



**City of Dallas**

# **Health Benefits Budget Overview and Plan Design Recommendations FY 2023 - 2024**

**August 17, 2022**

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## **Strategic Overview**

# Strategic Focus & Well-being Pillars



## STRATEGIC FOCUS

IMPROVE  
HEALTHCARE  
CONSUMERISM

PROMOTE  
PREVENTIVE CARE

MANAGE COST  
LONG-TERM  
THROUGH  
TARGETED  
PROGRAMS AND  
WELLNESS

GIVE CHOICE AND  
OPTIONS FOR  
PERSONAL  
ACCOUNTABILITY

## WELL-BEING PILLARS



**SOCIAL**

Promoting and  
sustaining  
supportive  
positive relationships



**FINANCIAL**

Access to resources  
that support  
managing economic  
life and security



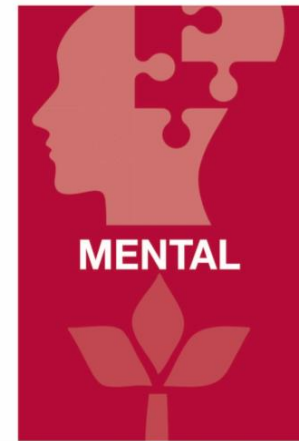
**PHYSICAL**

Good health and  
energy to perform daily  
life tasks



**COMMUNITY**

Liking where one lives  
and feeling safe in the  
environment and giving  
back



**MENTAL**

Ability to endure daily  
stress and strengthen  
resiliency



# Benefits Enhancements 2020-22



Moved to BC/BS  
saved approximately  
\$10M in PY 2021

Offered enhanced  
dental network with  
change to Delta Dental

Added compassionate  
leave

Offered enhanced  
vision plan option with  
Davis Optical

Simplified wellness  
incentive activities  
2021 - 3,107 EEs

Added Catapult for  
virtual biometric  
option

Enhanced Basic  
life Benefit from  
\$50,000 to \$75,000 in  
2020

Offered \$2000  
childcare subsidy for  
FT active employees  
earning less than  
\$66,000 annually

Implemented City paid  
long term disability  
plan in 2022

Added mental health  
leave for uniform and  
civilian

Preventive  
Medications  
Free Reduced Cost  
Diabetic/HBP Med

Increased enrollment  
in Kannact diabetes  
Program by 8% to  
1,461

Rolled out Comeback  
provision for retirees

Implemented 6 weeks  
Paid Parental Leave  
policy

Moved to BC/BS  
Medicare Advantage  
Plans

Offered narrow and  
broad network options

Expanded Virtual  
Health Access in  
response to COVID-19

2021 Virtual Health  
Fair and  
2022 Health Expo

Critical Incident Onsite  
Counseling

Procurement of  
additional voluntary  
benefits  
(Pet Insurance)



# State of Employee Health for City of Dallas



2019

2021

## Cancer



7%

Prevalence

\$9,674

Direct Cost PPPY

8%

Prevalence

\$7,957

Direct Cost PPPY

## Cardiovascular



18%

Prevalence

\$3,808

Direct Cost PPPY

19%

Prevalence

\$3,244

Direct Cost PPPY

## Diabetes



7%

Prevalence

\$5,822

Direct Cost PPPY

8%

Prevalence

\$5,471

Direct Cost PPPY

## MSK



24%

Prevalence

\$2,880

Direct Cost PPPY

25%

Prevalence

\$3,125

Direct Cost PPPY

## Mental Health



8%

Prevalence

\$1,543

Direct Cost PPPY

10%

Prevalence

\$1,135

Direct Cost PPPY

## Clinical Improvements

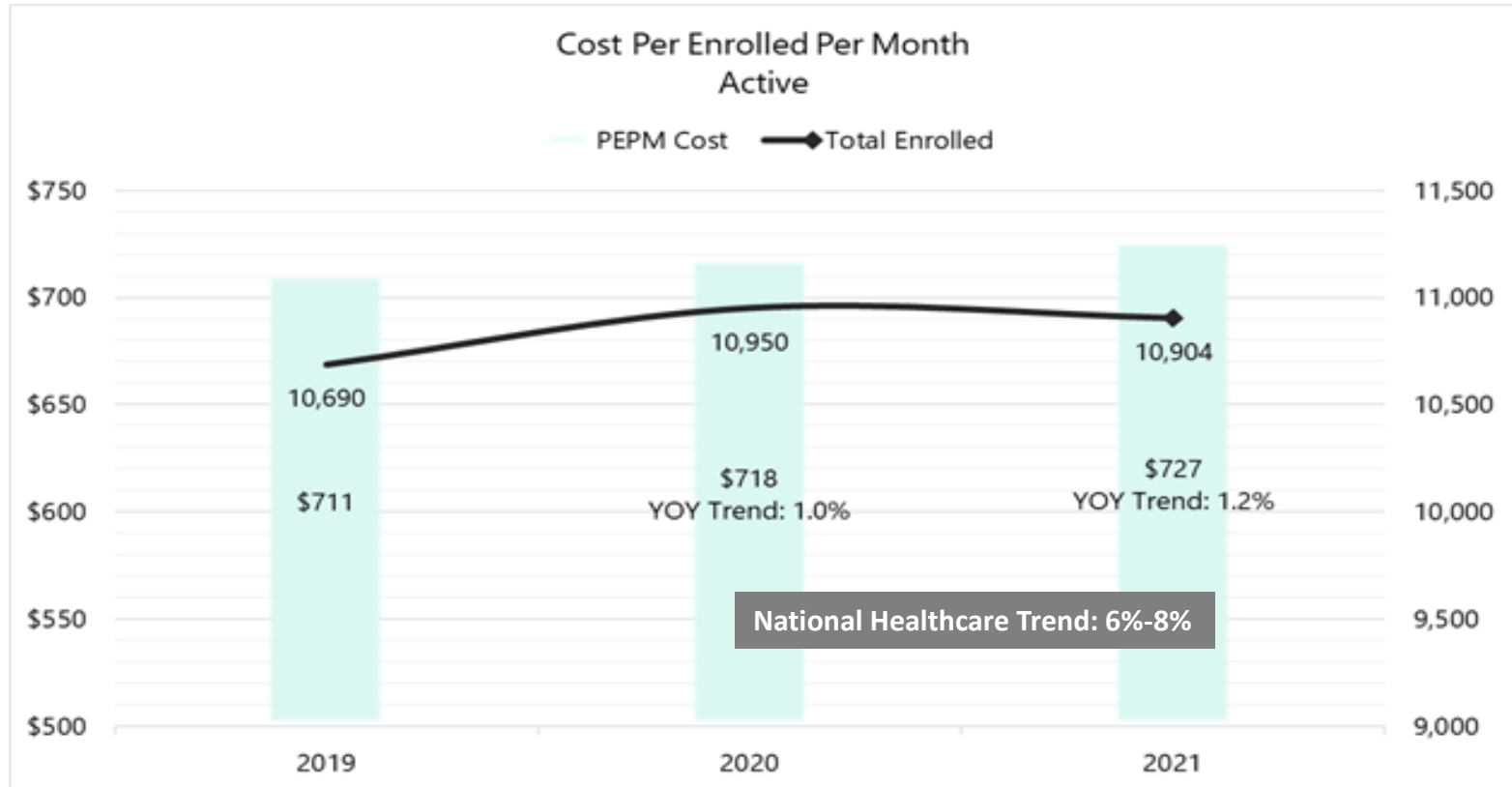
- **Cancer** cost on a Per Patient Per Year (PPPY) has decreased 17% compared from 2019. BCBS cancer case management implemented
- **Cardiovascular** cost on a Per Patient Per Year (PPPY) has decreased 15% from 2019. Cardiovascular management program implemented
- **Diabetes** cost on a Per Patient Per Year (PPPY) has decreased 6% from 2019. Increased participation in diabetes management program by 8%
- **Musculoskeletal (MSK)** cost on a Per Patient Per Year (PPPY) has increased 8.5% from 2019. BCBS Hinge and Airrosti programs
- **Mental Health** cost on a Per Patient Per Year (PPPY) has decreased 26% from 2019. Magellan EAP implemented

Episode Start Date Jan-Dec 2021, Members Age 18+

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# Active Trend Comparison



Data represents all costs for claims, admin, credits, & rebates.

Note: The City's medical & pharmacy trend is significantly lower than the National trend (Increase in medical cost (per person) - 1% to 1.2% trend over the past two years).



# Current (2022) Active & Pre-65 Plan Design

**No Proposed Plan Changes for 2023**



| Benefits                                        | PCP Plan – Narrow Network/Blue Essentials | Copay Plan – Broad Network/Broad Access | HDHP w/HSA – Broad Network/Broad Access                  |
|-------------------------------------------------|-------------------------------------------|-----------------------------------------|----------------------------------------------------------|
| Annual Deductible                               | \$1,500*                                  | \$1,500                                 | \$3,000                                                  |
| Preventive Care Visit                           | \$0                                       | \$0                                     | \$0                                                      |
| City Hall Clinic Visit                          | \$0*                                      | \$0                                     | \$25                                                     |
| PCP/CVS Minute Clinic Visit                     | \$25 Copay*                               | \$25 Copay                              | 20% after deductible                                     |
| Specialist Visit                                | \$50 Copay*                               | \$50 Copay                              | 20% after deductible                                     |
| Urgent Care                                     | \$40 Copay*                               | \$40 Copay                              | 20% after deductible                                     |
| Emergency Room                                  | \$300 Copay*                              | \$300 Copay                             | 20% after deductible                                     |
| Lab & X-ray                                     | \$50 copay*                               | \$50 copay                              | 20% after deductible                                     |
| Generic / Preferred Brand / Non-Preferred Brand | Copay \$15 / \$40 / \$75*                 | Copay \$15 / \$40 / \$75                | 20% after deductible                                     |
| COD Funding                                     | N/A                                       | N/A                                     | \$700 to Health Savings Account (HSA)<br>Family- \$1,700 |



# Year-Over-Year Enrollment



| Actives      | 2021       | 2022  | YOY       |
|--------------|------------|-------|-----------|
| PCP Plan     | Enrollment |       | Migration |
| Ee Only      | 1,199      | 1,106 | ▼ (7.7%)  |
| Ee + Spouse  | 80         | 64    | ▼ (19.6%) |
| Ee + Ch(ren) | 433        | 397   | ▼ (8.3%)  |
| Ee + Family  | 184        | 156   | ▼ (15.1%) |

| Copay Plan   | Enrollment |       | Migration |
|--------------|------------|-------|-----------|
| Ee Only      | 3,125      | 3,216 | ▲ 2.9%    |
| Ee + Spouse  | 294        | 308   | ▲ 4.9%    |
| Ee + Ch(ren) | 1,066      | 1,122 | ▲ 5.3%    |
| Ee + Family  | 718        | 798   | ▲ 11.2%   |

| H.S.A Plan   | Enrollment |       | Migration |
|--------------|------------|-------|-----------|
| Ee Only      | 2,073      | 2,072 | ▼ (0.0%)  |
| Ee + Spouse  | 189        | 187   | ▼ (1.0%)  |
| Ee + Ch(ren) | 1,072      | 1,069 | ▼ (0.2%)  |
| Ee + Family  | 473        | 456   | ▼ (3.7%)  |

|                         |               |               |               |
|-------------------------|---------------|---------------|---------------|
| <b>Total Enrollment</b> | <b>10,904</b> | <b>10,951</b> | <b>▲ 0.4%</b> |
|-------------------------|---------------|---------------|---------------|

| Pre-65 Retirees | 2021       | 2022 | YOY       |
|-----------------|------------|------|-----------|
| PCP Plan        | Enrollment |      | Migration |
| Ee Only         | 26         | 23   | ▼ (12.4%) |
| Ee + Spouse     | 4          | 5    | ▲ 25.0%   |
| Ee + Ch(ren)    | 2          | 2    | 0.0%      |
| Ee + Family     | 0          | 0    | -         |

| Copay Plan   | Enrollment |     | Migration |
|--------------|------------|-----|-----------|
| Ee Only      | 775        | 727 | ▼ (6.1%)  |
| Ee + Spouse  | 122        | 98  | ▼ (19.3%) |
| Ee + Ch(ren) | 53         | 51  | ▼ (3.9%)  |
| Ee + Family  | 35         | 23  | ▼ (34.6%) |

| H.S.A Plan   | Enrollment |     | Migration |
|--------------|------------|-----|-----------|
| Ee Only      | 275        | 280 | ▲ 1.9%    |
| Ee + Spouse  | 72         | 59  | ▼ (17.7%) |
| Ee + Ch(ren) | 27         | 30  | ▲ 10.8%   |
| Ee + Family  | 20         | 15  | ▼ (24.7%) |

|                         |              |              |                 |
|-------------------------|--------------|--------------|-----------------|
| <b>Total Enrollment</b> | <b>1,409</b> | <b>1,313</b> | <b>▼ (6.8%)</b> |
|-------------------------|--------------|--------------|-----------------|

