Academy - \$200

HEB - \$875

Best Buy - \$100

Weight Watchers - \$386.55

Please let me know if you need additional information.

WELLNESS INITIATIVES FOR FY13

A	B	C	D	E	F	G	H	I	J	K
EVENT	ITEM	QTY	COST PER ITEM	TOTAL COST PER ITEM	COMMENTS					
1										
2	Mammogram	7	\$25.00	\$175.00	March - September					
3	Event	7	\$50.00	\$350.00	March - September					
4										
5										
6										
7	Group Exercise Trainers (2)	70	\$120.00	\$8,400.00	April - September					
8										
9										
10	Health Fair Events	10	\$25.00	\$250.00	April & October					
11										
12	Walk Across Texas Challenge	1	\$100.00	\$100.00	May end of Challenge					
13	Walk Across Texas Challenge	8	\$25.00	\$200.00	Fit Bit for person who lost the most weight.					
14	Walk Across Texas Challenge	1	\$100.00	\$100.00	For the Winning Team					
15					For End of Challenge Event					
16					Balloons, bottled water, Subway platter					
17	Weight Mgt Program	3	\$128.85	\$386.55	Spring/Summer/Fall Sessions					
18										
19										
20										
21										
22										
23										
24										
25				\$9,961.55	Total					
26				\$15,038.45	Remaining Budget					
27										
28										
29										

Andrea- please confirm if this is approximately the amt paid out in FY12.