

Clackamas County Police Officers Association Annual Review

May 25, 2023



Presented by:

Diana Antoniskis, MD, Physician Ambassador
Jolene Daniels, Sr. Associate Account Manager
Ky Thai, Dental Account Manager
Lilian Belaen, Executive Account Manager
Wendy Knabe, Sr. Workforce Health Consultant

WHAT'S INSIDE?

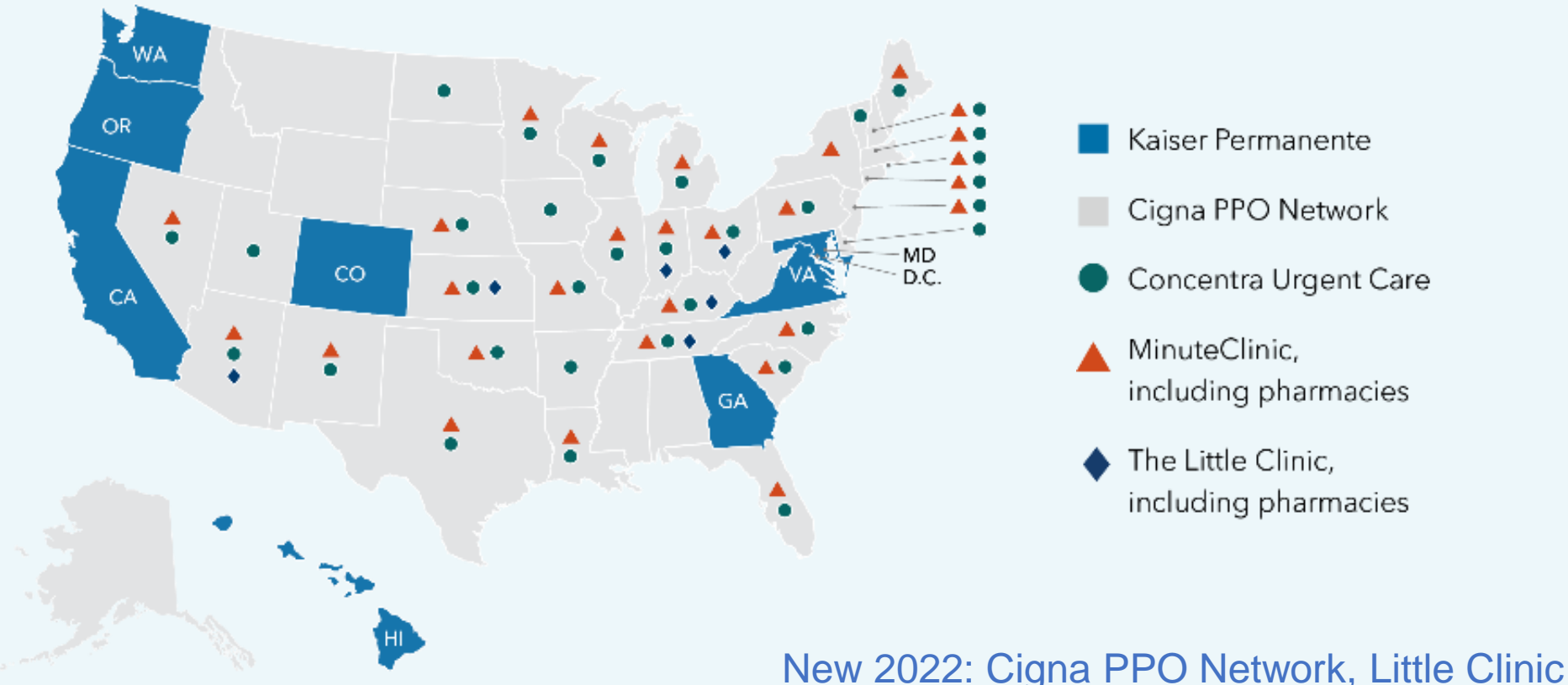
- What's New at Kaiser Permanente
- Dental Updates
- Medical Clinical Analytic Reports
- Recommendations
- Appendix

Note- Reports contain General County only, excluding POA

WHAT IS NEW AT KAISER PERMANENTE?

Added Options – Access to care across the U.S.

Traveling employees have access to urgent, and emergency care throughout the U.S. Whether they are near or far, the care they need is always close at hand.



New 2022: Cigna PPO Network, Little Clinic

1. NerdWallet/The Harris Poll, 2022. 2. IMG Travel Outlook Survey, 2022.

Get Care Now

24/7 virtual care from Kaiser Permanente clinicians across the U.S.
— tracked in a member's health record at every step

1. Answer questions about symptoms

To get started, members can sign in to kp.org or the Kaiser Permanente app and answer a few questions to tell us about their symptoms.

2. Choose how to get care

We'll recommend how members can get care quickly — by phone, online, or both. Where available, members can also see estimated wait times to help them choose the best option for their needs.

3. Talk with a clinician

Kaiser Permanente clinicians are available 24/7. During a visit, the clinician will update the member's health record to help coordinate follow-up care.

*Kaiser Permanente internal data, August 2022.



Early results from our new 24/7 virtual care offering received an average member satisfaction rating of

9.6 on a 10-point scale.*



no cost to members
on most plans



all devices



clinical care

 KAISER PERMANENTE®



PRESENTED BY



EAST PORTLAND | MAY 7
NORTHEAST CULLY | JUNE 25
SOUTHWEST PORTLAND | SEPTEMBER 10



- **City of Portland Sunday Parkways- Celebrate Healthy, Active Living**

- Summer's biggest block party is back! This year, Portland Sunday Parkways presented by Kaiser Permanente is celebrating its Sweet 16th anniversary with three in-person events. Join your neighbors and the community for this special occasion, as Portland's streets will be closed to traffic so you can bike, walk, roll, and play. This is a great team building activity.

kp.org/sundayparkways



Look at your life through a new lens

Wellness Coaching by Phone with Kaiser Permanente

A health coach can help you with:

- Eating healthy
- Losing weight
- Moving more
- Managing health conditions
- Sleeping better
- Reducing stress
- Quitting tobacco / vaping

**SET
ATTAINABLE
GOALS AND
CELEBRATE
WINS**

**ACTION-
ORIENTED
COACHING TO
GET YOU
UNSTUCK**

**RETHINK
WHAT
SUCCESS
LOOKS
LIKE**

Our certified health coaches have advanced training in a variety of fields:

- Nutrition
- Counseling
- Exercise
- Social Work
- Public Health
- Education



**GET
STARTED
TODAY**

Ways to connect with a health coach

- Call Monday thru Friday: 503-286-6816 (option 2)
- Schedule online at kp.org/appointments
- Coaching is available 7 a.m. to 7 p.m.