12,607 COD Employees (As of Jan 1, 2022)  
 10,951 COD Employees Enrolled in the 2022 Health Benefits Plan  
**86% Participation**



# Current (2022) Post-65 Retiree Plan Design

**No Proposed Plan Changes for 2023**



|                              | High Plan                                        |                | Low Plan                                        |                |
|------------------------------|--------------------------------------------------|----------------|-------------------------------------------------|----------------|
|                              | In-Network                                       | Out-of-Network | In-Network                                      | Out-of-Network |
| Deductible*                  | \$0                                              |                | \$0                                             |                |
| OOP Max                      | \$0                                              |                | \$1,500                                         |                |
| Combined OOP Max             | \$0                                              |                | \$1,500                                         |                |
| Inpatient Hospital – Acute   | \$0 copay per stay                               |                | \$250 copay per stay                            |                |
| Inpatient Mental Health Care | \$0 copay per admission                          |                | \$250 copay per admission                       |                |
| Skilled Nursing Facility     | \$0 copay (days 1-20)<br>\$0 copay (days 21-100) |                | \$0 copay (days 1-20)<br>\$80/day (days 21-100) |                |
| Cardiac Rehab Services       | \$0 copay                                        |                | \$10 copay                                      |                |
| Pulmonary Rehab Services     | \$0 copay                                        |                | \$10 copay                                      |                |
| Emergency Care               | \$0 copay                                        |                | \$120 copay                                     |                |



# Financial Impact 2019 through 2024



## STATEMENT OF REVENUES AND EXPENDITURES

### *Employee Benefits*

|                                                          | FY 2019-20<br>Actual | FY 2020-21<br>Actual | FY 2021-22<br>Forecast | FY 2022-23<br>Budget | FY 2023-24<br>Planned |
|----------------------------------------------------------|----------------------|----------------------|------------------------|----------------------|-----------------------|
| <b>BEGINNING FUND BALANCE</b>                            | <b>\$24,812,004</b>  | <b>\$30,819,427</b>  | <b>\$30,819,428</b>    | <b>\$24,958,862</b>  | <b>\$15,944,396</b>   |
| <b>REVENUES:</b>                                         |                      |                      |                        |                      |                       |
| Employee Contributions                                   | 46,077,307           | 52,958,970           | 44,568,798             | 44,675,798           | 45,095,798            |
| Retiree Contributions                                    | 29,720,260           | 26,340,563           | 26,857,732             | 26,927,732           | 27,358,732            |
| City Contributions                                       | 100,083,775          | 103,802,414          | 101,102,867            | 108,965,789          | 111,525,716           |
| <b>TOTAL REVENUES</b>                                    | <b>175,881,341</b>   | <b>183,101,947</b>   | <b>172,529,397</b>     | <b>180,569,319</b>   | <b>183,980,246</b>    |
| <b>TOTAL RESOURCES AVAILABLE</b>                         | <b>200,693,345</b>   | <b>213,921,374</b>   | <b>203,348,825</b>     | <b>205,528,181</b>   | <b>199,924,642</b>    |
| <b>TOTAL EXPENDITURES</b>                                | <b>170,495,998</b>   | <b>173,614,600</b>   | <b>178,389,962</b>     | <b>189,583,785</b>   | <b>194,517,974</b>    |
| Changes in Encumbrances and other Balance Sheet Accounts | 622,080              | (9,487,347)          | 0                      | 0                    | 0                     |
| <b>ENDING FUND BALANCE</b>                               | <b>\$30,819,427</b>  | <b>\$30,819,428</b>  | <b>\$24,958,862</b>    | <b>\$15,944,396</b>  | <b>\$5,406,667</b>    |



# Fund Financial Control Activities



The following activities are performed on an ongoing basis to manage and maintain control of the City's self-funded benefits and wellness funds 260, 265, 26A:

Fiscal Year and  
Plan Year-End  
Performance  
Reviews

Audit of  
Medical and  
Pharmacy  
Claims Paid  
per Contract  
Provisions

Reconciliation  
of all Baylor  
and Methodist  
Enhanced  
Discounts

## Benefit Vendor Reviews

- Not-to-Exceed Amounts
- Performance Guarantees
- Credits Received
- Pharmacy Contract Provisions

## OPEB Valuation

- Retiree Comeback Administration

Advanced  
Payment  
Review  
Program  
(2023)

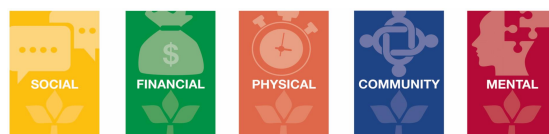


# 2018-2022 Activities and Pillars



| Activities/Programs                                   | Wellness Pillars |  |  |  |  |
|-------------------------------------------------------|------------------|--|--|--|--|
| Access to Healthy Food - Foundations Café             |                  |  |  |  |  |
| Annual Physical - Tied to Wellness Incentive          |                  |  |  |  |  |
| Attendance Incentive Leave (AIL)                      |                  |  |  |  |  |
| BCBS Blue Rewards – quality provider                  |                  |  |  |  |  |
| BCBS Blue Rewards – concierge svc                     |                  |  |  |  |  |
| Childcare Subsidy                                     |                  |  |  |  |  |
| City match of Retirement Plans Promoted (Fidelity)    |                  |  |  |  |  |
| City Paid Long-Term Disability Insurance              |                  |  |  |  |  |
| Compassionate Leave                                   |                  |  |  |  |  |
| Covid prevention and management resources             |                  |  |  |  |  |
| COVID-19 immunization                                 |                  |  |  |  |  |
| Critical Incident Support Mgmt. (CISM) via EAP        |                  |  |  |  |  |
| Diabetes/ Hypertension Program                        |                  |  |  |  |  |
| EE Support (online, Racial Inequity/Social Justice)   |                  |  |  |  |  |
| Employee Assistance Program (EAP)                     |                  |  |  |  |  |
| Employee Resource Groups                              |                  |  |  |  |  |
| Enhanced Basic life Benefit from \$50,000 to \$75,000 |                  |  |  |  |  |
| Enhanced dental network - Delta Dental                |                  |  |  |  |  |
| Enhanced vision plan option - Davis Optical           |                  |  |  |  |  |
| Financial Counseling/Planning                         |                  |  |  |  |  |
| Financial Education Series (Fidelity)                 |                  |  |  |  |  |
| Fitness Classes On-site                               |                  |  |  |  |  |
| Fitness Newsletter, Microsite (Benefits Website)      |                  |  |  |  |  |
| Flexible Work Schedules                               |                  |  |  |  |  |
| Flu Shots                                             |                  |  |  |  |  |
| Free Reduced Cost Diabetic/HBP Med - Preventative     |                  |  |  |  |  |

| Activities/Programs                                    | Wellness Pillars |  |  |  |  |
|--------------------------------------------------------|------------------|--|--|--|--|
| Gym Discounts                                          |                  |  |  |  |  |
| Health Coaching                                        |                  |  |  |  |  |
| Health Education/Literacy                              |                  |  |  |  |  |
| Health Fairs                                           |                  |  |  |  |  |
| Health Risk Assessment (HRA)                           |                  |  |  |  |  |
| Holistic/Alternative Care (Airrosti)                   |                  |  |  |  |  |
| IP and BCBS/ virtual                                   |                  |  |  |  |  |
| Men Health Education                                   |                  |  |  |  |  |
| Narrow and broad network options                       |                  |  |  |  |  |
| On-Site/Near-Site Clinics                              |                  |  |  |  |  |
| Parental Leave                                         |                  |  |  |  |  |
| Retiree Comeback Option                                |                  |  |  |  |  |
| Simplified wellness incentive eligibility              |                  |  |  |  |  |
| Telemedicine - Enhanced Services                       |                  |  |  |  |  |
| Tobacco Cessation - Enhanced Services through EAP      |                  |  |  |  |  |
| Transgender Health Education                           |                  |  |  |  |  |
| Tuition Assistance Program                             |                  |  |  |  |  |
| Virtual Biometric Screening Option - Catapult          |                  |  |  |  |  |
| Virtual Walk Events                                    |                  |  |  |  |  |
| Voluntary Benefits, Optional Additional Life Insurance |                  |  |  |  |  |
| Voluntary employee affinity groups                     |                  |  |  |  |  |
| Weight Management                                      |                  |  |  |  |  |
| Wellness Seminars (Monthly)                            |                  |  |  |  |  |
| Wellness Challenges                                    |                  |  |  |  |  |
| Wellness Employee Committee                            |                  |  |  |  |  |
| Women Health Education                                 |                  |  |  |  |  |





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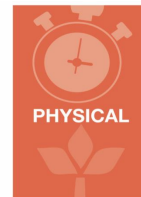
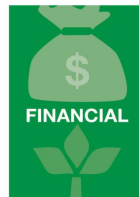
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## **Proposed Enhancements**

# 2023 New Activities and Pillars



| New Activities/Programs 2023             | Wellness Pillars |  |  |  |  |
|------------------------------------------|------------------|--|--|--|--|
| Wellness Incentives for Pre-65 Retirees  |                  |  |  |  |  |
| Pet Insurance (Employee Paid)            |                  |  |  |  |  |
| Wellness Platform                        |                  |  |  |  |  |
| Retiree Concierge and Advocacy Partner   |                  |  |  |  |  |
| City of Dallas Banking Partnership - PNC |                  |  |  |  |  |
| Expanded Educational Reimbursement       |                  |  |  |  |  |



# Wellness Incentive Expansion



## 2023 Wellness Incentive

\*\*\*\*\*

### 2 Options to Earn Incentive

- ✓ Annual Physical with Labs
- ✓ Biometric Screening (Aug)
- ✓ **Expanding Eligibility to Pre-65 Retirees**
- ✓ Implementing *Wellness Partner Platform*
- ✓ *Engaging Retiree Concierge and Advocacy Partner*
- ✓ \$500 paycheck deposit



# 2023 - Wellness Platform / Wellness Partner



## Service

Navigate Well-Being Solutions - Single source for well-being resources, with the ability to cross-promote well-being services provided by the City on a customized landing page.

