

THE SEHCB REPORT

Volume 1, Issue 2

SEHCB Adopts Initial Best Practice Standards

Focused on improving health of public school employees and their families

Cheryl Reeves
SEHCB Staff

The School Employees Health Care Board has adopted the first set of best practices to be included in all health care plans providing coverage to public school employees and their families.

The set of best practices requires that all health care plans providing coverage to public school employees and their families institute disease state management, implement wellness programs, provide access to specialty and transplant networks, and conduct periodic dependent eligibility audits.

The proposed best practices have been formally adopted the Board and will now go through the state's rulemaking process. The best practices are expected to become law sometime in the fall.

*Questions or comments?
Contact the SEHCB at
(614) 728-7518 or by email at
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From the Desk of The Executive Director

Moving forward and making a difference

Bruce J. Gilbert
Executive Director, SEHCB

With the adoption of four best practice standards, the School Employees Health Care Board has begun to deliver on its promise to Ohio's public school employees and their families. First steps are being taken to meaningfully improve the health of our educators and lower healthcare expenditures without reducing benefit levels or shifting costs.

The people who helped develop the Board's first set of best practices come from a wide variety of constituencies. Some are school board members and business officials. Some are teachers or other non-administrative staff. Some are affiliated with the insurance industry, others are public policy experts.

The fact is, the best practice standards adopted by the Board represent the collective wisdom of many people. Our Board and Advisory members voluntarily share their time and expertise to identify and implement strategies designed to meaningfully improve the health of, and the quality of the healthcare available to, public school employees and their families. It is a testament to these individuals that they have been able to work diligently to reconcile their disparate perspectives and place the interests and needs of Ohio's public school employees and families above their own.

As this first set of standards moves through the adoption and rulemaking processes, the members of the Board and Advisory Committee will be identifying and evaluating other potential best practices.

We'll be emailing this newsletter regularly to make sure that you're kept aware of our progress, as well as each set of proposed best practice standards. Your opinions and feedback are important to us, so please feel free to email or call or come to a Board meeting and share your thoughts.

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LEARN MORE ABOUT THE SEHCB

Information about the School Employees Health Care Board and its activities can be found on our webpage at www.sehcb.ohio.gov.

The Board's website includes announcements, contact information, meeting minutes, educational presentations, and a calendar of Board events.

If you have any questions about the website, or the Board and its activities, you can contact us by telephone at (614) 728-7518.

SEHCB CALENDAR OF EVENTS

AUGUST BOARD MEETING

DATE: FRIDAY, AUGUST 8, 2008

PLACE: 8050 N. HIGH STREET, COLUMBUS

TIME: 9:00 AM

Regularly scheduled meeting of the Board and Advisory Committee.

SEPTEMBER BOARD MEETING

DATE: WEDNESDAY, SEPTEMBER 17, 2008

PLACE: 8050 N. HIGH STREET, COLUMBUS

TIME: 9:00 AM

Regularly scheduled meeting of the Board and Advisory Committee.

OCTOBER BOARD MEETING

DATE: WEDNESDAY, OCTOBER 22, 2008

PLACE: 8050 N. HIGH STREET, COLUMBUS

TIME: 9:00 AM

Regularly scheduled meeting of the Board and Advisory Committee.

Learning about...

Wellness and Healthy Lifestyle Programs

An ounce of prevention is worth a pound of cure...

The benefits and returns of implementing employee wellness programs are compelling.

Businesses across America spend \$450 billion annually on the direct costs of healthcare. And the indirect costs – absenteeism, presenteeism and other productivity losses associated with health problems – cost an additional \$225 billion.

Research shows that helping people understand the personal benefits of healthy living not only reduces costs but, more importantly, improves their quality of life.

Wellness programs are an important first step in creating a culture of health in our Ohio schools, part of an overall strategy for improving the health and well-being of participants. This 'culture of health' will help people understand the good that comes from taking an active role in managing their health for their own benefit.

Just as importantly, our educators are role models for our children, who themselves should be encouraged to adopt healthy behaviors. Educators must be encouraged to practice and exhibit healthy behaviors, so that our children will follow.

How does wellness work? It's really pretty simple. Wellness programs consist of a combination of activities designed to increase your awareness, help you assess risks, and promote voluntary behavior changes.

Wellness is about getting help to stop smoking. About getting annual tests of your cholesterol level, blood glucose, and blood pressure. About how best to deal with obesity and stress. It's about giving you the chance to live better and live longer.