Dental



Medical + Dental:
BETTER TOGETHER

To ensure you're as comfortable as possible during your **dental visit**, our Comfort Menu offers a list of items to help you relax.

- Pillow
- Earplugs
- Headphones/earbuds
- Squeeze ball
- Blanket (heated based on your preference)
- Lip moisturizer
- Moist towelette
- Mouth prop

Experience a new way to take care of your total health.

- One ID card and one electronic record that capture your total health
- Enhanced collaboration between your medical and dental care teams
- Seamless integration with Kaiser Permanente pharmacies
- Save a trip by taking care of minor medical needs, like flu shots or vaccinations, **during your dental appointments.***

*Medical services are not available at all dental locations. You must be enrolled in a Kaiser Permanente medical plan to receive medical care.

KAISER PERMANENTE MOBILE APP

DENTAL CARE MADE EASY

95% of our members would recommend us to family and friends*



FAST PASS

Text or email messages to notify members who has a scheduled appointment and on a wait list when a sooner appointment is available.



KIOSKS, EXPRESS CHECK-IN AND ARRIVAL

Use of Kiosks for Dental at all co-located offices; expansion of 24- hour advanced check-in and contactless check-in via arrival text message.



DENTAL ONLY ACCESS ON KP.ORG

Dental only members able to register on kp.org and enjoy a customized digital experience.



ONLINE DENTAL APPOINTING

Scheduling Tickets initiated by existing members treatment plan make most dental appointments online and on the mobile app. This includes **Hygiene, General Dentist, Endodontic, Pediatric and Orthodontic services**. Patient-initiated New Member and Emergency appointments are available to book online via kp.org.



VIRTUAL DENTISTRY

Connect to dental care, anytime, anywhere at no additional member copay. Available 24/7 telephone advice, emails through kp.org for nonurgent issues, and video appointments.

Closing Medical Care Gaps at the Dentist



3,000

flu vaccines provided



34,500

care gaps closed
by onsite LPNs



8,700

diabetic care gap
closure

2022 MDI PERFORMANCE

- Healthy Smile
- Total Health
- Prevention
- Chronic Care Management



OUR DENTAL VISITS COME WITH SOMETHING EXTRA

CLACKAMAS COUNTY
MDI Performance 2022

49%

Members with diabetes
received dental touch points

285

Care Gaps Closed for 209
Members

Top Care Gap Closures:

- 178 Immunization
- 35 Diabetes Care Management
- 15 Lab Tests
- 23 Cancer Screening
- 34 Exam

Mental Health

Complete support in one holistic ecosystem

We offer a full spectrum of mental health and addiction care resources for adults, teenagers, and children. No matter where a member begins the journey, we can connect them to the right support.





Improving our appointing experience

Mental Health Therapy

What has changed:

- Members will have the ability to appoint through the call center or online with their KP.org App
- Members will be provided scheduling options
- Internal KP Therapists
- Contracted External KP Partner
- Members can use contracted network providers without having to call KP

What has not changed:

- All our call center phone numbers remain the same
- Behavioral health care (kaiserpermanente.org)
- Medication management (Psychiatry) is business as usual, no online appointing available at this time.
- Request to use an out of network provider will follow usual and customary processes

On-demand wellness tools put better health within reach

Employees can use our no-cost health and wellness apps anytime, anywhere.^{1,2,3}



Calm

The #1 app for meditation and sleep is designed to help lower stress, reduce anxiety, and build resilience.



Ginger offers 1-on-1 emotional support coaching by text, self-care activities, and more — available 24/7.

myStrength[®]
by Teladoc Health

Evidence-based programs to help members set mental health goals, track progress, and get support for depression, anxiety, and more.

classpass

No-cost fitness classes with ClassPass

Employees can access on-demand video workout classes including yoga, dance, cardio, boxing, Pilates, bootcamp, and more.

Targeted support for healthier living

kp.org/diabetes — a suite of resources to help manage diabetes through diet, medications, exercise, and more

kp.org/maternity — a complete guide through pregnancy, including prenatal care, birth planning, and caring for a new baby

kp.org/socialhealth — a directory of community-based support, including programs for food, housing, and child care

1. The apps and services described above are not covered under your health plan benefits, are not a Medicare-covered benefit, and are not subject to the terms set forth in your *Evidence of Coverage* or other plan documents. The apps and services may be discontinued at any time. 2. Calm and myStrength can be used by members 13 and over. The Ginger app and services are not available to any members under 18 years old. 3. Eligible Kaiser Permanente members can text with a coach using the Ginger app for 90 days per year. After the 90 days, members can continue to access the other services available on the Ginger app for the remainder of the year at no cost.

myStrength First Responder Resources

- 17 interactive tools
- Video interviews with first responders highlighting personal experience with behavioral health challenges and treatment
- Self-care support for emotional regulations, PTSD and trauma, suicidal ideation, dealing with COVID-19 and racism-related stress
- Evidence-based clinical interventions



To access myStrength:

- Visit kp.org/selfcareapps
- From the myStrength main page, search for “First Responder” content or find it on the Activities page under the Life Topics section

MEMBER ENGAGEMENT AND ACTIVITY

Your group at a glance

Your population's demographics — for example, age and gender — may play an important role in how your group compares to Kaiser Permanente regional and industry benchmarks.

	Your group	Kaiser Permanente regional average ¹	Comparison to regional average	Kaiser Permanente industry average ²
Subscribers	158	--	--	--
Members	405	--	--	--
Average subscriber age	39.5	40.6	1.1 years younger	48.0
Average member age	28.8	35.2	6.4 years younger	36.8
Gender (% female)	48.6%	51.0%	2.4% pts lower	52.3%
Average family size	2.6	1.6	1.0 higher	2.1
Enrollment stability index ³	94.6%	88.0%	--	94.8%

¹The Kaiser Permanente regional averages are based on the weighted average of the group's distribution of members across the Kaiser Permanente regions for the time period being measured.

²The industry average reflects results for Kaiser Permanente members in a specific industry sector, as defined by the North American Industry Classification System.

³Percentage of members enrolled at the end of the measurement period who were "continuously enrolled" (enrolled for at least 11 months of the 12-month reporting period).

ENGAGEMENT PROFILE

Member Engagement

The percentages below represent the members who are engaged in each category.

Member engagement category	Member for longer than 1 year		
	Your group	Regional average	Industry average
Getting connected Registering and signing on to kp.org	90.3%	82.9%	86.5%
Knowing your numbers Body mass index, blood pressure, exercise as a vital sign	87.0%	81.6%	82.6%
Staying up to date Cancer screenings, flu shots, cholesterol, glucose	77.0%	79.2%	83.9%
Seeking care Outpatient visits, nurse advice, secure messaging, filling prescriptions	90.7%	90.5%	94.8%
Improving health Total Health Assessment, healthy lifestyle programs, Wellness Coaching by Phone	2.2%	3.6%	3.4%



Note: Regional and industry averages are based on Kaiser Permanente membership.

