



Andy OLSON  
STATE REPRESENTATIVE  
DISTRICT 15

## HB 4072 – THE OREGON HEALTH BENEFIT DIVIDEND PLAN

February 4, 2014

Chair Phil Barnhart  
House Committee on Revenue  
900 Court Street NE  
Salem, OR 97301

Chair Barnhart and Committee Members,

Thank you for giving me the opportunity to testify in support of HB 4072. This is a simple measure which creates a subtraction from federal taxable income for up to \$500 in cash dividends paid by an employer to an employee for participation in a workplace wellness program.

The goal of the Oregon Health Benefit Dividend Plan is threefold:

1. To Increase Access
2. To Increase Quality
3. To Reduce Costs

Currently, there are a number of organizations that have developed a similar plan that fosters a healthier workplace and provides a reward to employees for making healthy lifestyle choices. The Public Employee's Benefit Board's (PEBB) Health Engagement Model (HEM) and Samaritan Health Services (Corvallis) are both seeing large benefits in keeping people healthy.

Participation in the voluntary worksite wellness program is dependent on an initial health assessment. Based upon individual outcome of this assessment, employees participate in one or more of the following: Fitness program, Weight control program, Nutritional education program, and Tobacco use cessation or prevention program.

Obvious benefits are improved health status of employees, employers/businesses receiving a healthier workforce, workers compensation costs decrease, and health claim costs either decrease or do not increase.

Thank you for considering this legislation.

Sincerely,

A handwritten signature in cursive script that reads "Andy Olson".

Andy Olson



# Samaritan Health Services named Oregon's Healthiest Employer

Samaritan Health Services has been recognized by the Portland Business Journal on Oct. 11 as Oregon's Healthiest Employer in the 1500+ employee category.

The Journal's program promotes the value of workplace wellness and recognizes companies that place a high value on the health of their workers through innovation and leadership in their benefits and wellness programs. Samaritan is proud to have topped the list of Oregon employers, which includes several regional and national health care organizations, as well as Fortune 500 high-tech, retail, financial and public utility companies.

"We are developing a new model of integrated, health-focused benefits and wellness programs to demonstrate — starting with ourselves — that by moving more dollars toward creating and protecting good health, we can lower

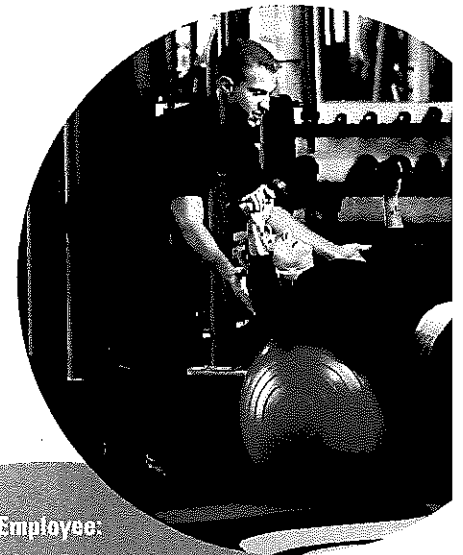
the rate our health care costs rise each year," said Larry Mullins, President and CEO of Samaritan Health Services. "This allows us to increase our financial stability and invest more in our people and the programs that help us achieve our health care mission."

At the heart of Samaritan's winning strategy is a commitment to a work environment that values the health, performance and presence of each employee. For example, employees are provided with an annual wellness incentive of \$300 to spend on gyms, classes and health-related services, on top of no-cost health plan benefits for preventive care, health coaching, care coordination, nutrition education, tobacco cessation and flu shots. The provision of paid-time-off, which gives employees the flexibility to manage their leave for vacations, holidays and sick days, is an added incentive for staying healthy.

In addition to a health-focused environment, Samaritan has asked employees to share responsibility for organizational resources and to be stewards of those resources. For example, some health plan benefits have a reference price above which the employee has to spend their own money. To qualify for lower premium rates, employees must participate in annual health risk assessments and screenings, and are required to meet certain criteria such as regular doctor visits and cancer screenings.

After just one year, the new health plan and integrated wellness benefits and programs

*Employees have benefitted from gym memberships, classes and health-related services, health coaching, nutrition education, tobacco cessation and even flu shots. Some examples:*



**Employee:**

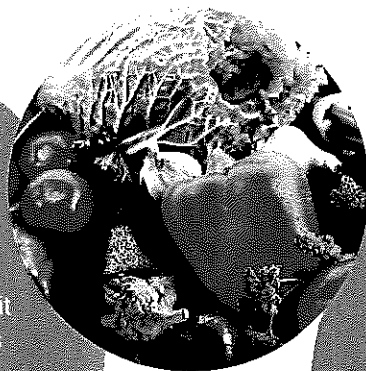
Elijah Davis, Samaritan Pacific Communities Hospital and Samaritan North Lincoln Hospital

**Wellness benefit used:**

Used employee wellness dollars for a SamFit membership and participated in the fitness center's Hollywood Fitness Challenge.

**Results:**

Went from 246 to 193 pounds during the 10-week challenge, taking the 33-year-old back to his high school weight.



**Employee:**

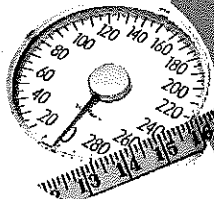
Debbie Engle, Samaritan Lebanon Communities Hospital

**Wellness benefit used:**

Used employee wellness dollars for a SamFit membership and attended company sponsored health, fitness and nutrition talks

**Results:**

Since December 2011, Engle has lost weight and increased her strength and endurance, resulting in improved lab results and words of praise from her primary care provider. She worked with a trainer to develop a personal workout routine, which she's maintained for two years.



*Samaritan was recognized for creating new benefits and wellness programs that have improved the wellbeing of its employees.*

have delivered proof that Samaritan is moving in the right direction:

- The overall health of employees improved, with 19 percent of them moving into lower health risk categories.
- Worker compensation costs declined by 5 percent.
- Health plan claim costs have flat-lined.

“Along the way, we also proved to ourselves that to create a culture of health, we must have a sustained, open dialogue about our company-wide values and beliefs and align those with our actions,” Mullins concluded. “We must walk the talk.”

## About the Healthiest Employers program

*Scoring for the national Healthiest Employers program, sponsored in Oregon by the Portland Business Journal, is conducted by wellness professionals and educators. They rate performance in six key areas of workplace wellness: culture and leadership commitment; foundational components; strategic planning; communications and marketing; programming and interventions; and reporting and analysis.*

**MyChart**  
Connecting you to your health record  
by Samaritan Health Services

## Your Samaritan medical record at your fingertips

Samaritan Health Services offers online access to your basic medical record, which includes current diagnoses, medications, allergies, immunizations and test results through online patient portals.

Currently Samaritan has two patient portals because its transitioning from one electronic medical record system to another. You can access your outpatient clinic record through the Kryptiq Connect IO patient portal and your inpatient hospital record through Epic MyChart.

Once the outpatient clinics are using the Epic electronic medical record in Aug. 2014, Epic MyChart will be the portal for all Samaritan patients adding additional capabilities such as appointment requests, medication refill requests and e-communication with providers. Epic MyChart also has a mobile platform, making it easy to access your records on the go.

If you would like to use either of the patient portals, please go to the participating Samaritan Health Services clinic or hospital where you are a patient to sign up. You only need to sign up once, even if you are a patient of more than one Samaritan location.



Learn more by visiting [samhealth.org/PatientPortal](http://samhealth.org/PatientPortal) or by scanning the QR code at left.