## Cost

Included with BCBS - Credits

## Key Features

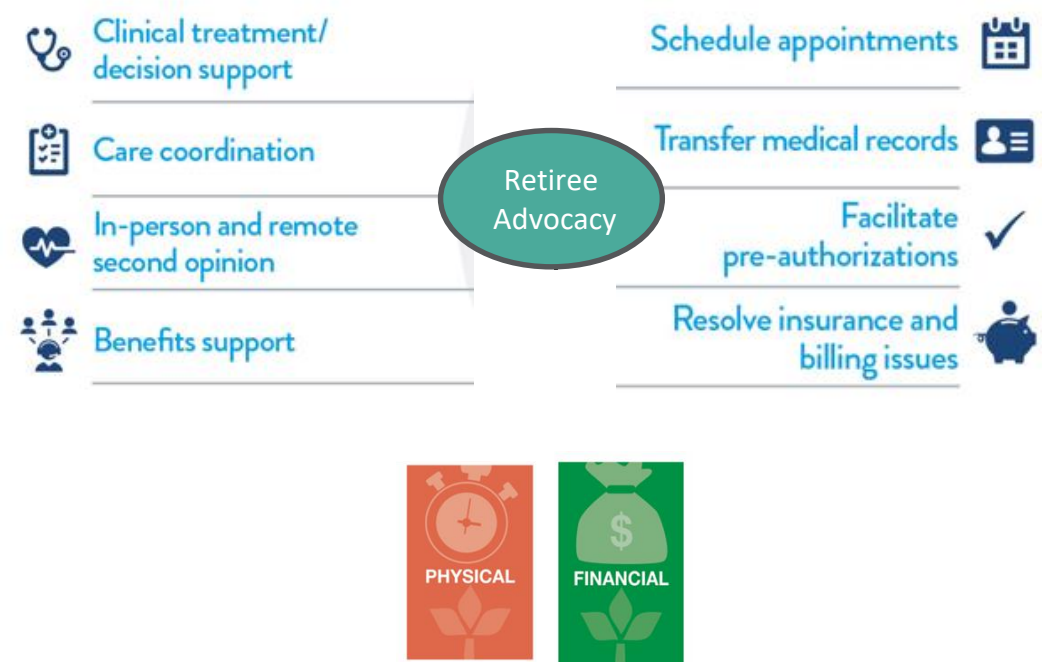
- Highly Customizable Platform
- Single Source for well-being resources focused on the Well-being Pillars
- Links to third party partners
- Portal available 24/7
- Engagement Metrics and utilization in real time
- Available for all employees and retirees
- Part-time Wellness Consultant
- Manage Wellness Incentive programs



# 2023 - Retiree Concierge and Advocacy Partner



| Service                                                                                                                                                                                                | Cost                          |
|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------|
| <b>Market Retiree Health Concierge</b><br>Provide retirees with a dedicated solution to help navigate benefit plan resources, the importance of wellness maintenance, and alternative retiree benefits | Allocated 2023 Budget Expense |



### Key Features

- Retiree navigation & education
- Provides information to retirees on City specific benefits as well as independent coverage options
- Resources library
- Staffed call center with licensed Medicare advocates – Parts A, B, D, Supp & Advantage
- Support whole family (retiree, spouse, parents, dependents)
- Wellness engagement & support



# 2023 - PNC Bank Financial Services



| Service                                                                                                   | Cost          |
|-----------------------------------------------------------------------------------------------------------|---------------|
| Offer employees access to the bank's financial wellness programs along with banking products and services | Employee Paid |

## Virtual Wallet



- A Money Bar to visualize your available and planned spending\*
- A calendar to plan your finances
- Options for automatic transfer rules
- The ability to track spending categories and set budgets

## Financial Wellness Clinics



Monthly, quarterly  
and annual financial  
reviews



Top Rated  
Customer Service



Educational  
Workshops  
and Seminars



Employee  
Appointments  
and Referrals



## Key Features

- Easily accessible financial wellness tools available 24/7 that assist employees with financial literacy
- Develop custom branding for all City of Dallas materials and communications
- Onsite and virtual education and enrollment
- Top rated customer service experience
- One-on-one financial wellness reviews





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# **Equity in Benefits**

# Equity in Benefits



## Tiered Premium Pricing\*

### • **UNDER \$44,000**

- Premium Copay - \$32.50
- Primary Care Plan - \$15.00

### • **\$44,000 - \$66,000**

- Premium Copay - \$37.50
- Primary Care Plan - \$20.00

### • **\$66,001+**

- Premium Copay - \$42.50
- Primary Care Plan - \$25.00

## Targeted programs for conditions that affect minorities and lower earning employees disproportionately

- Kannact (Diabetes and Heart Care)
- Mental Health Resources (Magellan Ascend)
- Men/Women/Transgender Health
- Financial Wellness Education and Resources

## Enhanced Program Access

- Telehealth
- Catapult virtual wellness assessments
- BCBS Access Rewards - Concierge

\*Full-Time, Employee Only Bi-Monthly Rate



# Benefits – What's Next?



## Continuous focus on data and outcomes:

- Continue to evaluate performance and ROI
- Identify additional targeted programs to reduce cost

## Continuous focus on healthcare delivered through technology:

- Telehealth
- Mobile health
- Video Conferencing
- Remote Patient Monitoring (RPM)

## Prepare for benefits needs of contingent work employees – offer lifestyle benefits:

- Explore & Evaluate Part-Time Employee Benefits
- Coordination of benefits for returning retirees

## Focus on benefit programs that are personalized and easy to use for plan members:

- Explore better ways to communicate with the multiple generations of employees
- Continue to evaluate utilization



# Timeline



**August 2022-**  
Discussion of  
Benefits plans  
and budget

August 25, 2022  
– Health Expo

September 2022  
City Council  
Approval of  
Benefit Plans

September -  
October 2022  
Health Benefits  
Virtual  
Enrollment for  
Active Employees  
and Retirees

January 1, 2023  
Effective Date for  
Plan Year 2023  
Health Benefits





**City of Dallas**

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**Kimberly Tolbert,  
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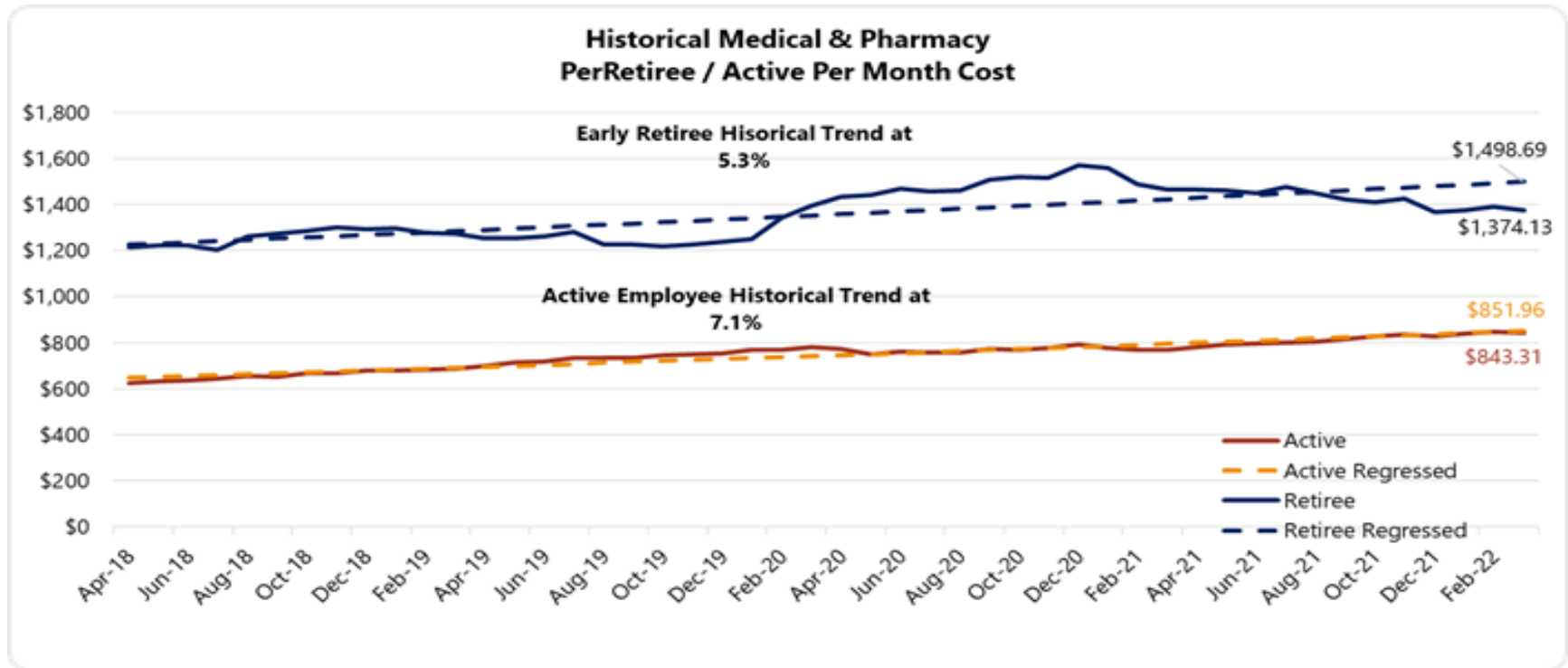
**Nina Arias, SHRM-CP,  
Director, Human Resources**



**City of Dallas**

# **2022 Supporting Appendix**

# Historical PEPM Cost Comparison



The regressed line represents the best fit between the high and low data points

The regressed line provides the average annual trend from 2018 to 2022





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# APPENDIX

## Utilization Summary

| Source Information           |
|------------------------------|
| BCBS - Medical               |
| BCBS – COVID                 |
| Prime/BCBS - Pharmacy        |
| Delta Dental                 |
| Davis Vision                 |
| Magellan – Mental Health     |
| Catapult – Virtual Biometric |

# Medical Executive Summary



## Medical Paid PMPM

**\$337.42**

Medical Paid PMPM for Active population (PEPM \$647.45)

**\$297.25**

Medical Paid PMPM for Uniform population (PEPM \$621.16)

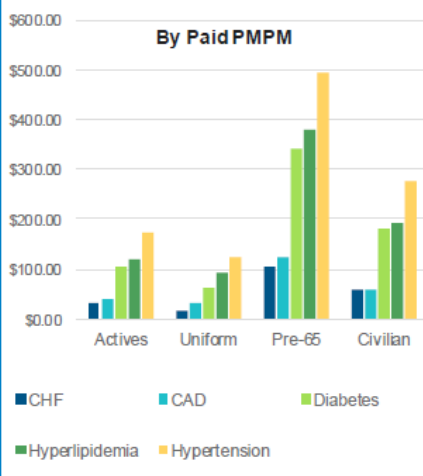
**\$697.04**

Medical Paid PMPM for Pre-65 Retiree population (PEPM \$930.35)

**\$433.07**

Medical Paid PMPM for Civilian Population (PEPM \$725.33)

## Chronic Conditions



**\$105.2M**

Total Spend

Active Population

**\$49.1M**

Total Spend

Uniform Population

**\$22.4M**

Total Spend

Pre-65 Population

**\$78.9M**

Total Spend

Civilian Population



**20,897**

Average Membership

Active Population

**10,960**

Average Membership

Uniform Population

**1,872**

Average Membership

Pre-65 Population

**11,839**

Average Membership

Civilian Population

## Spend by Service Category

### Inpatient Facility

Average paid per Admission (for all populations) was \$29,139, slightly above benchmarks (\$24,163)

### Outpatient Facility

Average paid per Visit (for all populations) was \$1,203, slightly above benchmarks (\$1,076)

### Professional

Average paid per Service (for all populations) \$78, in-line with benchmarks (\$77)

## Top Diagnostic Categories

### Health Status

Was the leading diagnostic category for the Active and Uniform populations

### Circulatory

Was the leading diagnostic category for the Pre-65 Retiree and Civilian populations

### Neoplasm

Was the costliest diagnostic category for the HCSC Benchmark

## High-Cost Claimants >\$100K top Diagnostic Categories

**Actives:** Neoplasms w/\$6.9M paid  
**Uniform:** Neoplasms w/\$2.1M paid  
**Pre-65:** Neoplasms w/\$2.2M paid  
**Civilian:** Neoplasms w/\$7.1M paid



## Emergency Room

Utilization is highest amongst the Civilian population. Driven mostly by Spouses on the plan

## Behavioral Health



Common Behavioral Health Diagnosis like Mood Disorder and Anxiety Disorders were below benchmark