PREVENTIVE CARE AND LIFESTYLE RISKS

Your results: lifestyle risks overview

Measure	Your results, Q4 2020 ¹	Your results, Q4 2022 ¹	Regional average	Industry average	National comparative data
Adult weight - overweight or obese	77.8%	84.4%	75.2%	76.1%	71.6% ³
Childhood weight - overweight or obese	17.4%	22.1%	31.7%	32.2%	35.1% ⁴
Adult exercise - not meeting minimum	60.0%	58.4%	68.1%	68.1%	46.7% ⁵
Prediabetes test result ²	15.6%	21.3%	28.0%	31.7%	34.5% ⁶
Total cholesterol - borderline high or high	37.2%	37.7%	36.2%	35.4%	38.2% ⁷
Blood pressure - undesirable BP systolic/diastolic \geq 140/90	13.0%	16.6%	15.1%	12.9%	33.2% ⁸
Smoking rates	5.9%	4.8%	11.2%	6.9%	13.7% ⁹

¹ISS will be displayed if eligible member population for the metric is insufficient.

²We advise using current prediabetes rates only. See speakers notes for details.

³CDC, December 2020. ⁴CDC, December 2020. ⁵CDC, June 2021. ⁶CDC, 2021. ⁷*Circulation*, February 23, 2021. ⁸Ostchega et al., *American Journal of Hypertension*, April 28, 2021. ⁹CDC, March 2022.

Regional and industry averages are based on Kaiser Permanente membership. For the Washington region, metrics displayed on this slide will depend on the use of Kaiser Permanente providers.

Your results: preventive services overview

Measure ¹	Your results, Q4 2020 ²	Your results, Q4 2022 ²	Regional average	Industry average
Flu immunization rate ³	42.8%	26.4%	30.6%	36.5%

Measure	Your results, Q2 2020	Your results, Q2 2022	Regional average	Industry average	HEDIS 90th percentile
Childhood immunization rate	53.8%	92.9%	59.5%	68.0%	72.8%
Breast cancer screening rate	70.0%	62.5%	71.4%	79.6%	77.7%
Cervical cancer screening rate	77.4%	80.4%	77.0%	84.0%	80.4%
Colorectal cancer screening rate	61.3%	73.7%	65.1%	76.9%	72.5%

¹Continuously enrolled members during measurement period.

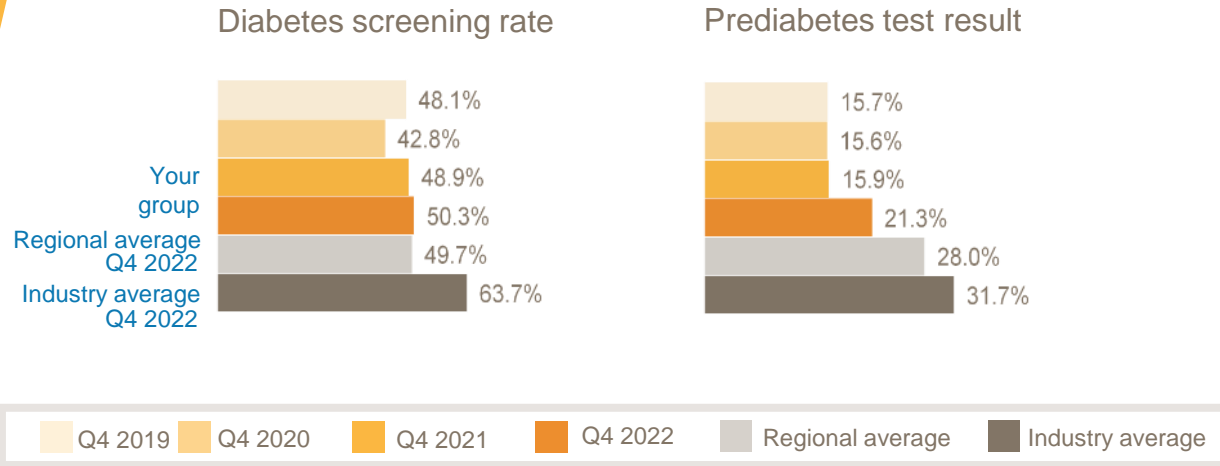
²ISS will be displayed if eligible member population for the metric is insufficient.

³National comparative data for flu immunization rate is no longer reported due to the use of a different methodology (survey data) to calculate results vs.

Regional and industry averages are based on Kaiser Permanente membership.

Kaiser Permanente's reported results captured in members' medical records.

Your results: Diabetes screening



Kaiser Permanente is using a new advanced lab process for HbA1c testing (a measure of average blood glucose), which provides improved accuracy and reliability. Results from the prior process use different standards and are not directly comparable to our current testing. **Due to this change, we are only reporting results from measurement period Q4 2018 going forward.**

Note: Results will not be displayed if the eligible member population for the metric is insufficient. Regional and industry averages are based on Kaiser Permanente membership.

50.3% of your group were measured for glucose in the last 3 years

21.3% of screened members had a prediabetes test result in Q4 2022 — that's

20 total members

Medical costs related to diabetes

\$ 21,936

Calculation: Estimate is based on if 10% of members with a prediabetes test result convert to a diabetes diagnosis x additional annual direct medical cost per diabetic member of \$10,968 per year.¹



For people with prediabetes, lifestyle intervention may decrease the risk of diabetes by 20%.²

✓ AT KAISER PERMANENTE

Our integrated electronic health record system helps us identify additional at-risk populations based on family history, race/ethnicity, likelihood of developing gestational diabetes, and other factors.

