

Worksite Wellness LA

Mind, Body & Spirit at work



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Executive Director

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Worksite Wellness LA

Mission:

- Improve the health status of low income, medically underserved families through workplaces in Los Angeles County

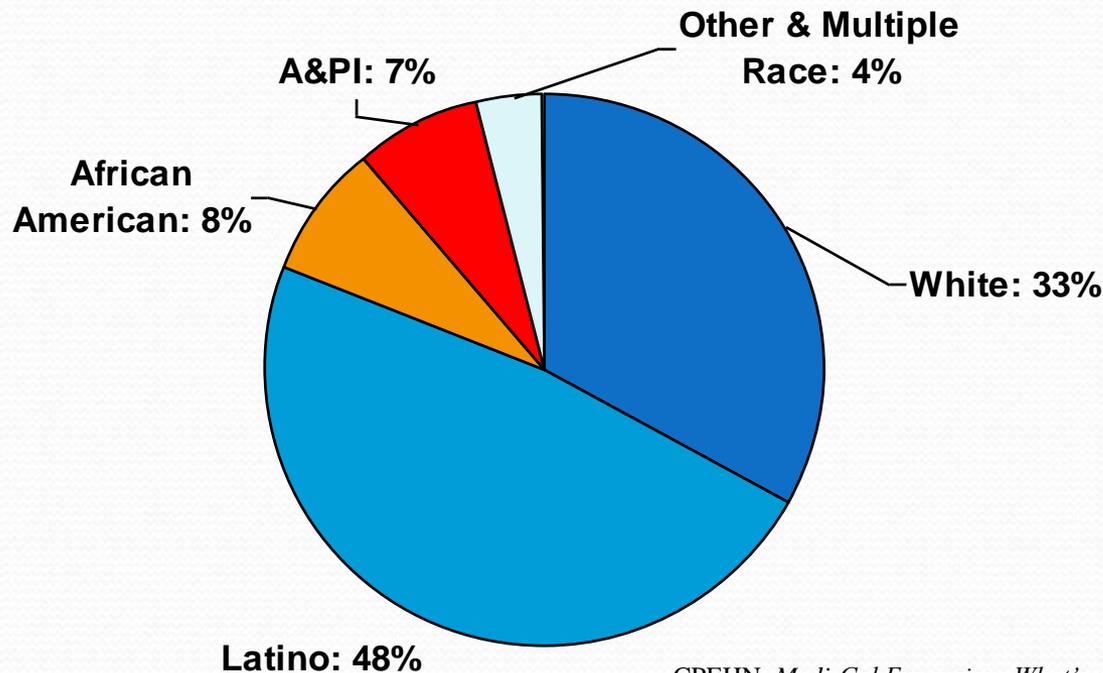
Services:

- Health education presentations
- Referrals to safety net
- Enrollment assistance



Medi-Cal Expansion

- Of the 1.42 million adults newly eligible for Medi-Cal, 67% (950,000) will be people of color



