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House of Representatives
COMMONWEALTH OF PENNSYLVANIA
HARRISBURG

COMMITTEES

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MEMORANDUM

TO: All Members of the House of Representatives

FROM: Representative Eddie Day Pashinski

DATE: March 21, 2011

SUBJECT: Co-sponsorship Memo – Medically Managed Workplace Wellness Resolution

In the near future, I plan to introduce a resolution encouraging reduced insurance premiums for sponsors of medically managed wellness programs and encouraging government purchase of insurance from companies offering reduced premiums for participation in medically managed wellness programs.

Recently, Highmark Inc. published a study on workplace wellness programs with findings reflecting a slower rate of growth in health care costs for participants. Specifically, the study found that health care costs for people enrolled in a wellness programs rose 31 % in four years, compared with 46 % for people not involved in a program – or \$336 per study participant through four years. Workplace wellness programs are typically web-based. Participants voluntarily perform an online health assessment. Employers follow up with information on healthy eating, wellness challenges, and at-work exercise. Well-designed and well-resourced workplace wellness programs also provide medical management, including blood pressure, cholesterol, body mass, and blood glucose monitoring. These measures help with early detection of problems and better health outcomes. Overall, studies reflect that workplace wellness programs lead to better morale, increased productivity, reduced absenteeism, fewer job-related accidents, and a decrease in health benefits costs – and, most importantly, improved health outcomes for employees.

I am offering this resolution to highlight the importance of medically managed workplace wellness programs and its role in **saving taxpayer dollars**.

Please contact Lauren Bordner of my office at lbordner@pahouse.net to co-sponsor this important resolution.