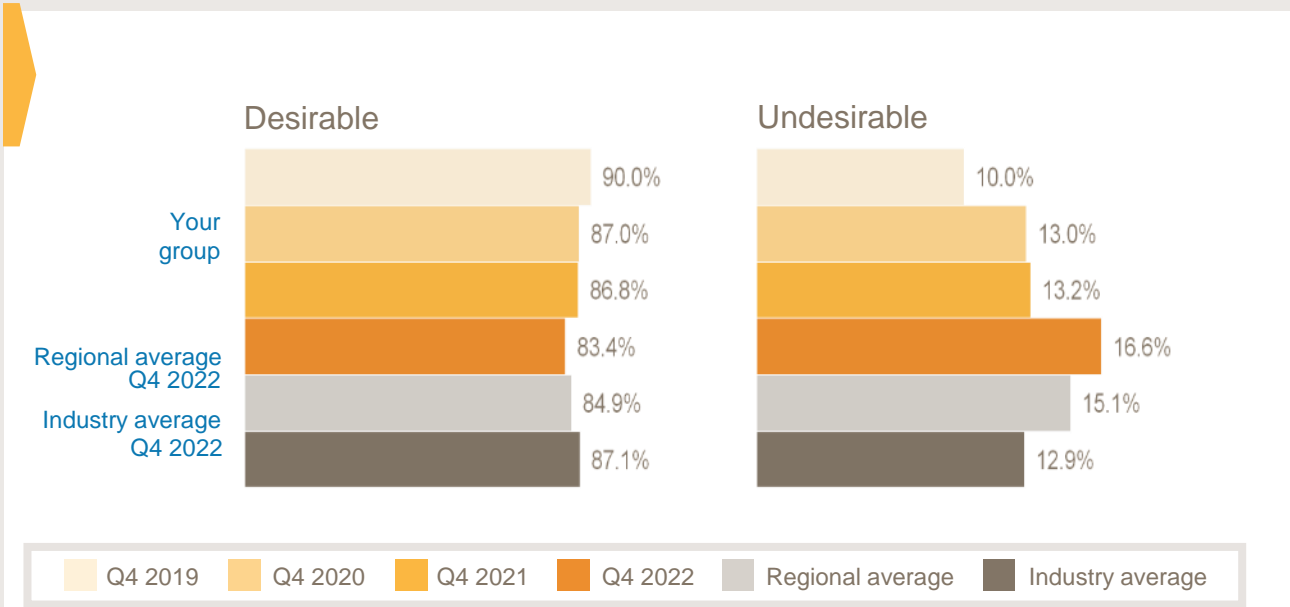
During routine office visits, caregivers ask members about their habits and encourage them to take advantage of healthy lifestyle resources.

¹Ortaliza, Peterson-KFF Health Tracker, November 12, 2021.

²Circulation, February 23, 2021.

PREVENTION AND LIFESTYLE RISKS REPORT

Your results: Blood pressure



Note: Results will not be displayed if the eligible member population for the metric is insufficient. Regional and industry averages are based on Kaiser Permanente membership.

72.2% of your group were measured for blood pressure in the last 12 months

16.6% of screened members in Q4 2022 had undesirable blood pressure — that's

34 total members

Medical costs related to high blood pressure

\$ 252,212

Calculation: Estimate is based on total number of members with high blood pressure x additional annual direct medical cost per member with high blood pressure of \$7,418 per year.¹



Nearly half of U.S. adults have high blood pressure — and only 1 in 4 of them have it under control.²

✓ AT KAISER PERMANENTE

Your employees get:

- Blood pressure checks at every visit
- Help from their care team with lifestyle changes and prescriptions

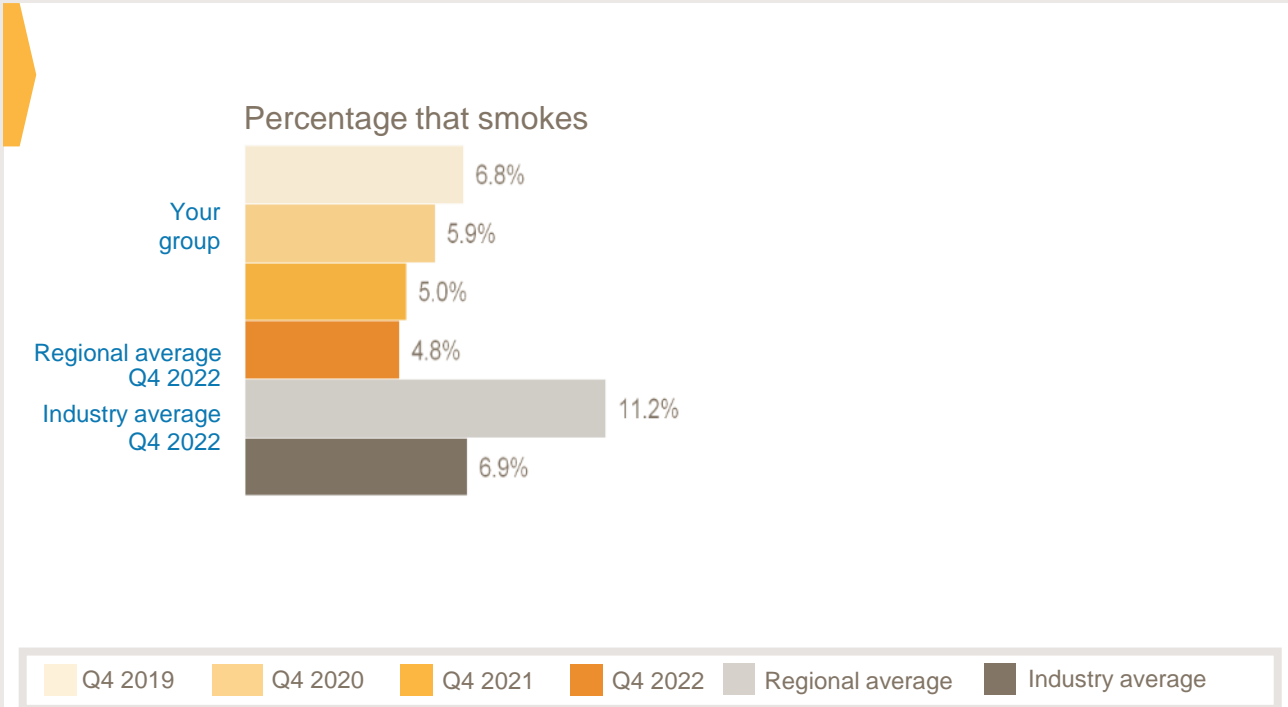
Did you know?

According to 2021 HEDIS scores, we outperformed the national average in blood pressure control for members with cardiovascular conditions.³

¹Ortaliza, Peterson-KFF Health Tracker, November 12, 2021.
²CDC, September 27, 2021.
³Kaiser Permanente 2021 HEDIS® scores.

PREVENTION AND LIFESTYLE RISKS REPORT

Your results: Smoking



Note: Results will not be displayed if the eligible member population for the metric is insufficient. Regional and industry averages are based on Kaiser Permanente membership.

95.8% of adults in your group have a recorded smoking status

4.8% of screened adult members in Q4 2022 smoke — that's

13 total members

Medical costs related to smoking

\$ 10,192

Calculation: Estimate is based on total number of members who smoke x additional annual direct medical cost per smoking member of \$784 per year.¹



Employees who smoke are 31% more likely to miss work than nonsmokers.²

✓ AT KAISER PERMANENTE

Your employees get:

- Asked about smoking habits during every office visit
- Action plans on how to quit, including prescriptions

Did you know?