# 2021 COVID Related Utilization



## Executive Dashboard

Reporting Period | 2021 YTD

Account  
CITY OF DALLAS



### CITY OF DALLAS

|                | 2021 Cases | Account Total Population | Prevalence |
|----------------|------------|--------------------------|------------|
| 2021           | 1,691      | 20,343                   | 8.31%      |
| Pandemic Total | 1,691      | 20,343                   | 8.31%      |

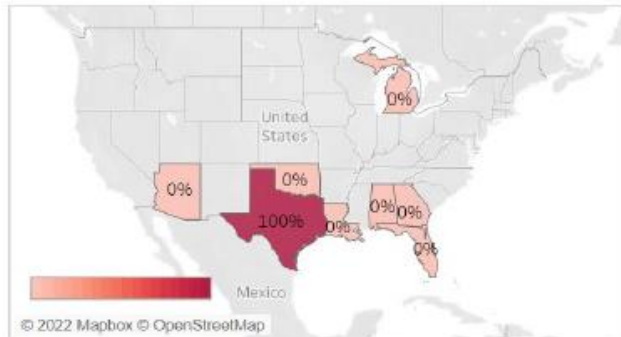
### Benchmark

Prevalence  
4.97%

### National

Prevalence  
9.10%

### Cases



|                 | Subscriber | Spouse | Dependent |
|-----------------|------------|--------|-----------|
| 2021 Cases      | 1,007      | 190    | 494       |
| % of 2021 Cases | 60%        | 11%    | 29%       |

### Testing

Members Tested  
2021 YTD  
6,902

Percent Positive  
2021 YTD  
19.1%\*

### Treatment

Total Paid  
2021 YTD  
\$8,148,080

Paid per Case Treated  
2021 YTD  
\$14,146

### Vaccinations

Partially Vaccinated  
5,615  
% Members: 27.60%

**Total Paid**  
Partially Vaccinated  
Cost per Vax \$36.80  
Total Paid \$206,375

Fully Vaccinated  
4,121  
% Members: 20.3%

**Total Paid**  
Fully Vaccinated  
Cost per Vax \$40.71  
Total Paid \$168,825

Additional Dose  
566  
% Members: 2.8%

**Total Paid**  
Additional Dose  
Cost per Vax \$39.96  
Total Paid \$22,897

\*The percentage shown for members with a positive test result is based solely on the results data BCBS receives from participating labs; the percentage of members with a positive test result could be higher.  
Vaccination metrics include data from 12/01/2020 thru 2021 YTD

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# Pharmacy Performance Overview



## PHARMACY

**\$99.17**

Total Paid PMPM

**\$108.67 BoB**

**\$29.60**

Specialty Paid PMPM

**\$46.49 BoB**

### Current Benefit Design

Drug List: **Balanced**

Pharmacy Network:

**Advantage Choice**

## COST DRIVERS



Autoimmune, Cancer,  
Cystic Fibrosis, Multiple  
Sclerosis & Pulmonary  
Hypertension in the  
Specialty Category



Diabetes, Anti-  
infectives,  
Dermatologics, &  
Asthma in the Non-  
Specialty Category

## TOTAL SAVINGS

**\$7,084,326**

Utilization Management  
(PA, ST, QL)

**\$4,520,584**

Balanced Formulary

**\$2,216,604**

MPTD

**\$78,619**

Exclusive Specialty

**\$ 72,576**

Accumulator

**\$195,943**

**POTENTIAL  
SAVINGS**

**\$1,789,560**

## PLAN MANAGEMENT RECOMMENDATIONS

### Performance Select Formulary

Selectively removes high-  
cost drugs with minimal  
value.

(Est. savings: \$1,143,743)

### Coupon Copay Assistance

Can provide savings on  
specialty medications via  
Copay Max Program.

(Est. savings: \$645,095)

### Multicategory Split Fill

Provides partial fill or  
“split” fill of a member’s  
monthly prescription for  
select drugs

(Est. savings an average of  
\$722 per claim impacted)



# Magellan Employee Assistance Program



Counseling

Coaching

Work-Life  
Services

Online  
Resources

Workplace  
Support



## *Driving City of Dallas employees to under utilized resources and benefits*

**Catapult Referrals to Health Improvement Programs -**  
Catapult Nurse Practitioners direct City of Dallas employees to appropriate health resources (Kannact, Member Rewards, etc.) and programs based on identified risk factors

**Integration with BCBSTX Care Management -**  
High risk patients will be educated on and connected to the appropriate Care Management resources during the VirtualCheckup™. Data collected by Catapult is securely transmitted to BCBSTX and pre-populates in each member's HA.



# Kannact



## Convenient Access

### Easy Online Enrollment



- ◆ Customized landing page
- ◆ Enroll in under 5 minutes
- ◆ Support staff available on email and phone
- ◆ Engaging content, videos and emails to introduce the program

### Supplies Shipped Directly to Home



- ◆ Tracked and delivered automatically as needed
- ◆ Unlimited supply

### Communicate on your schedule



- ◆ Multiple different methods (secure text, phone, email)
- ◆ Access all program data on smartphone

# Hinge Health

## End-to-End Digital MSK Clinic™

Offering the right program & care for different MSK needs



### Prevention

At-risk



### Acute

Recent Injury



### Chronic

High-risk



### Surgery

Pre & Post rehab

**Free Expert Medical Opinion** available across all care programs



Medical History



Orthopedic Examination



Accurate Diagnosis



Patient Education



Medical Necessity



Effective Treatment

Hands-on Manual Therapy and active Rehab



Patient – Reported outcome



Care Coordination



Medical History



**Visual  
Orthopedic Examination**



Accurate Diagnosis



Patient Education



Medical Necessity



**Effective Treatment**

Remote Recovery Kit  
Provider Directed Mobility & Stability Rehab



Patient – Reported outcome



Care Coordination

# 7 Reasons to Wondr:

**Wondr is proven to be the most cost-effective way to reduce chronic disease risk and has the biggest impact on the clinical, cultural, and financial health of your organization:**

- 1** A behavior change weight management program delivered 100% digitally that treats the root cause of chronic disease and obesity.
- 2** Science-based and data-backed, our clients expect clinically-proven results, and we deliver.
- 3** Our highly personalized program means that **better health is for anyone and everyone** – all cultures and backgrounds.
- 4** **Stress free implementation.** We do all of the heavy lifting including custom communications.
- 5** Future claims cost reduction and ROI. We deliver 2.1x financial return on your investment, backed by third party studies.
- 6** No contract and claims billing is seamless. Billed as preventive care through BCBSTX.
- 7** Employee connectivity. Wondr creates a sense of community and belonging while driving engagement throughout your entire benefits spectrum.



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**wondr** HEALTH | FORMERLY  
NATURALLY.ASM

PREVIOUSLY PRESENTED  
SLIDES

# 2022 Retiree Plans & Contributions



Pre65 Retirees have access to coverage through the City of Dallas Self-Funded Plan

Post65 Retirees may access Fully Insured Medicare Advantage plans

Over the last 2 years the City has been moving the Retiree Plan options and contributions to align with its governing documents:

## **Retiree Groups**

- Under age 65 Retiree who were hired before 2010. Eligible for City contribution.
- Under age 65 Retiree who were hired in 2010 or after. Not Eligible for City contribution.
- Over age 65 Retiree regardless of hire date. These Retirees pay the full cost of their medical coverage.





Retirees have access to coverage through the Self-Funded Plan (Under age 65), and Fully Insured Medicare Advantage plans (Over age 65). Over the last 2 years the City has been moving the Retiree contributions to align with its governing documents:

## **Retiree Groups**

1. *Under age 65 Retiree who were hired before 2010. Eligible for City contribution 50% for Retiree Only coverage. Spouses currently receive a 25% contribution which will be moving to 10% as a transition to a 0% contribution which is aligned with the City's governing document.*
1. Under age 65 Retiree who were hired in 2010 or after. Not Eligible for City contribution.
1. Over age 65 Retiree regardless of hire date. These Retirees pay the full cost of their medical coverage.



# Retiree Healthcare – Current State



- The City's plan for pre-65 retired employees is currently self-funded with Blue Cross/Blue Shield

| Fully Insured                          | Self Insured                                    |
|----------------------------------------|-------------------------------------------------|
| Plans purchased from insurance company | Plan is designed by the employer                |
| Claims paid by insurance company       | Claims paid with money set aside by employer    |
| Plan managed by insurance company      | Plan managed by Third Party Administrator (TPA) |
| More expensive                         | Less expensive                                  |

- The City provides subsidies for pre-65 retirees hired prior to 2010
- For a retiree to receive the post-65 benefits, they must enroll and maintain subscription in the City's pre-65 retiree medical insurance at the time of separation from employment



# Comeback Option



- A one-time option that can be used within 90 days of Medicare eligibility at age 65 that will allow retirees to come back to a City-sponsored Medicare Advantage plan
- This allows pre-65 retirees to opt-out of the City's pre-65 plans at any time before age 65 and elect coverage outside of the City
- Must show proof of 3 years of continuous coverage right before age 65

| Current Pre-65 Blue Choice Copay<br>Retiree Only Monthly Premium | Current Medicare Advantage<br>Retiree Only Monthly Premium |
|------------------------------------------------------------------|------------------------------------------------------------|
| \$613 (pre-2010) / \$1,115 (post-2010)                           | \$267 (low) - \$329 (high)                                 |



# Comeback Option



- **Retiree options:**
  - **Enroll in the City's pre-65 plan at time of separation until age 65**
  - **Enroll in the City's pre-65 plan at time of separation, opt-out at any time before age 65, and rejoin the City's post-65 plan (with 3 years of continuous coverage prior to 65)**
  - **Opt-out of the City's pre-65 plan at time of separation and reenroll in the City's post-65 plan (with 3 years of continuous coverage prior to 65)**



# Governing Policy Document



## City Council Resolution:

- Establish a governing document for retiree medical that clarifies and provides transparency to existing eligibilities, subsidies, opt-in, and opt-out features
- Introduce comeback option that allows pre-65 retiree to return at age 65
- Add requirements for annual and five-year independent actuarial review
  - Ensure consistency of application and provisional integrity of the City Council Resolution
  - Human Resources, City Controller's Office, and Budget and Management Services to sign-off on retiree subsidies each year, including retiree premium rates



# Retiree Medical Plan Design



|                       | Pre-65 Plan                                                                                                                                                                                                                                                       | Post-65 Plan                                                                                                                                                                                                                       |
|-----------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <b>Eligibility</b>    | <ul style="list-style-type: none"> <li>• Retiree eligible to receive benefits immediately from ERF or DPFP at separation of employment</li> <li>• Retiree has continuous coverage from City's active medical plans at time of separation of employment</li> </ul> | <ul style="list-style-type: none"> <li>• Same as pre-65 except retiree can separate at or over age 65 or can have continuous coverage from pre-65 plan</li> </ul>                                                                  |
| <b>Opt-In/Opt-Out</b> | <ul style="list-style-type: none"> <li>• Before comeback option, retiree can only opt-in at separation of employment</li> </ul>                                                                                                                                   | <ul style="list-style-type: none"> <li>• <b>Comeback option – retiree can come back at age 65 and opt out at separation of employment or before age 65</b></li> <li>• Once opted-out, retiree cannot return to the plan</li> </ul> |
| <b>Subsidy</b>        | <ul style="list-style-type: none"> <li>• 50% subsidy provided for retirees hired prior to <b>1/1/2010</b> only; does not include spouse or dependents</li> </ul>                                                                                                  | <ul style="list-style-type: none"> <li>• The City does not subsidize regardless of hire date at any future date, unless certain Medicare Part A members</li> </ul>                                                                 |

## 2023 - Focus on Engagement

- Engage Retiree resource for health care navigation and support



# Wellness Pillars



## SOCIAL

Promoting and sustaining supportive positive relationships



## FINANCIAL

Access to resources that support managing economic life and security



## PHYSICAL

Good health and energy to perform daily life tasks



## COMMUNITY

Liking where one lives and feeling safe in the environment and giving back



## MENTAL

Ability to endure daily stress and strengthen resiliency

Our goal is to create awareness and inspire action that leads our employees towards the tools and resources in place to help them achieve their total health and well-being goals.



