

**CITY COUNCIL  
COMMUNICATION:**

**ITEM \_\_\_\_\_**

**02-260**

**OFFICE OF THE CITY MANAGER  
CITY OF DES MOINES, IOWA**

**AGENDA:**

**SYNOPSIS -**

MAY 20, 2002

On February 6, 2002, the City's Wellness Committee received two bids from Mercy Hospital and Iowa Methodist Medical Center for a Health Risk Assessment for City employees. Iowa Methodist Medical Center submitted the most favorable bid.

**SUBJECT:**

PROPOSAL FOR  
PERSONAL HEALTH  
RISK ASSESSMENT  
FOR CITY  
EMPLOYEES

Costs per employee for the Health Risk Assessment were \$59 from Methodist Hospital and \$49.40 from Mercy Hospital. The cost per employee from Mercy Hospital did not reflect a \$50 per site fee and \$1.30 per employee postage fee. These costs were included in Iowa Methodist Medical Center's per employee fee. The other major price difference involved the cost of individual counseling meetings. Methodist charges \$35 per hour compared to Mercy's \$75 per hour fee. The assessment tool used by Methodist is much more comprehensive in its nature, which the committee believes will help program employees' needs more effectively.

**TYPE:**

**RESOLUTION**  
ORDINANCE  
RECEIVE/FILE

**SUBMITTED BY:**

**FISCAL IMPACT -**

ERIC A. ANDERSON  
CITY MANAGER

Cost of the assessment, with an estimated 500 participants, will be approximately \$29,500. Funding of the assessment is available through the Wellness Committee Special Fund.

**RECOMMENDATION -**

**Approval of the agreement with Iowa Methodist Medical Center.**

**BACKGROUND -**

The Wellness Committee is laying the groundwork for establishing a long-term program to improve the wellness and overall health of the City employees. In order to establish a successful program for the employees, it is necessary to identify risk-producing behaviors, employee health concerns, the needs of different demographic groups,

and other statistics.

The Health Risk Assessment is an important part of the process in establishing an effective program. In addition to the individual report the participant receives, the City will receive an overall summary. With the use of the assessment summary, the internal questionnaire results, and the Wellness Council of Central Iowa, the Wellness Committee will be able to tailor a program that will work for the City.

With the right wellness program, the Wellness Committee will bring to the City of Des Moines savings by medical claims reduction, lower disability incidents, more satisfied employees, and absentee reduction.

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