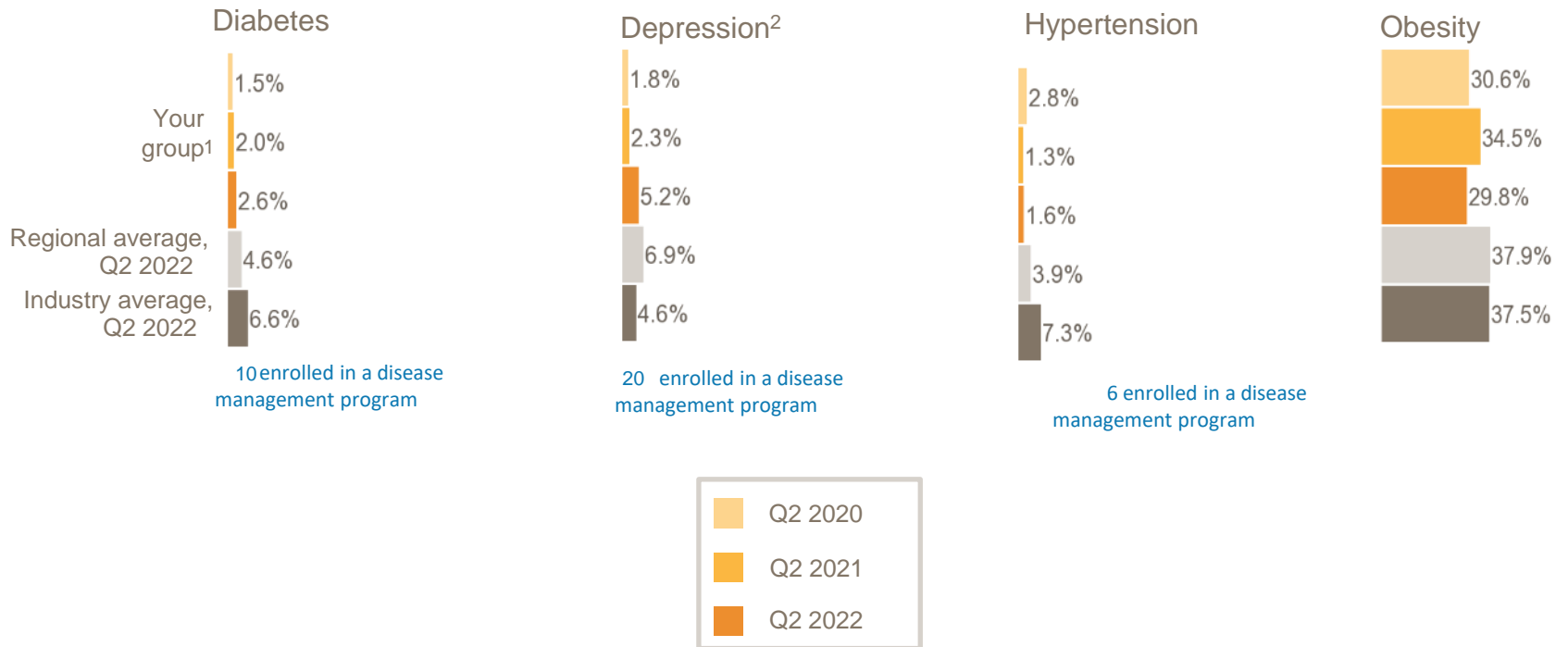
Researchers from the Kaiser Permanente Center for Health Research led a 2021 review of the effectiveness of tobacco cessation methods for the U.S. Preventive Services Task Force.³

¹Swedler et al., *BMJ Open*, 2019.
²Trøelstra et al., *Scandinavian Journal of Work, Environment & Health*, 2020.
³Patnode et al., U.S. Preventive Services Task Force, 2021.

INTEGRATED CHRONIC CONDITION CARE

CHRONIC CONDITIONS REPORT

Prevalence by chronic condition



¹Continuously enrolled members during measurement period. ²Starting with Q4 2016 data, we're using an industry-standard disease cohort definition for heart failure and depression prevalence that more accurately reflects the latest coding. ³HEDIS definitional change to coronary artery disease prevalence beginning with Q1 2018 data release, which may result in a minor reduction in CAD result. ⁴Includes members with heart failure. ⁵See note 2. Note: Results will not be displayed if the eligible population for the metric is insufficient. Regional and industry averages are based on Kaiser Permanente membership.

RECOMMENDATIONS

Partnering Together in 2023

Resources offered to Clackamas County at No Cost:

- KP topics and resources throughout “A Focus on You” campaign
- KP partnership for onsite events, such as: benefit fairs, open enrollment meetings, and new hire events
- Offer KP care gap clinics with a medical assistant
- Add a KP digital microsite for employees
- Promote mental health awareness training



THANK YOU

Your KP Team Contact List

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APPENDIX

Dedication that makes the grade

Kaiser Permanente Sunnyside Medical Center has earned Healthgrades **America's 50 Best Hospital Award**, putting it in the top 1% of the nation's hospitals for year-over-year clinical excellence from Healthgrades. Kaiser Permanente Sunnyside Medical Center is also named **50 Best in Cardiac Surgery™**, **100 Best in Cardiac Care™**, and **100 Best in Pulmonary Care™**.*



Tied for the highest-rated Commercial & Medicare Health Insurance Plan in Oregon and Washington



Nation's Best Health Insurance Company of 2023 for customer satisfaction.



Highest rating to the Center for Heart and Vascular Care at Sunnyside Medical Center every year since 2019



Sunnyside earned Healthgrades Top 50 Hospitals in the US & Top Cardiac Care, Surgery & Pulmonary Care in 2022



Westside Medical Center recognized by IDSA as Antimicrobial Stewardship Center of Excellence 2022

Where can you start your mental health or addiction journey?
ANYWHERE.

Self-Care

Evidence-based, no-cost tools that offer activities and emotional support coaching to improve sleep, boost mood, reduce anxiety, and more.

Guided Care

Professional support for achieving individual goals such as behavior change or better relationships.

Emergency Care

Care and support to prevent imminent harm to self or others.

Primary Care

Behavioral health consultants see you for focused sessions to assist with a wide range of physical, emotional, and behavioral concerns that impact your health.

Crisis Care

Immediate support for issues such as suicidal thoughts, child safety issues, and domestic violence.

Specialty Care

Evaluation and treatment for conditions that require concentrated, intensive care. Services may include individual office/or virtual visits, group therapy visits, or higher levels of care such as intensive outpatient services.

- Visit kp.org/selfcareapps for resources including Calm, Ginger, and myStrength apps at no cost, as well as helpful articles and activities to support emotional health.*

- Consult with a certified wellness coach by calling **503-286-6816** or **1-866-301-3866**, option 2.
- Visit kp.org/healthengagement/classes for a list of classes led by certified professionals.