# Refined Wellness Incentive & Participation



## 2020 Wellness Incentive

\*\*\*\*\*

- ✓ 3 Goals: Annual Physical, Health Assessment and Biometric Screening (Aug)
- ✓ \$500 paycheck deposit (Dec)
- ✓ New! Incentive paid in the **same year** earned to encourage and motivate members to complete activity annually
- ✓ **Wellness Participation Increased from 1,094 in 2019 to 3,942 in 2020**

## 2021 Wellness Incentive

\*\*\*\*\*

- ✓ 3 Goals: Annual Physical, Health Assessment and Biometric Screening (Aug)
- ✓ \$500 paycheck deposit (Dec)
- ✓ Clinical program options (i.e. Diabetes & HBP medications) for those with elevated risk factors & maintenance programs for those not at risk
- ✓ **To date, 3,107\* employees earned the incentive**

\*Number may increase

## 2022 Wellness Incentive

\*\*\*\*\*

### New Simplified Activity

- ✓ **2 Options to earn incentive:**
  - Annual Physical with PCP
  - Catapult Biometric Exam
- ✓ \$500 paycheck deposit (Dec)
- ✓ Clinical program options (i.e. Diabetes & HBP medications) for those with elevated risk factors & maintenance programs for those not at risk.



# 2022 Program Progression



- Holistic approach to targeting the cost drivers identified by CLUE through the activities and resources of the new plans
- Continue to build out Total Well-Being Pillars Strategy
- Onboard the new on-site wellness coordinator
- Design communication campaign and calendar plan to implement.



# City of Dallas Wellness Initiatives (Dallas HR Update)

## January – June 2022 National Observances



| January                                                                                                                                                                                           | February                                                                                                                                                                                                                                   | March                                                                                                                                                                                                                                                                                                                                                                  | April                                                                                                                                                                                                                                                                                                                                                                                      | May                                                                                                                                                                                                                                                                                                                        | June                                                                                                                                                                               |
|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Awareness Topics                                                                                                                                                                                  | Awareness Topics                                                                                                                                                                                                                           | Awareness Topics                                                                                                                                                                                                                                                                                                                                                       | Awareness Topics                                                                                                                                                                                                                                                                                                                                                                           | Awareness Topics                                                                                                                                                                                                                                                                                                           | Awareness Topics                                                                                                                                                                   |
| <ul style="list-style-type: none"> <li>• Healthy Weight Awareness</li> <li>• National Birth Defects Prevention Month</li> <li>• Thyroid Awareness</li> <li>• Cervical Health Awareness</li> </ul> | <ul style="list-style-type: none"> <li>• Eating Disorders Awareness</li> <li>• American Heart Month</li> <li>• National Wear Red Day</li> <li>• International Prenatal Infection Prevention</li> <li>• Children's Dental Health</li> </ul> | <ul style="list-style-type: none"> <li>• National Drug and Alcohol</li> <li>• Self-Injury Awareness</li> <li>• World Bipolar Day</li> <li>• Sleep Awareness</li> <li>• Developmental Disabilities Awareness</li> <li>• National Colorectal Cancer Awareness</li> <li>• Save Your Vision Month</li> <li>• Brain Awareness</li> <li>• American Diabetes Alert</li> </ul> | <ul style="list-style-type: none"> <li>• Alcohol Awareness</li> <li>• Stress Awareness</li> <li>• National Child Abuse Prevention</li> <li>• Sexual Assault Awareness and Prevention</li> <li>• National Autism, Irritable Bowel Syndrome (IBS), STD, Oral Cancer, Autism Awareness</li> <li>• Counseling Awareness</li> <li>• Financial Literacy</li> <li>• National Volunteer</li> </ul> | <ul style="list-style-type: none"> <li>• Mental Health Awareness – Anxiety and Depression</li> <li>• Disease Awareness - Asthma and Allergy, Stroke, Arthritis, Cystic Fibrosis, HIV, Hepatitis , High Blood Pressure</li> <li>• Melanoma/ Skin Cancer Detection and Prevention</li> <li>• World No Tobacco Day</li> </ul> | <ul style="list-style-type: none"> <li>• National PTSD Awareness</li> <li>• Employee Wellbeing</li> <li>• Alzheimer's and Brain Awareness</li> <li>• Men's Health Month</li> </ul> |

\*Not all on list are actively observed



# City of Dallas Proposed Wellness (Dallas HR Update) July – December 2022 National Observances



| July                                                                                                                                                                                        | August                                                                                                                                                                                                          | September                                                                                                                                                                                                                                                                                                                                                                                          | October                                                                                                                                                                                                                                                                                                                                                               | November                                                                                                                                                                                                                                                                                                                                                 | December                                                                                                                                                                                                                                                                                                            |
|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Awareness Topics                                                                                                                                                                            | Awareness Topics                                                                                                                                                                                                | Awareness Topics                                                                                                                                                                                                                                                                                                                                                                                   | Awareness Topics                                                                                                                                                                                                                                                                                                                                                      | Awareness Topics                                                                                                                                                                                                                                                                                                                                         | Awareness Topics                                                                                                                                                                                                                                                                                                    |
| <ul style="list-style-type: none"> <li>• BIPOC Mental Health</li> <li>• Social Wellness</li> <li>• Make a Difference to Children</li> <li>• 4th of July Drunk Driving Prevention</li> </ul> | <ul style="list-style-type: none"> <li>• National Back to School</li> <li>• National Relaxation Day (Aug. 15)</li> <li>• International Overdose Awareness</li> <li>• National Immunization Awareness</li> </ul> | <ul style="list-style-type: none"> <li>• Suicide Prevention</li> <li>• National Recovery</li> <li>• Pain Awareness</li> <li>• World Suicide Prevention Day</li> <li>• National Cholesterol Education</li> <li>• National Childhood Obesity</li> <li>• National Sickle Cell</li> <li>• Family Health and Fitness</li> <li>• Malnutrition Awareness</li> <li>• International Literacy Day</li> </ul> | <b>COD Active Open Enrollment</b> <ul style="list-style-type: none"> <li>• National Depression and Mental Health Screening and Awareness</li> <li>• Bullying Prevention</li> <li>• Domestic Violence, ADHD, OCD Awareness</li> <li>• National Sudden Infant Death Syndrome Awareness</li> <li>• National Dental Hygiene</li> <li>• Breast Cancer Awareness</li> </ul> | <b>COD Retiree Open Enrollment</b> <ul style="list-style-type: none"> <li>• National Family Caregivers</li> <li>• Adoption Awareness</li> <li>• International Stress Awareness</li> <li>• World Kindness Day</li> <li>• International Survivors of Suicide Loss Day</li> <li>• Great American Smokeout</li> <li>• American Diabetes Awareness</li> </ul> | <ul style="list-style-type: none"> <li>• National Stress-Free Family Holiday's</li> <li>• National Drunk and Drugged Driving</li> <li>• National Influenza Vaccination</li> <li>• National Handwashing Awareness</li> <li>• World AIDS Day</li> <li>• International Day of Persons with Disabilities Day</li> </ul> |

\*Not all on list are actively observed





**City of Dallas**

**Post-65 Retiree**

**Eligible for Medicare**

# Post 65 Retiree: Plan & Rate History



|                       | 2018                                                                                                                                                                                                                         | 2019                                                                                                           | 2020                                                                                                                                                            | 2021                                                                                                                                | 2022                                                                                                                                |
|-----------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------|
| Post Retiree Coverage | <b>7 Medicare Supp – Individual</b><br><b>2 PDP Plans - Individual</b><br><b>2 Medicare Adv. Plans - Group</b><br><br>Medicare Supp plans e policies<br>Eliminated Individual plan options<br>Combined medical & Rx coverage | <b>7 Medicare Supp – Individual</b><br><b>2 PDP Plans - Individual</b><br><b>2 Medicare Adv. Plans - Group</b> | <b>2 Medicare Group PPO Advantage Plans</b><br><br>Eliminated multiple retiree policies<br>Eliminated Individual plan options<br>Combined medical & Rx coverage | <b>2 Medicare Group PPO Advantage Plans</b><br><br>Changed Carrier – BCBS<br>Medical & Rx coverage<br>Specialized Wellness Programs | <b>2 Medicare Group PPO Advantage Plans</b><br><br>Changed Carrier – BCBS<br>Medical & Rx coverage<br>Specialized Wellness Programs |
| Fully Insured Premium | Medicare Supplement + PDP<br>Varying Rates<br>\$363 – Averaged rates based on age and geographic                                                                                                                             | Medicare Supplement + PDP<br>Varying Rates<br>\$365 – Averaged rates based on age and geographic               | Medicare Advantage<br><br>High Plan - \$389<br>Low Plan – \$351                                                                                                 | Medicare Advantage<br><br>High Plan - \$329<br>Low Plan – \$267                                                                     | Medicare Advantage<br><br>High Plan - \$329<br>Low Plan – \$267                                                                     |

All Rates Are Retiree Only



# Post 65 Retiree: Plan & Rate History



|                                                                          | 2018                                                                                                           | 2019                                                                                                           | 2020                                                                                                                                                        | 2021 & 2022                                                                                                                     |
|--------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------|
| <b>Post Retiree Coverage</b>                                             | <b>7 Medicare Supp – Individual</b><br><b>2 PDP Plans - Individual</b><br><b>2 Medicare Adv. Plans - Group</b> | <b>7 Medicare Supp – Individual</b><br><b>2 PDP Plans - Individual</b><br><b>2 Medicare Adv. Plans - Group</b> | <b>2 Medicare Group PPO Advantage Plans</b><br>Eliminated multiple retiree policies<br>Eliminated Individual plan options<br>Combined medical & Rx coverage | <b>2 Medicare Group PPO Advantage Plans</b><br>Changed Carrier – BCBS<br>Medical & Rx coverage<br>Specialized Wellness Programs |
| <b>Fully Insured Premium</b>                                             | Medicare Supplement + PDP<br>Varying Rates<br>\$495 – Averaged rates based on age and geographic/AARP          | Medicare Supplement + PDP<br>Varying Rates<br>\$520 – Averaged rates based on age and geographic               | Medicare Advantage<br>High Plan – \$389<br>Low Plan – \$351                                                                                                 | Medicare Advantage<br>High Plan – \$329<br>Low Plan – \$267                                                                     |
| <b>Retiree Only Rate</b><br><small>*Most common election</small>         | <b>Before 2010 / After 2010</b><br>Plan F + PDP* - \$365 <sup>1</sup> / \$495                                  | <b>Before 2010 / After 2010</b><br>Plan F + PDP* - \$365 / \$520                                               | <b>Before 2010 / After 2010</b><br>High Plan - \$291 / \$389<br>Low Plan - \$263 / \$351                                                                    | <b>Before 2010 / After 2010</b><br>High Plan - \$329 / \$329<br>Low Plan - \$267 / \$267                                        |
| <b>City Subsidy % Before 2010 Only</b>                                   | <b>City Retiree Only Subsidy</b><br>26%<br>(All Plans)                                                         | <b>City Retiree Only Subsidy</b><br>30%<br>(All Plans)                                                         | <b>City Retiree Only Subsidy</b><br>25%<br>(All Plans)                                                                                                      | <b>City Retiree Only Subsidy</b><br>0%<br>(All Plans)                                                                           |
| <b>Retiree &amp; Spouse Rate</b><br><small>*Most common election</small> | <b>Before 2010 / After 2010</b><br>Plan F + PDP* - \$819 <sup>2</sup> / \$990                                  | <b>Before 2010 / After 2010</b><br>Plan F + PDP* - \$814 / \$1,040                                             | <b>Before 2010 / After 2010</b><br>High Plan - \$680 / \$777<br>Low Plan - \$614 / \$702                                                                    | <b>Before 2010 / After 2010</b><br>High Plan - \$658 / \$658<br>Low Plan - \$534 / \$534                                        |
| <b>City Subsidy % Before 2010 Only</b>                                   | <b>City Retiree +SP Subsidy</b><br>17%<br>(All Plans)                                                          | <b>City Retiree + SP Subsidy</b><br>22%<br>(All Plans)                                                         | <b>City Retiree + SP Subsidy</b><br>13%<br>(All Plans)                                                                                                      | <b>City Retiree + SP Subsidy</b><br>0%<br>(All Plans)                                                                           |

