

**HIDALGO COUNTY**  
**REQUEST FOR PROPOSAL: WELLNESS PROGRAM SERVICES**  
**SPECIFICATIONS/REQUIREMENTS**

**SCOPE OF SERVICES**

In an effort to assist the County in providing its employees with a cost-effective and high quality wellness program, the County is seeking vendors that are highly qualified in rendering wellness program services. It is the County's intent to provide its employees with tools that educate, engage and empower them in maintaining healthy and active lifestyles.

The wellness program services are to be available to the County and its participating entities' active medically covered employees. Currently, the employee participation in the medical plan is 3,777.

Please propose a wellness program with administration ease for the County assuming a limited budget of \$50,000 per year for three (3) one (1) year term.

Wellness program implementation date is 10/1/2017.

Wellness program services shall include but are not limited to:

- Program plan and schedule of all activities
- Onsite biometric screenings
  - Venipuncture Services
    - Fasting Lipid/Glucose Panel
      - Total Cholesterol
      - HDL/calc LDL
      - Triglycerides
      - Calc cholesterol/HDL ratio
      - Blood glucose
      - Blood Pressure
      - Calculated BMI- Measured ht/wt and waist circumference
    - Personal Lab Report
- Wellness education, counseling, disease management, and coaching for those employees identified as "at risk" as per biometric screenings results
- Worksite challenge recommendations and implementation
- Wellness event recommendations and implementation of events: (i.e. health fairs, wellness educational outreach, exercise programs, etc.)
- Policy advisement

Vendor shall ensure that all services provided above are in compliance with any laws/statutes regulating wellness programs as well as confidentiality and privacy rights.

Please outline your PEPM charges that would apply to your wellness program below.  
Please identify the basic services offered assuming a \$50,000 yearly budget. Please also identify the services available at an additional cost.

- PEPM cost \_\_\_\_\_
- Biometric screening cost \_\_\_\_\_
- Other (explain) \_\_\_\_\_
- Rate guarantee \_\_\_\_\_
- Rate cap \_\_\_\_\_

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