

# ***FWCS Employee Health and Wellness Clinics***



**Health and Wellness Clinics Board Report**  
**Gina Dundon, Wellness Coordinator**  
February 10, 2025



# ***Staff Wellness***

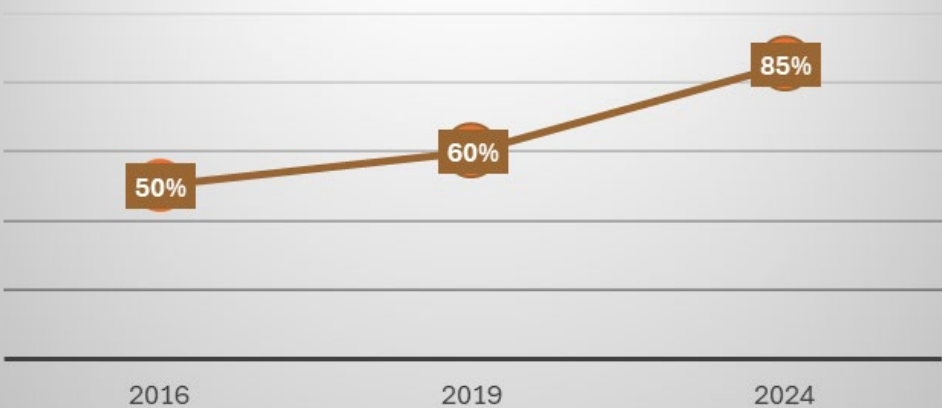
- ***FWCS Health and Wellness Clinics***
- ***Lifestyle Change Specialist (Coaches)***
- ***Employer Shared Clinics***



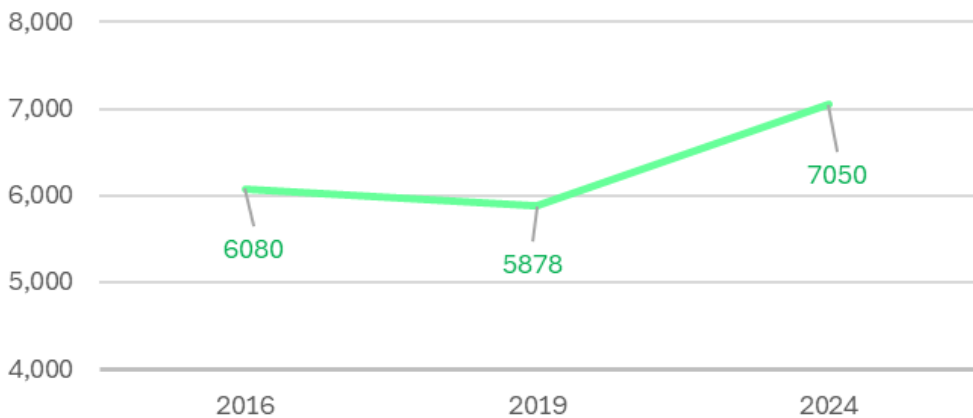
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# FWCS Health and Wellness Clinics - Brief History

