



State Employee Wellness Survey Funding Request

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Survey Overview

Since 2006 PEBB has collaborated with the Public Health Division's Health Promotion and Chronic Disease Prevention (HPCDP) section to conduct a biennial survey of state employees' health behaviors and health risks. Historically known as the Behavioral Risk Factor Surveillance System Survey of State Employees (BSSE), this survey is modeled after a long-standing population health survey designed by the Centers for Disease Control and Prevention (CDC). PEBB has relied on the survey results to provide population level information about behaviors and health risks of current employees and has used the information to help inform benefit design and program development.

PEBB and HPCDP are finalizing the next cycle of this survey, now titled the State Employee Wellness Survey. The survey will be fielded in June and July among approximately 38,500 active state agency employees, not including retirees. This pool includes PEBB members and employees who have opted out of coverage. New elements to the 2019 survey instrument and methodology include:

- An online format to allow for more efficient administration and the ability to capture responses from a larger number of employees. Employees will receive an email from PEBB that contains a unique link to the survey instrument. Non-responses will be flagged for additional follow-up.
- Updates to reflect a change in focus from prevalence data to risk factors and the workplace environment.
- The ability to use the results to establish wellness goals and, with future iterations of the survey, to measure progress. Larger agencies that have a sufficient number of responses will receive a file of their results.
- Respondents will have an opportunity to be selected at random to receive a \$25 VISA gift card as an incentive for submitting the survey
- A more robust communication strategy to promote the survey and help assure strong participation

Survey Funding

In October 2018 the PEBB Board voted to approve funding to support the 2019 State Employee Wellness Survey in an amount not to exceed \$60,000. PEBB's portion of the 2019 survey is \$38,445.

Staff is recommending a commitment of \$75,000 for gift cards. This amount would purchase approximately 3,000, \$25 gift cards. The Department of Justice has approved offering gift cards as a reward for completing the survey.

Action

Board action on funding for gift cards is requested.