

HOUSE BILL 818

P4

9lr2689
CF SB 843

By: **Delegate Morhaim**

Introduced and read first time: February 11, 2009

Assigned to: Appropriations

A BILL ENTITLED

1 AN ACT concerning

2 **State Employee and Retiree Health and Welfare Benefits Program - Wellness**

3 FOR the purpose of requiring the Secretary of Budget and Management to designate a
4 wellness coordinator to create and develop a certain wellness program;
5 authorizing the wellness program to include certain initiatives; requiring the
6 wellness coordinator to take certain actions; requiring each State agency to
7 designate an employee to serve as a wellness liaison; authorizing the
8 Department to seek, through a request for proposals, a certain wellness
9 program; requiring the Secretary to submit a certain report to the Governor and
10 the General Assembly at a certain time; and generally relating to wellness
11 programs for State employees and retirees in the State Employee and Retiree
12 Health and Welfare Benefits Program.

13 BY repealing and reenacting, without amendments,
14 Article – State Personnel and Pensions
15 Section 1–101(f) and (m) and 2–501
16 Annotated Code of Maryland
17 (2004 Replacement Volume and 2008 Supplement)

18 BY adding to
19 Article – State Personnel and Pensions
20 Section 2–502.2 and 2–506
21 Annotated Code of Maryland
22 (2004 Replacement Volume and 2008 Supplement)

23 SECTION 1. BE IT ENACTED BY THE GENERAL ASSEMBLY OF
24 MARYLAND, That the Laws of Maryland read as follows:

25 **Article – State Personnel and Pensions**

26 1–101.

EXPLANATION: CAPITALS INDICATE MATTER ADDED TO EXISTING LAW.

[Brackets] indicate matter deleted from existing law.



1 (f) Unless expressly provided otherwise, "Department" means the
2 Department of Budget and Management.

3 (m) "Secretary" means the Secretary of Budget and Management.

4 2-501.

5 (a) In this subtitle the following terms have the meanings indicated.

6 (b) "Program" means the State Employee and Retiree Health and Welfare
7 Benefits Program.

8 (c) "Satellite organization" means any organization or entity whose
9 employees are eligible to participate in the State Employee and Retiree Health and
10 Welfare Benefits Program as a separate account.

11 **2-502.2.**

12 (A) **THE SECRETARY SHALL DESIGNATE A WELLNESS COORDINATOR TO**
13 **CREATE AND DEVELOP A WELLNESS PROGRAM TO IMPROVE THE HEALTH AND**
14 **WELLNESS OF STATE EMPLOYEES AND RETIREES.**

15 (B) **THE WELLNESS PROGRAM MAY INCLUDE:**

16 (1) **EDUCATION THAT TARGETS THE MOST COSTLY OR**
17 **PREVALENT HEALTH CARE CLAIMS, INCLUDING INFORMATION ADDRESSING:**

18 (I) **OBESITY;**

19 (II) **NUTRITION AND HEALTHY EATING HABITS;**

20 (III) **PHYSICAL ACTIVITY;**

21 (IV) **DISEASE PREVENTION;**

22 (V) **HEALTH DISPARITIES;**

23 (VI) **SMOKING CESSATION;**

24 (VII) **ALCOHOL AND DRUG ABUSE;**

25 (VIII) **STRESS MANAGEMENT; AND**

26 (IX) **INJURY PREVENTION AND CONTROL;**

1 **(2) THE DISSEMINATION OR USE OF AVAILABLE HEALTH RISK**
2 **ASSESSMENT TOOLS AND PROGRAMS, INCLUDING:**

3 **(I) SURVEYS THAT IDENTIFY AN EMPLOYEE'S OR RETIREE'S**
4 **RISK LEVEL FOR HEALTH-RELATED PROBLEMS AND PROGRAMS THAT SUGGEST**
5 **TO EMPLOYEES AND RETIREES METHODS FOR MINIMIZING RISKS;**

6 **(II) FOLLOW-UP WITH EMPLOYEES AND RETIREES; AND**

7 **(III) INCENTIVES TO ENCOURAGE COMPLETION OF THE**
8 **HEALTH RISK ASSESSMENT;**

9 **(3) THE DEVELOPMENT OF STRATEGIES FOR THE PROMOTION OF**
10 **HEALTH, NUTRITIONAL, AND FITNESS-RELATED RESOURCES; AND**

11 **(4) OPTIONAL INCENTIVES TO ENCOURAGE PARTICIPATION IN**
12 **THE WELLNESS PROGRAM.**

13 **(C) THE WELLNESS COORDINATOR SHALL:**

14 **(1) MAINTAIN A LIST OF INTERNET LINKS TO HEALTH RESOURCES**
15 **FOR USE BY STATE EMPLOYEES AND RETIREES, UPDATED ANNUALLY;**

16 **(2) DESIGN AN OUTREACH CAMPAIGN TO EDUCATE STATE**
17 **EMPLOYEES ABOUT HEALTH AND FITNESS-RELATED RESOURCES; AND**

18 **(3) STUDY THE PARTICIPATION RATES OF EMPLOYEES AND**
19 **RETIREEES IN STATE WELLNESS PROGRAMS.**

20 **(D) EACH STATE AGENCY SHALL DESIGNATE AN EMPLOYEE TO SERVE**
21 **AS THE WELLNESS LIAISON BETWEEN THE AGENCY AND THE WELLNESS**
22 **COORDINATOR FOR THE STATE.**

23 **2-506.**

24 **(A) THE DEPARTMENT MAY SEEK, THROUGH A REQUEST FOR**
25 **PROPOSALS, A WELLNESS PROGRAM THAT:**

26 **(1) INCORPORATES ACTIVE DISEASE MANAGEMENT; AND**

27 **(2) INCLUDES A MECHANISM FOR THE COLLECTION OF DATA,**
28 **INCLUDING BENCHMARKS AND CONTROL GROUPS TO DETERMINE THE**
29 **EFFECTIVENESS OF THE WELLNESS PROGRAM.**

1 **(B) (1) ON OR BEFORE JULY 1, 2010, AND ANNUALLY THEREAFTER,**
2 **THE SECRETARY SHALL REPORT TO THE GOVERNOR AND, IN ACCORDANCE**
3 **WITH § 2-1246 OF THE STATE GOVERNMENT ARTICLE, THE GENERAL**
4 **ASSEMBLY ON THE OPERATION AND PERFORMANCE OF THE WELLNESS**
5 **PROGRAM.**

6 **(2) THE REPORT SHALL ASSESS THE WELLNESS PROGRAM FOR**
7 **ITS EFFECTIVENESS AND SUCCESS IN IMPROVING THE HEALTH AND WELLNESS**
8 **OF STATE EMPLOYEES AND RETIREES.**

9 **(3) THE SECRETARY SHALL INCLUDE IN THE REPORT THE PLANS**
10 **FOR IMPROVING THE EFFECTIVENESS AND SUCCESS OF THE WELLNESS**
11 **PROGRAM IN ACHIEVING THE OBJECTIVE.**

12 SECTION 2. AND BE IT FURTHER ENACTED, That this Act shall take effect
13 July 1, 2009.