- In case of emergency, go to the nearest emergency department or call **911**.

- Visit kp.org/evisits/nw to take an online survey to assess symptoms, like stress, depression, and anxiety. Get options for what to do next.
- Schedule online or call **1-800-813-2000** (TTY **711**) to make an appointment with your primary care team or a same-day/next day appointment with a behavioral health consultant. No referral needed.

- Call the Kaiser Permanente crisis line at **503-331-6425** or **1-866-453-3932**.
- Call or text the National Suicide Prevention Lifeline at **988**. Spanish language and hard of hearing services are available.

- For a mental health or addiction medicine assessment, call **503-249-3434** or **1-855-632-8280**. No referral needed.

*The apps and services listed here always are not covered under your health plan benefits, are not a Medicare covered benefit, and are not subject to the same cost for in your business of coverage or other plan provisions. The apps and services may be discontinued at any time. The apps and services are neither offered nor guaranteed under contract with the FHIR Program but are made available to members and family members who become members of Kaiser Permanente. Calm and myStrength can be used by members 13 years old and older. The Ginger app and services are not available to any members under 18 years old. Some individuals who receive health care services from Kaiser Permanente through state Medicaid programs are not eligible for the Ginger app and services. Eligible Kaiser Permanente members can text or call using the Ginger app for 10 days per year, after the 10 days, members can schedule an appointment with a behavioral health consultant available on the Ginger app for the remainder of the year at no cost. Calm, Ginger, and myStrength are not available to Kaiser Permanente. Contact your member.

Virtual training tools for Employers

Take advantage of hands-on training materials designed to help you and your employees:

- Understand the impact of mental health conditions and substance use disorders in the workplace
- Recognize common mental health challenges
- Understand the importance of creating a stigma-free workplace
- Support and engage in practices that support emotional well-being
- Talk more openly about mental health

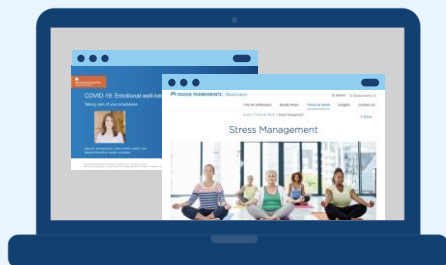


Download the trainings now at
kp.org/choosebetter



Mental health and wellness resources for members

- ✎ [Mental health content center](#) with information about accessing care and more
- ✎ [Addiction care content center](#) with information about accessing care and more
- ✎ [Depression, stress, alcohol, drug, and predict teen use](#) assessments for early intervention
- ✎ [Health classes and support groups](#)
- ✎ [Personalized healthy lifestyle programs](#)
- ✎ [Wellness Coaching by Phone](#) for stress and sleep
- ✎ [Most prescriptions mailed](#) to your door (requires sign-on)
- ✎ [Self-care apps](#) for meditation, mindfulness and cognitive behavioral therapy
- ✎ [Self-care resources](#) to help manage depression, reduce stress, improve sleep, and more
- ✎ [Find Your Words](#) resilience and community mental health support resources



Mental health and wellness resources for employers

- ↳ [Virtual](#) and on-site mental health training offerings
- ↳ [Burnout](#) and additional mental wellbeing webinars
- ↳ [Psychologically healthy workplace webinar](#) and [scoresheet](#)
- ↳ On-site education [health classes](#)
- ↳ Virtual meetings [backgrounds](#)
- ↳ [Mental health and addiction care](#) overview
- ↳ [Workforce mental health insights](#)
 - Finding Balance [stress management toolkit](#)
 - Rest and Revive [sleep management toolkit](#)
- ↳ [Mental health in the workplace](#) center and articles (including for first responders)

COMMUNITY PARTNERSHIPS

Examples of how Kaiser Permanente is currently engaged in Clackamas County:

- Member of Clackamas County Business Alliance, N. Clackamas Chamber, and other local business groups across our service area
- Sponsorship of annual State of the County luncheon, North Clackamas Education Foundation gala, and other community events
- Ongoing financial support for local nonprofits, including Clackamas Service Center & Clackamas Volunteers in Medicine
- Two policy areas of special focus: Public Health partnership, and Housing/homelessness



2023 Policy priority: Strengthening Public Health Infrastructure

Kaiser Permanente is launching a national effort focused on improving public health/health care partnerships, ensuring emergency preparedness and improving data standards.

While this national initiative is in the early stages, Kaiser Permanente Northwest is deepening its partnerships with the Clackamas Public Health Division, including:

- \$150K grant to support County efforts to become a trauma-informed public health department
- Sponsoring placement of two American Public Health Association (APHA) Fellows to support this work – one at Kaiser Permanente, one at the County
- Local Government Relations Manager (Ruth Adkins) recently appointed to County Public Health Advisory Committee



2023 Policy priority: Housing and homelessness

Affordable housing and homelessness continues to be a priority area of focus for Kaiser Permanente, both nationally and in our region

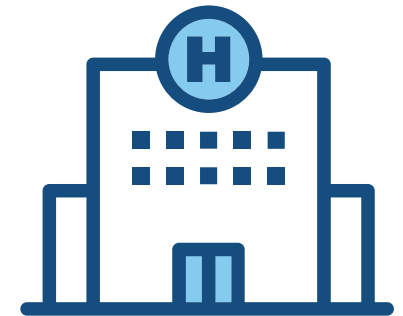
- Since 2016, Kaiser Permanente Northwest **has invested over \$24 million** to address the housing crisis across our Oregon and SW Washington service area. This includes over \$4.5 million of investment in Clackamas County
- Kaiser Permanente continues to support the **Built for Zero** Initiative to accelerate the end of homelessness in communities we serve, including Clackamas, Clark, Lane, Marion/Polk and Washington
- We are working with the County Housing team to explore partnership around **recuperative care and medical case conferencing** for care coordination
- We are engaging with Health Share and other partners to support development and implementation of the **Medicaid waiver**, including benefits to support housing and other social needs of vulnerable patients

COVID-19 National Public Health Emergency Ended May 11, 2023

The federal government recently announced its plan to end the COVID-19 public health emergency.