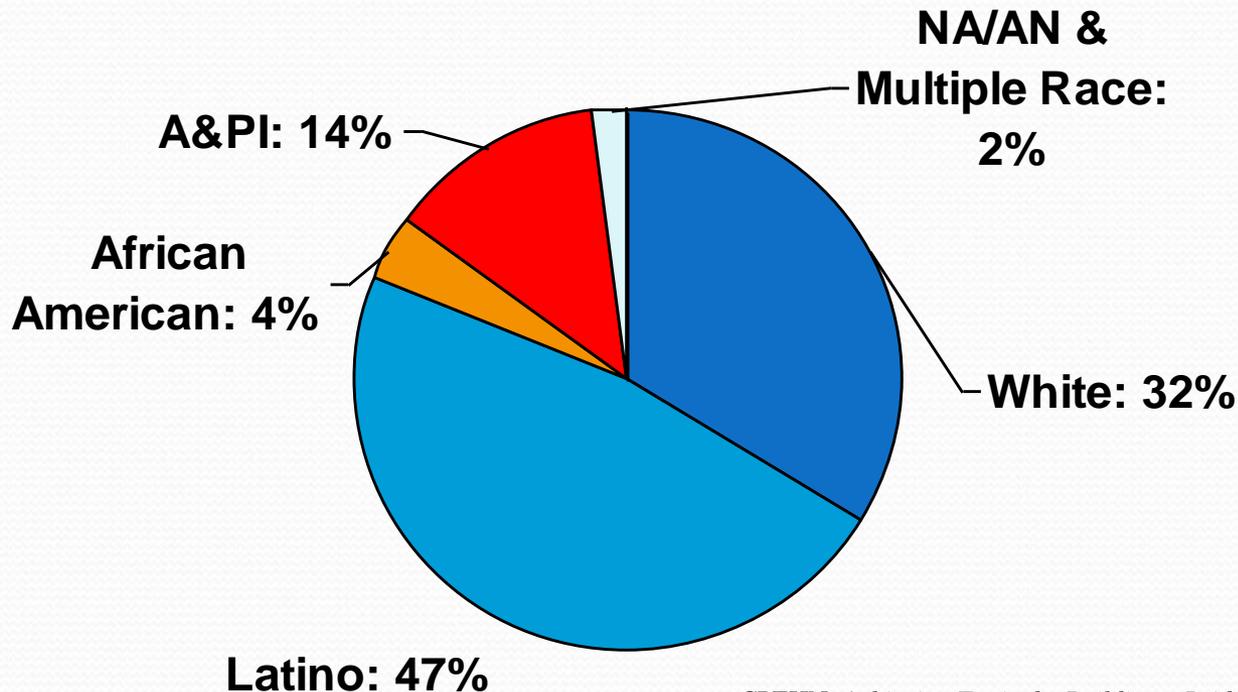
Medi-Cal Expansion

- Of the 1.42 million adults newly eligible for Medi-Cal, 35% (500,000) will speak English less than very well

Spanish	Cantonese	Vietnamese	Korean	Tagalog
389,100	34,900	25,200	14,700	10,100

Covered California

- Of the 2.7 million eligible for tax credits, (~1.8 million) will be people of color 66%



Covered California Eligibility & Enrollment

- Open enrollment: Oct- Dec 2015
- Coverage begins: January 2016



Challenges

- Companies often change their schedules
- Employers have limited time for health education
- Employers are fearful of county programs and suspicious of outside influences at work
- Workers are not aware of available health programs or assume they do not qualify
- Misinformation about changes in health programs
- Undocumented workers are more isolated

WWLA Presentations

- Brown bag presentations
- Lunchtime or breaks: 25 -55 minutes

Topics

- Health access & coverage
- Nutrition
- Physical activity
- Chronic conditions
- Stress management

Nutrition Presentation



Stress Management



Staying active at work



WWLA Presentations

- Learn how to better care for themselves and their families
- Gain a better understanding of specific topics & their overall healthcare system
- Better equipped to recognize symptoms and understand how to prevent illnesses
- Increased utilization of local resources and less dependence on emergency rooms
- Motivate workers to adopt a healthier lifestyle
- Adopt a 10 minute health break at work

Wellness at work



Enrollment Assistance

- Enrollment assistance into health insurance programs like Medi-Cal & Covered California
- Online application
- Resources & deductions
- Follow up for utilization and renewal
- Accommodate complexity of mixed-status households
- Assistance navigating health care system

Enrollment

- Maximize enrollment
 - Pre-enrollment at worksite
 - Online enrollment, paper receipts
- Simplify re-enrollment processes
 - Save forms and copies of documents

Enrollment Support



Count on us to make a lasting difference





WORKSITE WELLNESS L.A.
HEALTHY WORKERS, HEALTHY WORKSITES

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