2018/2019 – not increasing Retiree rates generated unintentional subsidies  
 2020/2021 - City Subsidy diminished due to decreasing competitive MAPD rates



# Subsidies Not Covered – No Change



The City does not currently and will not pay subsidies for the following:

1. **Medicare Part A** premiums unless hired generally prior to April 1, 1986
2. **Medicare Part B premiums**
3. Certain **Post-65** retirees can enroll in **Pre-65 Plans** and will not be subsidized for any benefits
4. Retirees who return under **Comeback Option** unless entitled to grandfathered life insurance
5. **Dental** and **Vision** benefits



# Pre65 – Recent Retiree Improvements to Lower Costs



1. **Moved to Blue Cross/Blue Shield** which provides enhanced benefits, improved network access/discounts, and lower administration and premium costs. This contract improvement will save the City and its members \$20M over 3 years.
2. **Improved the plan designs** by lowering Deductibles, Copays, and Pharmacy benefits to improve access to care when they use the plan. Lowering barriers to care, which the City has done, will encourage access to care which will benefit Retirees and the City.
3. **Simplified Annual Wellness** requirement from past years to encourage Retirees to take advantage of Wellness programs to improve their health. The City has seen a 368% increase in wellness participation from 2019 to 2020.
4. **Introduced Kannact Diabetes and Hypertension program** and provides coaching and supplies and equipment to at-risk members. Participation in this program has increased from 300 members in the past to over 1,500 in 2021. Approximately 150 Pre65 Retirees are enrolled in this program.
5. **Negotiated an enhanced network discount with Baylor and Methodist** for certain In-patient and Out-patient procedures above what is normally available through a normal network discount. When members utilize Baylor or Methodist for these services, they will have their coinsurance reduced from 20% to 10% which saves Retirees and Active money when seeking care.
6. Introduced additional benefits to retirees through Blue Cross like reduced costs and **waived initiation fees for Gym memberships** to local Gyms through the Blue Cross agreement.



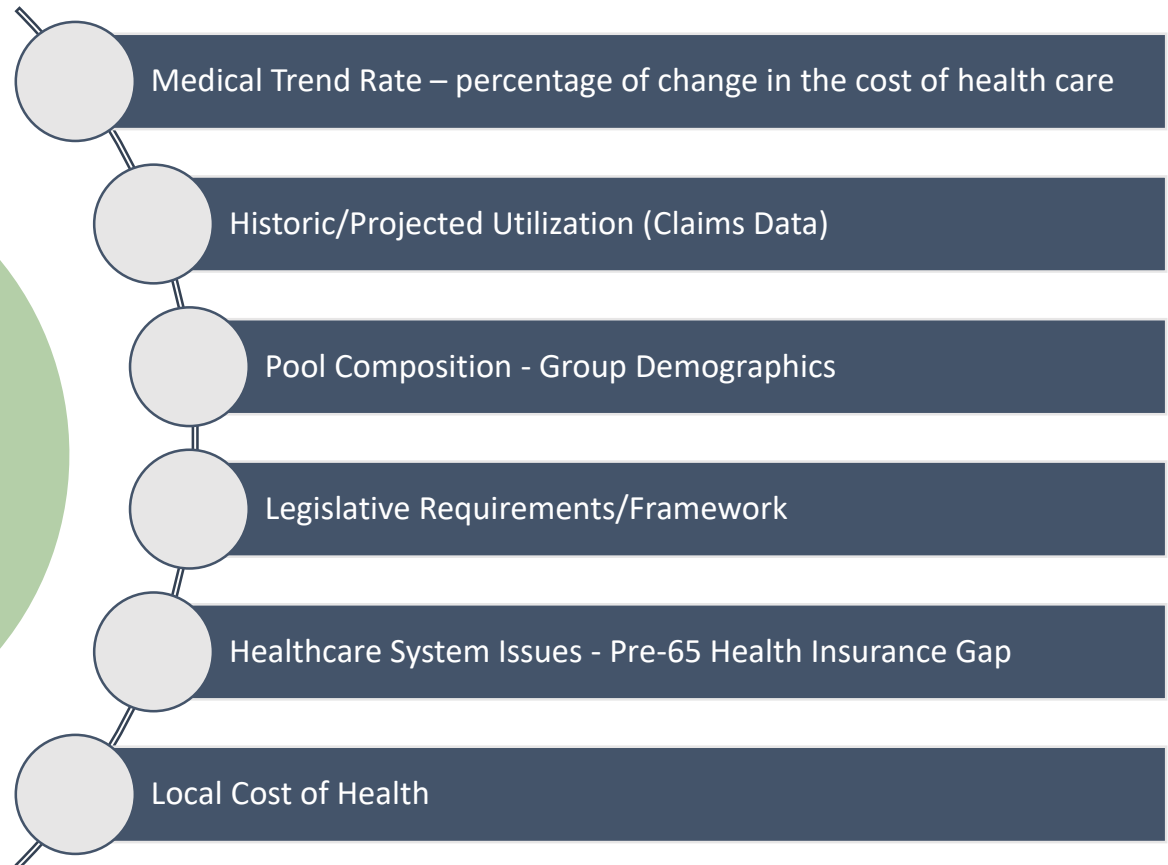
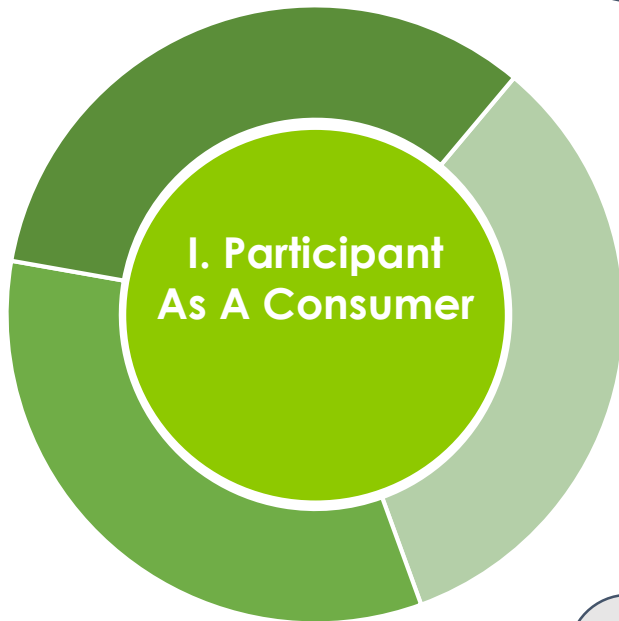
# Pre-65 Retiree Medical Plan Improvements



|                                                  | 2019                                                                                                                                      | 2020                                                                                                                                                       | 2021                                                                                                                                                                      | 2022                                                                                                                                                                      |
|--------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <b>Plan Design</b>                               | \$2,500 Ded. 75/25 HRA Plan<br>\$2,000 Ded. 80/20 Copay Plan<br>\$3,000 Ded. 80/20 HDHP w/HSA<br><br>Added HDHP & HSA<br>Added Copay Plan | \$2,500 Ded. 75/25 HRA Plan<br>\$1,500 Ded. 80/20 Copay Plan<br>\$3,000 Ded. 80/20 HDHP w/HSA<br><br>Enhanced Copay Plan<br>Increased the HSA Contribution | \$1,500 Ded. 80/20 Copay Plan<br>- Blue Choice Network<br>- Blue Essentials Network (PCP)<br>\$3,000 Ded. 80/20 HDHP w/HSA<br><br>Eliminated the HRA<br>Choice of network | \$1,500 Ded. 80/20 Copay Plan<br>- Blue Choice Network<br>- Blue Essentials Network (PCP)<br>\$3,000 Ded. 80/20 HDHP w/HSA<br><br>Eliminated the HRA<br>Choice of network |
| <b>Network Access &amp; Complexity Reduction</b> | Broad Network<br>Enhanced Tier Steerage<br>LocalPlus Network                                                                              | Broad Network<br>Enhanced Tier Steerage<br>LocalPlus Network<br>Copay Plan Enhancements<br>Increased HSA Funding                                           | Broad Network & Narrow<br>Network Options<br>PCP Designation<br>Specialist Utilization Mgmt.<br>Tax Shelter for Future Medical Expenses                                   | Broad Network & Narrow<br>Network Options<br>PCP Designation<br>Specialist Utilization Mgmt.<br>Tax Shelter for Future Medical Expenses                                   |
| <b>Preventive Care Coverage (100% Covered)</b>   | Annual Wellness Exam<br>Preventive Medications Free<br>Reduced Cost Diabetic/HBP Med                                                      | Annual Wellness Exam<br>Preventive Medications Free<br>Reduced Cost Diabetic/HBP Med<br>Expanded Preventive Services                                       | Annual Wellness Exam<br>Preventive Medications Free<br>Reduced Cost Diabetic/HBP Med<br>Expanded Preventive Services                                                      | Annual Wellness Exam<br>Preventive Medications Free<br>Reduced Cost Diabetic/HBP Med<br>Expanded Preventive Services                                                      |
| <b>Pre-65 Retiree Only Rate</b>                  | <b>Before 2010 / After 2010</b><br><br>HRA - \$654 / \$968<br>Copay - \$604 / \$908<br>HDHP - \$554 / \$900                               | <b>Before 2010 / After 2010</b><br><br>HRA - \$590 / \$1,073<br>Copay - \$569 / \$1,034<br>HDHP - \$558 / \$1,014                                          | <b>Before 2010 / After 2010</b><br><br>Blue Choice Copay - \$613 / \$1,115<br>Blue Ess. Copay - \$636 / \$1,156<br>HDHP - \$601 / \$1,093                                 | <b>Before 2010 / After 2010</b><br><br>Blue Choice Copay - \$672 / \$1,345<br>Blue Ess. Copay - \$695 / \$1,389<br>HDHP - \$650 / \$1,300                                 |