For Clackamas County Members on the Traditional Medical plan*, as of May 12, 2023:

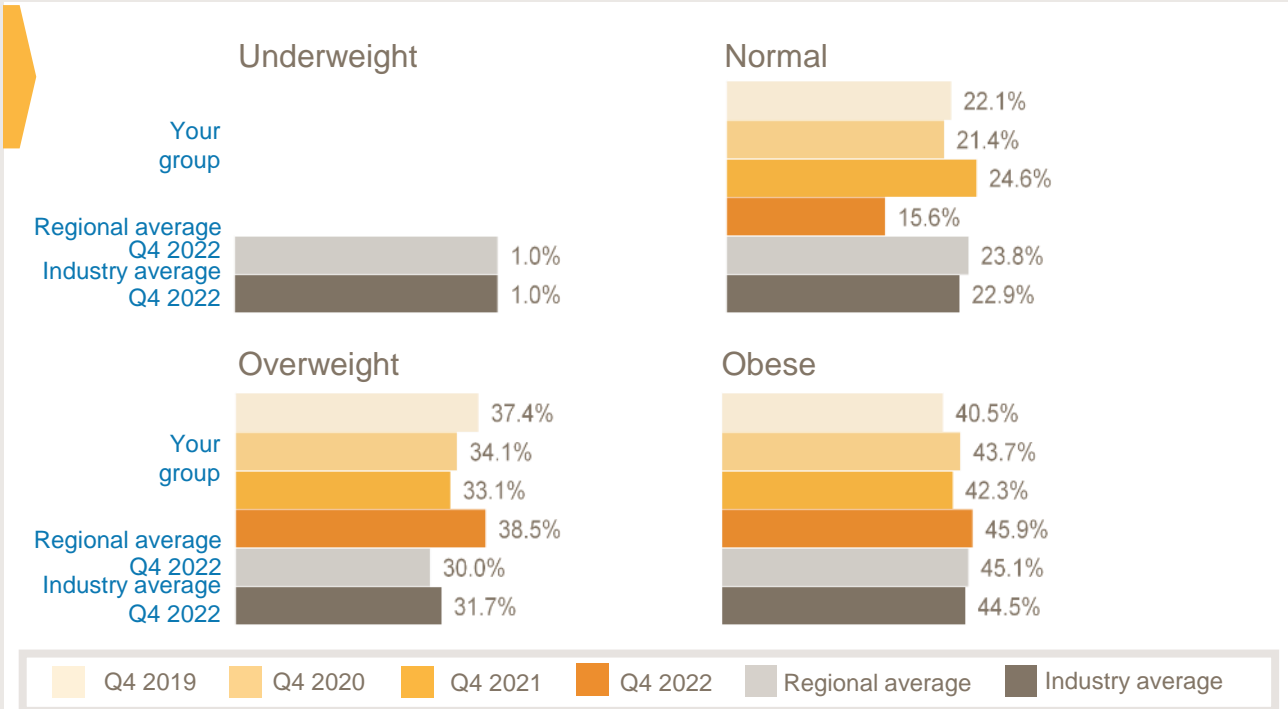
- **COVID-19 vaccines** will be covered under preventive benefits at \$0 copay
- **COVID-19 PCR testing** will be covered under the outpatient diagnostic lab benefit \$0 copay
- **COVID-19 over-the-counter (OTC) antigen tests** will not be covered consistent with current plan coverage that does not cover OTC tests
- **COVID-19 drug treatment** will be covered under the drug benefit with \$10 generic and \$20 brand copay
- **Out-of-Network (OON) Services for COVID-19** will only be covered for emergency/urgent care situations



**Review plan EOC for coverage details*

PREVENTION AND LIFESTYLE RISKS REPORT

Your results: Adult weight



Note: Results will not be displayed if the eligible member population for the metric is insufficient. Regional and industry averages are based on Kaiser Permanente membership.

49.1% of your group were measured in the last 12 months

84.4% of screened adult members in Q4 2022 were overweight or obese — that's

114 total members

Medical costs related to weight

\$ 263,934

Calculation: Estimate is based on total number of obese members x additional annual direct medical cost per obese member of \$4,257 per year.¹



Health care costs for obese workers are 67% higher than for employees at a healthy weight.²

✓ AT KAISER PERMANENTE

Your employees get:

- Body mass index (BMI) recordings based on height and weight
- Weight-loss options and resources shared during office visits

A Kaiser Permanente Northern California study found that consistent use of our healthy lifestyle resources helped female members with obesity lose weight.³

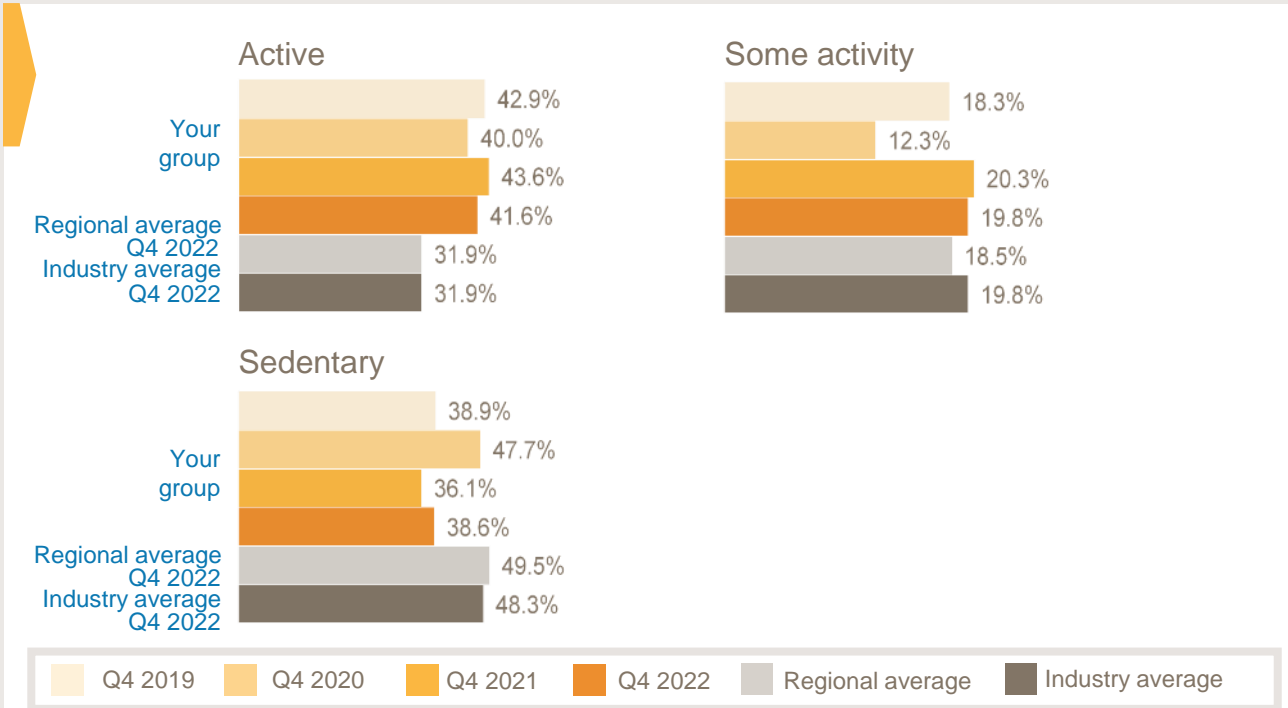
¹Ramasamy et al., *JOEM*, February 2020.

