

**Fort Bend ISD**  
**2014-15 Benefits Committee**  
**Top Strategies**  
**21-Jan-15**

1	Easier to access-user friendly apps and online resources
2	Having a nutritionist is a plus to have on board. Have him utilize his advice and counsel across the district as a resource
3	Campus Wellness Committee, focus primarily on exercise and some attention to diet...Some through practice doesn't seem to allign with advice. While that is arguably worthwhile, it is my contention that attention to all, not just already developedspecimens, would be a worthy addition to their charter. I suspect to the organizational promise of district wide communitiesAt least we're doing something....
4	Targeted Materials for those groups with high risk factors at play to parrallel the plans for next year
5	Coordination counseling. See Medicare services for modeling the assistance in plan comparisons and enrollments. The value proposition extends beyond explanation of the protocols of enrollment to an ability to compare employee choices. Ex. Comparingand guiding plan selection among the choices for THAT Family, blending spouse employee plans and FBISD coverage and savings
6	Reduction of potential costs to plan, establishing information access using Teledoc vs. mortar brick facilities, even for the many billable but not high risk illnesses' and injury costs per visit to fund
7	Work toward using care earlier in the progress of an illness, disease, etc.
8	Always looking for innovative billing and provider services model, i.e. Airrosti, etc.
9	Liability requirements or incentives based on safe awareness and attended care (not the same old same old)
10	DO NOT establish on site clinics. Develop regional contact service. Establish working agreements with already established clinicsand employee services, conceivably within Methodist's ability to establish itself...It offers another innovative relationship creation
11	Massages
12	Wellness groups, excersise programs, Weight Watchers (walking, Zumba etc.)
13	Biggest Loser Challenge
14	Million Mile Month
15	Remove carpeting from campuses-causes allergies/sinuses
16	Anti slip pads in cafeteria near dish drop-off
17	Make sure antibacterial spray/cleaning products are used daily to clean rooms
18	More accessibility to Wellness events & promotions-Maybe by feeder pattern
19	Discounts @ Whole Foods for FBISD-My Fit Foods & Health Clubs
20	Preventive check-ups are free-send reminders
21	Every campus should follow protocol that is the same consistency i.e., Dash Away Passess for Dr. visits
22	Membership discounts at gyms
23	Help pay for up-keep after weight loss surgery
24	Physical each year-so you can plan ahead & treat illnesses-less expensive to treat
25	Don't go to doctor unnecessarily; utilize school nurse
26	Stay home when you are sick
27	Rewards for good attendance at school
28	Jean day rewards, duty free day, late arrival day for health incentives
29	Better Mental Health coverage
30	Pay personnel to keep facilities open for staff to have wellness activities i.e. , swim laps, courts for basketball
31	Vending machines with fresh and healthy foods, and healthier foods during lunch or snack bar
32	Consider weight loss (bariatric surgery) we are paying large amount for other health concerns when weight loss would take care of
33	Fits band for 1/2 price
34	Incentives to stop smoking
35	Biometric Screening should be more in-depth, more thorough for older employees
36	Encourage safety on the job
37	Allow a gym area for use by school staff
38	Diabetic information clinic or seminar with incentives (free test strips)
39	Child Nutrition provide prepackaged healthy meals to be ordered by teachers & delivered to campus
40	District Clinic for employees-teams of schools
41	Incentives for weight loss programs

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	Table Ranking	Number of Reponses	Avg. by Number of Response
Easier to access-user friendly apps and online resources	3	1	3.0
Having a nutritionist is a plus to have on board. Have him utilize his advice and counsel across the district as a resource	2 3 4	3	3.0
Campus Wellness Committee, focus primarily on exercise and some attention to diet...Some through practice doesn't seem to align with advice. While that is arguably worthwhile, it is my contention that attention to all, not just already developed specimens, would be a worthy addition to their charter. I suspect to the organizational promise of district wide communities At least we're doing something....	5 1 5 3 1 3 2 4 2	9	2.9
Targeted Materials for those groups with high risk factors at play to parrallel the plans for next year			
Coordination counseling. See Medicare services for modeling the assistance in plan comparisons and enrollments. The value proposition extends beyond explanation of the protocols of enrollment to an ability to compare employee choices. Ex. Comparing and guiding plan selection among the choices for THAT Family, blending spouse employee plans and FBISD coverage and savings	4	1	4.0
Reduction of potential costs to plan, establishing information access using Teledoc vs. mortar brick facilities, even for the many billable but not high risk illnesses' and injury costs per visit to fund	1 2	2	1.5
Work toward using care earlier in the progress of an illness, disease, etc.			
Always looking for innovative billing and provider services model, i.e. Airrosti, etc.			
Liability requirements or incentives based on safe awareness and attended care (not the same old same old)			
DO NOT establish on site clinics. Develop regional contact service. Establish working agreements with already established clinics	5	1	5.0
and employee services, conceivably within Methodist's ability to establish itself...It offers another innovative relationship creation			
Massages	1	1	1.0
Wellness groups, excersise programs, Weight Watchers (walking, Zumba etc.)	2 5 1 1 3 4 4	7	2.9
Biggest Loser Challenge	3	1	3.0
Million Mile Month	2 4	2	3.0
Remove carpeting from campuses-causes allergies/sinuses			
Anti slip pads in cafeteria near dish drop-off	3	1	3.0
Make sure antibacterial spray/cleaning products are used daily to clean rooms	4 5	2	4.5
More accessibility to Wellness events & promotions-Maybe by feeder pattern			
Discounts @ Whole Foods for FBISD-My Fit Foods & Health Clubs	2 4	2	3.0
Preventive check-ups are free-send reminders	1 2 3	3	2.0
Every campus should follow protocal that is the same consistency i.e., Dash Away Passess for Dr. visits			
Membership discounts at gyms	1 5 4 1 1 2 1	7	2.1
Help pay for up-keep after weight loss surgery	4 2	2	3.0
Physical each year-so you can plan ahead & treat illnesses-less expensive to treat			
Don't go to doctor unnecessarily; utilize school nurse	3 1	2	2.0