# Health Insurance Cost Factors



# Offering Competitive Benefits - Medical



|                                                | 2019                                                                                       | 2020                                                                                                                                          | 2021                                                                                                                                      | 2022                                                                                                                                      |
|------------------------------------------------|--------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------|
| <b>Plan Design</b>                             | \$2,500 Ded 75/25 HRA Plan<br>\$2,000 Ded 80/20 Copay Plan<br>\$2,800 Ded 80/20 HDHP w/HSA | \$2,500 Ded 75/25 HRA Plan<br>\$2,000 Ded 80/20 Copay Plan<br>\$2,800 Ded 80/20 HDHP w/HSA                                                    | \$1,500 Ded 80/20 PCP Plan<br>\$1,500 Ded 80/20 Copay Plan<br>\$2,800 Ded 80/20 HDHP w/HSA                                                | \$1,500 Ded 80/20 PCP Plan<br>\$1,500 Ded 80/20 Copay Plan<br>\$2,800 Ded 80/20 HDHP w/HSA                                                |
| <b>Network Access and Complexity Reduction</b> | Broad Network<br>Enhanced Tier Steerage<br>LocalPlus Network                               | Broad Network<br>Enhanced Tier Steerage<br>LocalPlus Network<br>Copay Plan Enhancements<br>Increased HSA Funding                              | Broad Network & Narrow Network Options<br>PCP Designation<br>Specialist Utilization Management<br>Tax Shelter for Future Medical Expenses | Broad Network & Narrow Network Options<br>PCP Designation<br>Specialist Utilization Management<br>Tax Shelter for Future Medical Expenses |
| <b>Preventive Care Coverage (100% Covered)</b> | Annual Wellness Exam<br>Preventive Medications Free<br>Reduced Cost Diabetic/HBP Med       | Annual Wellness Exam<br>Preventive Medications Free<br>Reduced Cost Diabetic/HBP Med<br>Expanded Preventive Services                          | Annual Wellness Exam<br>Preventive Medications Free<br>Reduced Cost Diabetic/HBP Med<br>Expanded Preventive Services                      | Annual Wellness Exam<br>Preventive Medications Free<br>Reduced Cost Diabetic/HBP Med                                                      |
| <b>Wellness - Incentive</b>                    | \$300 HRS/HSA Contribution<br>\$10 per paycheck premium credit (\$240 value)               | 3 Clearly Defined Goals<br>\$500 Incentive (December)<br>(Incentive will pay in year earned)                                                  | 3 Clearly Defined Goals<br>\$500 Incentive (December)<br>(Incentive will pay in year earned)                                              | 2 Clearly Defined Goals<br>\$500 Incentive (December)<br>(Incentive will pay in year earned)                                              |
| <b>Post Retiree Coverage</b>                   | 7 Medicare Supp. Plans<br>2 DPD Plans<br>2 Medicare Advantage Plans                        | 2 Medicare Group PPO Advantage Plans<br>(Combined medical & Rx coverage, Specialized Wellness Programs, Eliminated multiple retiree policies) | 2 Medicare Group PPO Advantage Plans                                                                                                      | 2 Medicare Group PPO Advantage Plans                                                                                                      |

## 2023 - Focus on Engagement

- Promote importance of age appropriate and preventive care as it relates to overall health status
- Promote clinical programs within medical plan to reduce cost and disease prevalence
- Engage Retiree resource for health care navigation and support



# Offering Competitive Benefits – All Other



|                                          | 2019                                                                                  | 2020                                                                                              | 2021                                                                                                              | 2022                                                                                                                            |
|------------------------------------------|---------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------|
| <b>Dental Vision</b>                     | Two dental plans<br>One vision plan offered                                           | Two dental plans<br>One vision plan offered                                                       | Two dental plans, enhanced PPO offered<br>Two vision plan offered                                                 | Two dental plans<br>Two vision plan offered                                                                                     |
| <b>Life</b>                              | \$50,000 basic life coverage<br>Voluntary life coverage offered                       | \$50,000 basic life coverage<br>Mid-year Increased to \$75,000<br>Voluntary life coverage offered | \$75,000 basic life coverage<br>Voluntary life coverage offered                                                   | \$75,000 Basic Life coverage<br>Voluntary life coverage offered                                                                 |
| <b>Disability</b>                        | Individual plans offered                                                              | Group voluntary short and long term disability offered                                            | Group voluntary short and long term disability offered                                                            | Group voluntary short term disability<br>Group employer paid long term disability offered at 1-year of service                  |
| <b>Worksite Benefits</b>                 | Individual accident, critical illness, and legal plans offered                        | Group accident, critical illness, hospital indemnity plans offered                                | Same group plans offered with enhanced health screening benefit for critical illness and hospital indemnity plans | Group accident, critical illness, hospital indemnity plans offered<br>Procuring pet insurance and group legal/ID theft coverage |
| <b>Employee Assistance Program (EAP)</b> | Standard EAP program offered to all employees                                         | Standard EAP program offered to all employees                                                     | Engaged stand alone EAP resource<br>Employee webinars offered by EAP vendor                                       | Stand alone EAP resource<br>Employee webinars offered by EAP vendor                                                             |
| <b>Clinical Programs</b>                 | Kannact Diabetes Program offered. Clinical resources, testing supplies and equipment. | Obtained CLUE* data<br>Kannact Diabetes Program<br>*(Clinical Learning and Understanding Engine)  | Obtained updated CLUE data<br>Kannact Diabetes Program with employee engagement campaign                          | Obtained CLUE data<br>Kannact Diabetes and Cardiovascular Program                                                               |
| <b>Wellbeing</b>                         | Wellness Incentive                                                                    | Wellbeing plan development including phased approach to disease states                            | Wellbeing pillars developed (social, financial, physical, community, mental)                                      | Development of wellbeing logo<br>Introduction of wellbeing newsletter                                                           |
| <b>Systems</b>                           | Enrollment through Lawson                                                             | Engaged EBC for active and pre-65 retiree enrollment                                              | Engaged EBC for active, pre and post-65 retiree enrollment                                                        | Engaged EBC for active, pre and post-65 retiree enrollment                                                                      |

## 2023 - Focus on Engagement

- Promote importance annual dental & vision screenings and the connection to undiagnosed medical conditions
- Partner with a wellness vendor to promote wellness and wellbeing health improvement and maintenance



# Value-added Blue Cross/Blue Shield benefits



## Blue365

## Member Rewards Program

## Enhanced Provider Discounts

| How this Helps our Employees/Retirees/Dependents | Blue365                                                                                                                                       | Member Rewards Program                                                                                                                                                                                                                                  | Enhanced Provider Discounts                                                                                                                                                             |
|--------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
|                                                  | Health & Wellness discounts for: Apparel & Footwear, Fitness Equipment, Hearing & Vision products, Nutritional Goods, and Personal Care items | Cash rewards when a member chooses a higher quality, lower cost provider for a procedure. Member must call Blue Cross Benefits Value Adviser to start this process. Member reward is typically mailed within 4 to 6 weeks after procedure is completed. | Lowers cost the cost of care for our members through an enhanced Network Discount off allowed charges that In-Network Providers agree to through the Blue Cross contract with the City. |
| Cost to Members                                  | None. Included with enrollment                                                                                                                | None. Included with enrollment                                                                                                                                                                                                                          | None. Included with enrollment                                                                                                                                                          |

## Fantastic Year 1 Member Rewards Engagement

- 1,800 member accessed Member Rewards
- 507 members received a cash back Member Reward



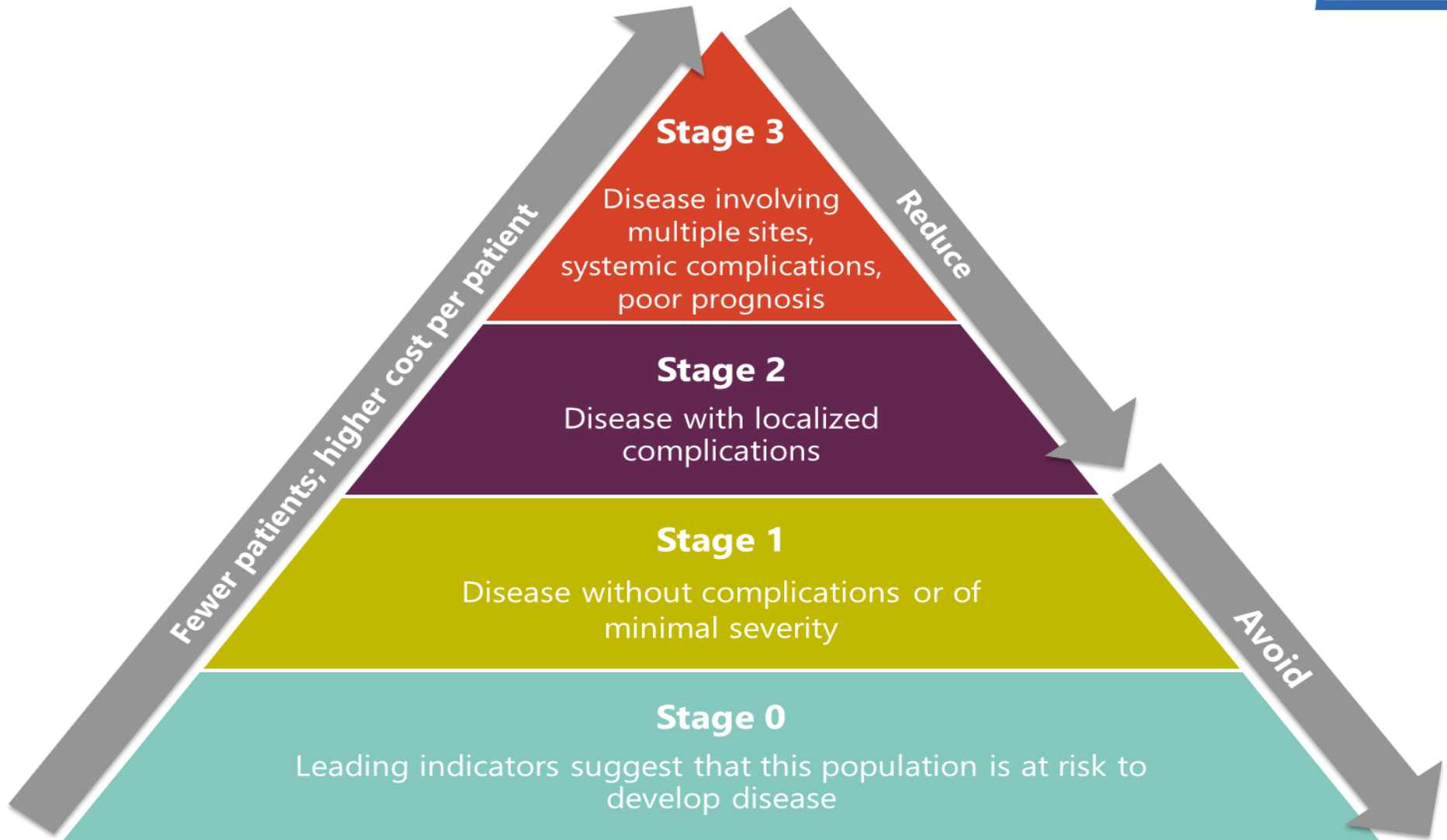
# Phased Approach to Wellness by Disease State



|                                                                             | <b>Musculoskeletal,<br/>Cardiovascular</b><br>22% Prevalence in 2020                                                                                                                                      | <b>Diabetes, Weight,<br/>Hypertension</b><br>26% Prevalence in 2020                                                                                                                                               | <b>Cancer</b><br>6% Prevalence in 2020                                                                                                                          | <b>Mental Health</b><br>8% Prevalence in 2020                                                                                                                   |
|-----------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <b>Baseline</b><br>(Require biometric screenings and age-appropriate exams) | Annual wellness exam<br>(Establish medical home)                                                                                                                                                          | Annual wellness exam<br>(Establish medical home)                                                                                                                                                                  | Annual wellness exam<br>(Establish medical home)                                                                                                                | Annual wellness exam<br>(Establish medical home)                                                                                                                |
| <b>Phase 1</b><br>(2020)                                                    | <ul style="list-style-type: none"> <li>Physical Therapy</li> <li>Rx Solution* compliance</li> </ul>                                                                                                       | <ul style="list-style-type: none"> <li>Rx Solutions*</li> <li>Clinical Coach</li> <li>Fitness Center</li> <li>Nutrition Center</li> </ul>                                                                         | <ul style="list-style-type: none"> <li>Cancer Specific Screenings</li> </ul>                                                                                    | <ul style="list-style-type: none"> <li>EAP</li> <li>Telehealth</li> <li>COD Resources</li> </ul>                                                                |
| <b>Phase 2</b><br>(2021 - 2022)                                             | <ul style="list-style-type: none"> <li>Airrostri</li> <li>Disease Management Programs</li> <li>Medical plan Condition Mgmt Coaching</li> <li>Rx Management Programs</li> <li>CareATC Referrals</li> </ul> | <ul style="list-style-type: none"> <li>Weighty Loss Programs</li> <li>Medical plan Lifestyle Coaching /</li> <li>Disease Management Programs</li> <li>Baylor &amp; Methodist Programs</li> <li>CareATC</li> </ul> | <ul style="list-style-type: none"> <li>Non-surgical treatment</li> <li>Medical plan Condition Mgmt Coaching</li> <li>Baylor &amp; Methodist Programs</li> </ul> | <ul style="list-style-type: none"> <li>Expanded EAP offering</li> <li>Improved access-Behavioral telehealth</li> <li>Baylor &amp; Methodist Programs</li> </ul> |
| <b>Phase 3</b><br>(2022 – 2023)                                             | <ul style="list-style-type: none"> <li>Regenexx</li> <li>Centers of Excellence</li> <li>2<sup>nd</sup> Opinion</li> <li>Care Management</li> </ul>                                                        | <ul style="list-style-type: none"> <li>Centers of Excellence</li> <li>2<sup>nd</sup> Opinion</li> <li>Care Management</li> </ul>                                                                                  | <ul style="list-style-type: none"> <li>Centers of Excellence</li> <li>2<sup>nd</sup> Opinion</li> <li>Care Management</li> </ul>                                | <ul style="list-style-type: none"> <li>Centers of Excellence</li> <li>Care Management</li> </ul>                                                                |
| <b>Incentives</b>                                                           | Lower copays/out-of-pocket costs; preventing surgery                                                                                                                                                      | Lower copays/out-of-pocket costs; better outcomes resulting from steerage                                                                                                                                         | Early detection improves outcomes and lowers costs                                                                                                              | Work/Life balance; addressing entire employee                                                                                                                   |