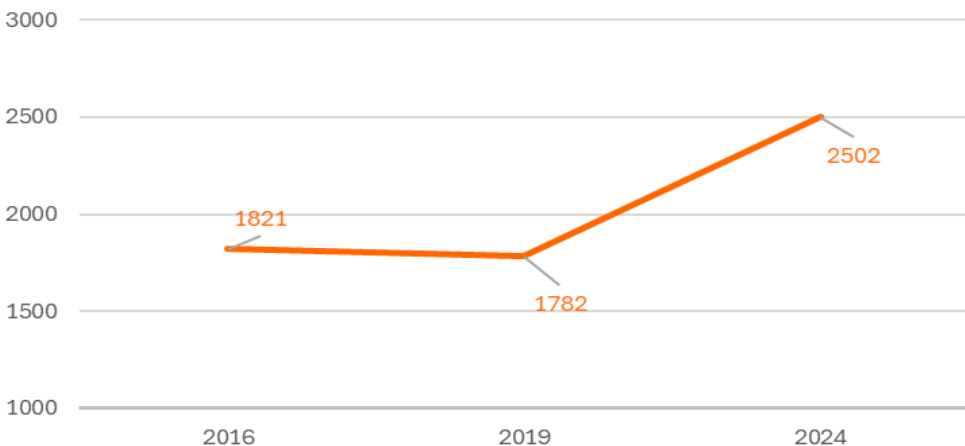
Provider Utilization



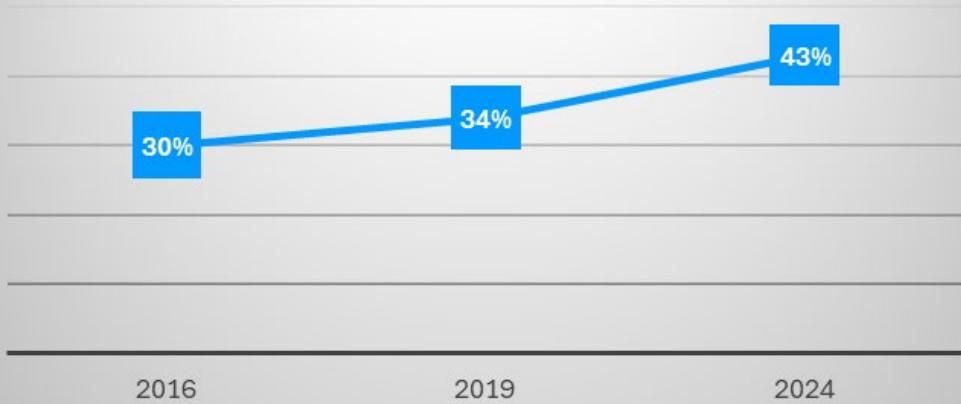
PATIENT APPOINTMENTS



LAB APPOINTMENTS



% of Insured Utilizing the Clinics



## ***Lifestyle Change Specialist History***

- 2016 - 6 coaches with offices in the high schools and they traveled to feeder schools
  - Onsite coaching - 1299
  - Onsite fitness classes - 3253
- 2020 – 6 coaches
  - Everything switched to virtual for most of the year
  - Coaching – virtual and in person 2393
  - Fitness Classes – mostly virtual 5027
- 2024 – 4 coaches with access to 2 dietitians
  - Virtual and In person
  - Coaching – 1045
  - Fitness Classes – 2270



## ***Programs at little to no cost to the district or employee***

- Healthy You
  - 6-month program
  - focuses on implementing lifestyle changes and healthy habits to reduce the risk of chronic disease.
- Weight Loss Program
  - Monthly check in with the provider, coach or dietician, medication management
- Diabetes Care Direct
  - Check in with providers, coach or dietician with accountability and medication management

## ***Benefits - Employee***

- ***Services done at the Clinics have a no out-of-pocket expense***
- ***Quick appointments – same day can be virtual or in person***
- ***Onsite medications and lab draws***
- ***Wellness Coaching – one on one, demonstrations, programs, challenges***



## ***Benefits – District***

- ***Quick appointments***
- ***Less Absenteeism due to management of chronic illnesses***
- ***Improved Employee Retention***
- ***Decrease in Healthcare costs***

## ***Bottom Dollar***

- In the years we have had the clinics with Parkview we have always had a good yearly return on investment.
- Even with rising health care costs our clinic contracts have increased at minimal rates over the life of the contract.
- Based on Allowed Amounts through Anthem we have **saved \$4.6 million** by offering the Wellness Clinics.



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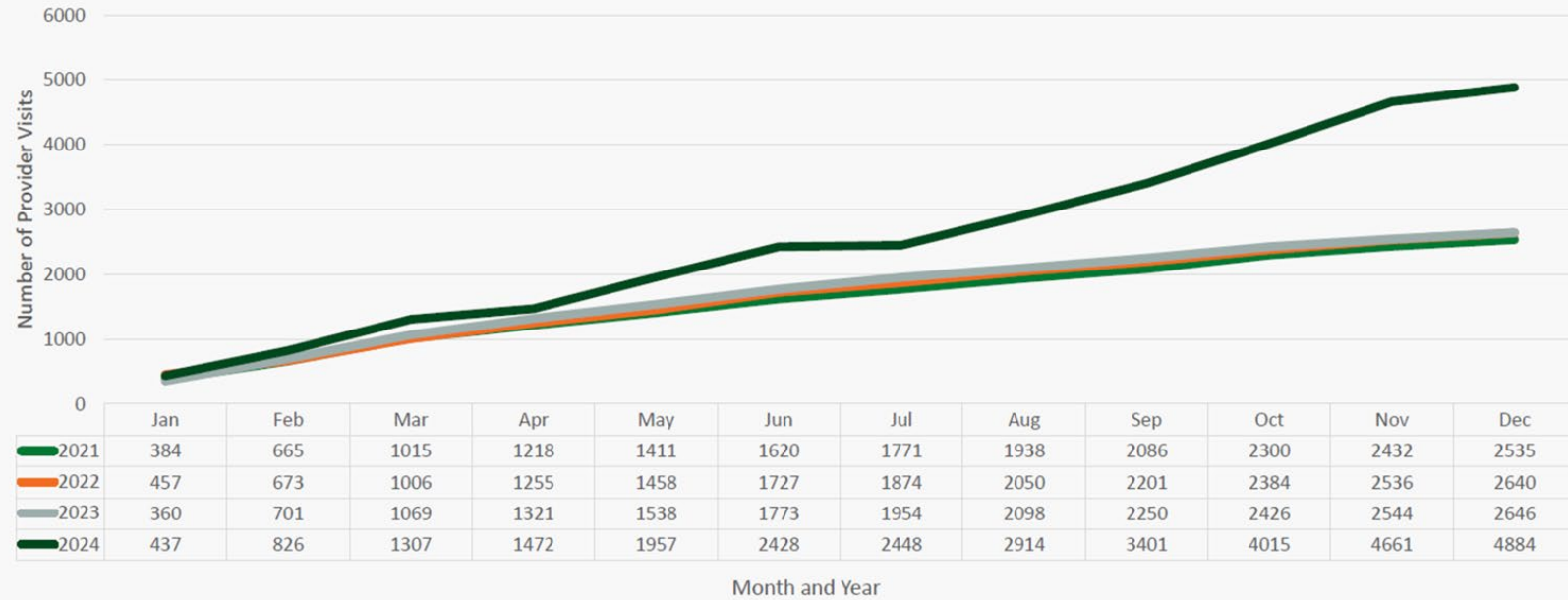


## Shared Clinics

- Multiple employers utilizing the same facilities.
- Same great services
- Onsite medications and labs
- 5 more locations
  - Georgetown
  - PRMC campus
  - Columbia City
  - Kendallville
  - Warsaw

## FWCS Distinct Patients

Distinct Patients Increasing by Month  
Distinct = Number of Provider visits  
2021 to Dec 2024





# ***Thank you***

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