²See note 1.

³Badon et al. *Preventive Medicine Reports*, May 17, 2021.

PREVENTION AND LIFESTYLE RISKS REPORT

Your results: Adult exercise



Note: Results will not be displayed if the eligible member population for the metric is insufficient. Regional and industry averages are based on Kaiser Permanente membership.

35.6% of your group were measured in the last 12 months

58.4% of screened adult members in Q4 2022 didn't meet the minimum exercise recommendations — that's

59 total members

Medical costs related to inactivity

\$ 84,783

Calculation: Estimate is based on total number of members not meeting exercise recommendation x additional annual direct medical cost per sedentary member of \$1,437 per year.¹



People who spend more time sitting have a 29% higher risk of cardiovascular disease and a 13% higher risk of diabetes.²

✓ AT KAISER PERMANENTE

Your employees get:

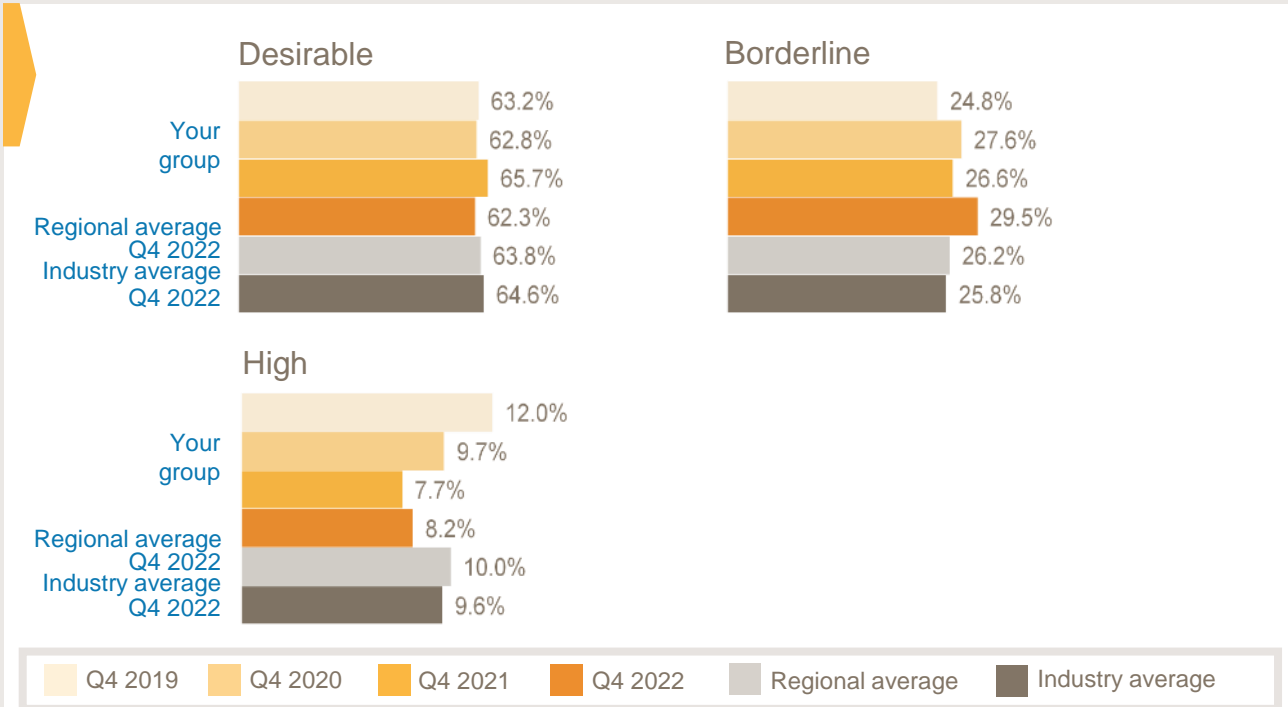
- Exercise as a Vital Sign (physical activity) recordings
- Reduced rates for activity trackers, fitness center memberships, and workout gear

We were the first health care organization to use Exercise as a Vital Sign in electronic health records.

¹Lobelo et al., *Circulation*, 2018.
²Bailey et al., *American Journal of Preventive Medicine*, September 2019.

PREVENTION AND LIFESTYLE RISKS REPORT

Your results: Cholesterol



Note: Results will not be displayed if the eligible member population for the metric is insufficient. Regional and industry averages are based on Kaiser Permanente membership.

64.4% of your group were measured for cholesterol in the last 5 years

37.7% of screened members in Q4 2022 had borderline to high total cholesterol — that's

69 total members

Medical costs related to cholesterol

\$ 101,475

Calculation: Estimate is based on total number of members with high cholesterol x additional annual direct medical cost per member with high cholesterol of \$6,765 per year.¹



Lifestyle changes can lower cholesterol by up to 10%, medication by 50% or more.²

✓ AT KAISER PERMANENTE

Your employees get:

- Cholesterol checks at age 20 or first visit
- Help from their care team with lifestyle changes and prescriptions

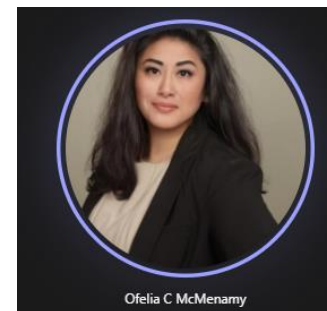
According to 2021 HEDIS scores, we scored in the top 5% nationally in statin therapy for members with diabetes.³

¹Ortaliza, Peterson-KFF Health Tracker, November 12, 2021.
²Kimaiyo, Harvard Health Publishing, February 24, 2021.
³Kaiser Permanente 2021 HEDIS® scores.

Member Engagement

A Dedicated Resource for Clackamas County:

- We launched 1:1 with Employee “Office Hours”
- Bilingual Spanish Speaking Resource
- Benefits Education Materials & Presentations
- New Hire Orientations
- Open Enrollment Virtual and In Person
- Benefit Fairs and Events
- "Train the Trainer" HR Team Sessions
- Customized Benefits Website (Digi-deck)



Ofelia C. McMernary



Kaiser Permanente is hosting open enrollment office hours for City of Portland by phone and it is a great opportunity to speak with a representative one-on-one. Appointments are 15 minutes long and we can help if you have questions related to:

- Benefits
- Coverage
- Self-care tools
- Telemedicine & kp.org
- Transition of care
- Healthy resources

Select dates and times are available. To schedule your 1:1 appointment, please scan the QR code above or visit: <https://www.signupgenius.com/go/20E0F49ADAA72DA8FF2-kaiser>