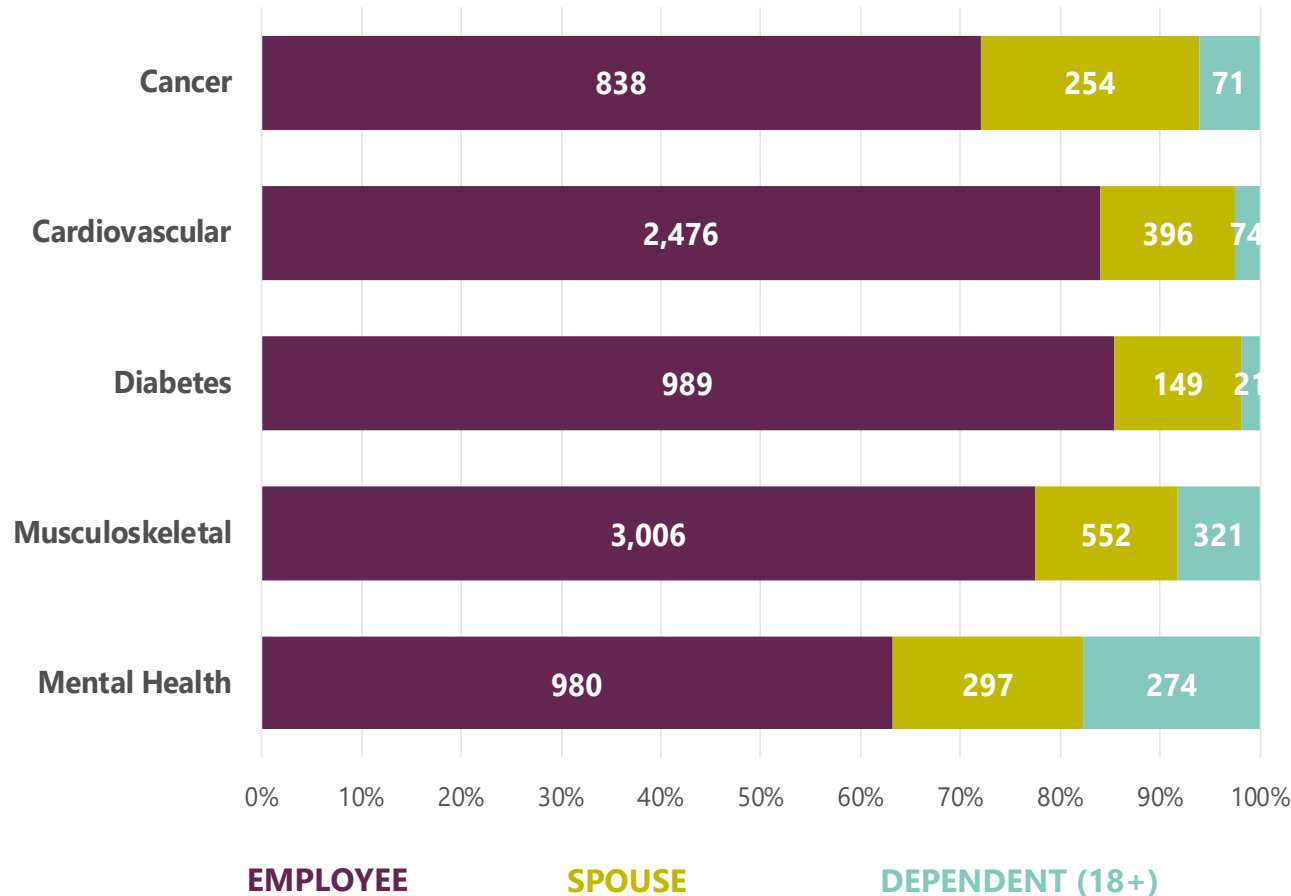
# CLUE Disease Stages



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# 2021 Disease State Data By Member



## 2021 Wellness Incentive

\*\*\*\*\*

- ✓ 3 Goals: Annual Physical, Health Assessment and Biometric Screening (Aug)
- ✓ \$500 paycheck deposit (Dec of 2021)
- ✓ Clinical program options (i.e. Diabetes & HBP medications) for those with elevated risk factors & maintenance programs for those not at risk

Episode Start Date Jan-Dec 2021, Members Age 18+

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# Well-Being Pillars



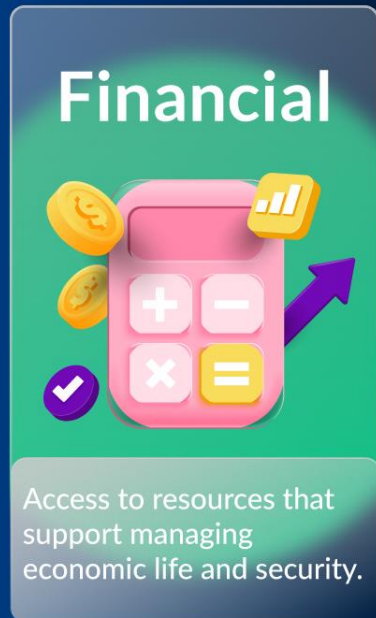
# Social Pillar Programs



Promoting and sustaining supportive and positive relationships

- City of Dallas Hiring Events
- Diversity Dashboard
- Educational Partnerships
- Employee Engagement Survey
- Employee Recognition (Service Pins)
- Internship Programs
- Magellan EAP Resources
- Recruitment Guide
- Upskilling Workforce
- Virtual/On-site Health Expos

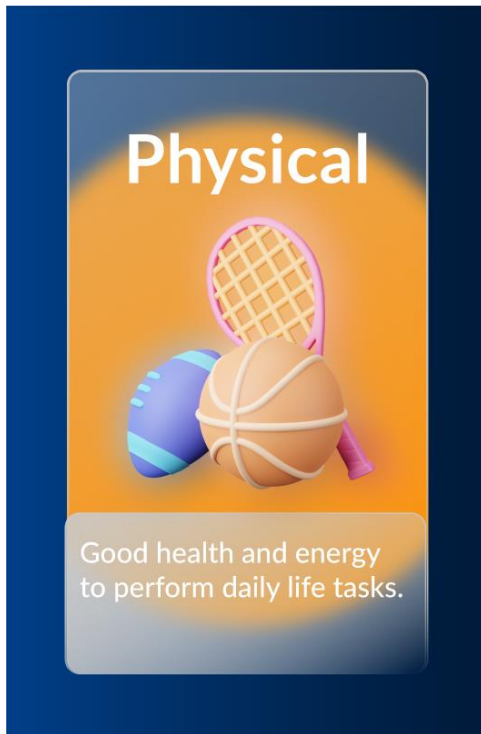
# Financial Pillar Programs



Access to resources that support managing economic life and security

- Childcare Subsidy
- DART Passes
- Employee Perks Portal by Abenity
- Financial Wellness Resources
- Legal Shield
- MetLife Pet Insurance
- Magellan EAP Resources
- PNC Bank Partnership
- Tuition Assistance Program

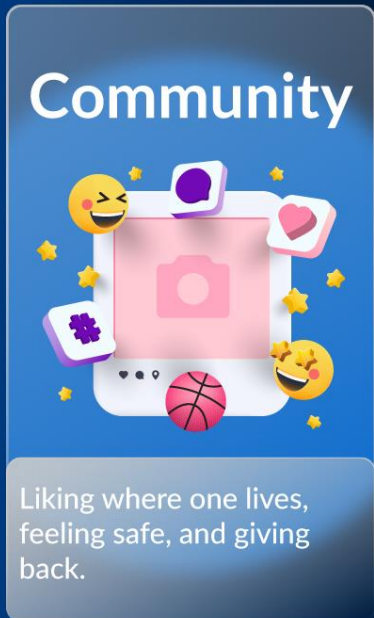
# Physical Pillar Programs



## Good health and energy to perform daily life tasks

- Alternative Care (Airrosti, Chiropractor)
- Annual Physical/Wellness Assessment
- Biometric Screenings
- COVID-19 Support and Resources
- Diabetes Hypertension Program
- Fitness Centers
- Flu Shots
- Foundations Café
- Gym Discounts
- Health Coaching (BCBS)
- Health Education Literacy
- Health Risk Assessments
- Holistic Health (Acupuncture, Meditation)
- Long-term and Short-term Disability
- Magellan EAP Resources
- Mobile Mammograms
- Online Fitness Classes
- Onsite/Near Site Clinics
- Telemedicine
- Tobacco Cessation
- Virtual/Onsite Health Expos
- Weight Management
- Wellness Challenges (IP and BCBS)
- Wellness Portal (Coming Soon)

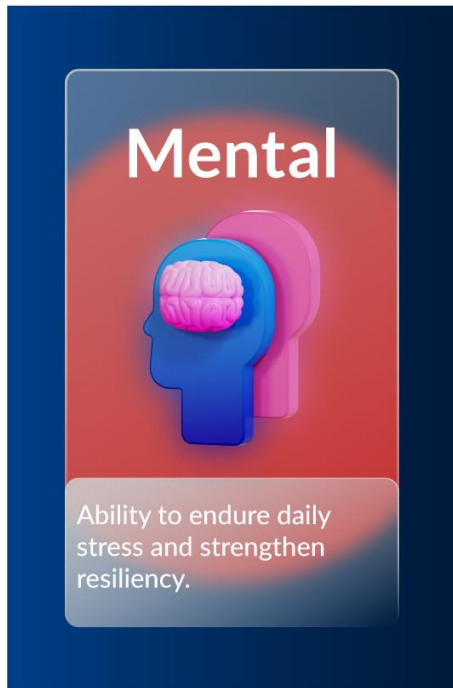
# Community Pillar Programs



Liking where one lives and feeling safe in the environment and giving back

- City of Dallas Future of Work Program
- Community Service Event during Customer Service Week
- Dallas Charitable Giving Campaign
- Dallas Heart Walk
- Diversity Dashboard
- Employee Cares Committee (ECC)
- Employee Focus Groups
- Employee Relations Portal
- Employee Resource Groups (ERGs)
- Hybrid Work Opportunities
- Internship Programs
- Personnel Rules and Administrative Directives
- Recruitment Guide

# Mental Pillar Programs



Ability to endure daily stress and strengthen resiliency

- COVID-19 Support and Resources
- Critical Incident Support Management via EAP
- Fit For Duty Assessments
- FMLA Leave
- Magellan EAP Resources
- Mental Health Leave
- Paid Parental Leave

# Additional Employee Benefits Not Funded Through Benefits Fund



## Upskilling



## Workday Benefits Recruitment Modules



## Expanded Educational Reimbursement



## Employee Discounts

