

BOARD OF COUNTY COMMISSIONERS FOR
ADAMS COUNTY, STATE OF COLORADO

RESOLUTION APPROVING THE LAST OPTION YEAR EXTENSION #2014.025 FOR
CONSULTING SERVICES FOR ADAMS COUNTY'S 2014 COMPREHENSIVE
WELLNESS PROGRAM UNDER AGREEMENT #RFP 2011.129 WITH HEALTHBREAK,
INC.

Resolution 2014-125

WHEREAS, Healthbreak, Inc., is currently providing consulting services for Adams County Comprehensive Wellness Program under Agreement #RFP 2011.129 which contains language allowing two one-year extensions per Section XII: Change Orders and Extensions; and,

WHEREAS, Healthbreak, Inc., agrees to provide consulting services for Adams County's 2014 Comprehensive Wellness Program for a not to exceed amount of \$132,000.00 for the last Option Year Extension of the Agreement.

NOW, THEREFORE, BE IT RESOLVED, by the Board of County Commissioners, County of Adams, State of Colorado that the last Option Year Extension with Healthbreak, Inc., to provide consulting services for Adams County's 2014 Comprehensive Wellness Program be approved.

BE IT FURTHER RESOLVED that the Chairman is hereby authorized to sign the last Option Year Extension with Healthbreak, Inc., after approval as to form is completed by the County Attorney's Office.

Upon motion duly made and seconded the foregoing resolution was adopted by the following vote:

Henry _____ Aye
Tedesco _____ Aye
Hansen _____ Aye
Commissioners

STATE OF COLORADO)
County of Adams)

I, Karen Long, County Clerk and ex-officio Clerk of the Board of County Commissioners in and for the County and State aforesaid do hereby certify that the annexed and foregoing Order is truly copied from the Records of the Proceedings of the Board of County Commissioners for said Adams County, now in my office.

IN WITNESS WHEREOF, I have hereunto set my hand and affixed the seal of said County, at Brighton, Colorado this 10th day of March, A.D. 2014.

County Clerk and ex-officio Clerk of the Board of County Commissioners
Karen Long:



By:



Deputy

ADAMS COUNTY, COLORADO
SERVICE AGREEMENT
ADDENDUM TWO

THIS ADDENDUM TO THE SERVICE AGREEMENT ("Addendum") is entered into this 14th day of April, 2014, by and between the Board of County Commissioners of Adams County, Colorado, located at 4430 South Adams County Parkway, Brighton, CO 80601, hereinafter referred to as the "County," and **HEALTHBREAK, INC.**, located at 601 16th Street, Suite C311, Golden, Colorado 80401, hereinafter referred to as the "Contractor." The County and the Contractor may be collectively referred to herein as the "Parties".

RECITALS

WHEREAS, on March 12, 2012, the County entered into a Service Agreement under Agreement #RFP 2011.129 with **HEALTHBREAK, INC.**, for Consulting Services for Adams County's Comprehensive Wellness Program; and,

WHEREAS, the County and the Contractor mutually desire to amend the Service Agreement to extend the term of the agreement, effective January 1, 2014.

NOW, THEREFORE, for the consideration set forth herein, the sufficiency of which is mutually acknowledged by the parties, the County and the Contractor agree as follows:

1. The County shall pay the Contractor for the work furnished under this Addendum in accordance with **Section V-Payment and Fee Schedule per Agreement #RFP 2011.29** for a sum not to exceed one hundred thirty-two thousand dollars and no cents (\$132,000.00).
2. The term of the Service Agreement is extended for one (1) additional year effective through December 31, 2014.
3. The Agreement, Addendum One and Addendum Two contains the entire understanding of the parties hereto and neither it, nor the rights and obligations hereunder, may be changed, modified, or waived except by an instrument in writing that is signed by both parties. Any terms, conditions, or provisions of the Agreement and Addendum One that are not amended or modified by Addendum Two shall remain in full force and effect. In the event of any conflicts between the terms, conditions, or provisions of the Agreement, Addendum One and Addendum Two, the terms, conditions, and provisions of Addendum Two shall prevail.
4. The Recitals contained in Addendum Two are incorporated into the body hereof, and accurately reflect the intent and agreement of the parties.
5. Addendum Two may be executed in multiple counterparts, each of which shall be deemed to be an original and all of which taken together shall constitute one and the same agreement.

6. Nothing expressed or implied in Addendum Two is intended or shall be construed to confer upon or to give to, any person other than the parties, any right, remedy, or claim under or by reason of Addendum Two or any terms, conditions, or provisions hereof. All terms, conditions, and provisions in Addendum Two by and on behalf of the County and the Contractor shall be for the sole and exclusive benefit of the County and the Contractor.
7. If any provision of Addendum Two is determined to be unenforceable or invalid for any reason, the remainder of Addendum Two shall remain in effect, unless otherwise terminated in accordance with the terms contained in the Agreement.
8. Each party represents and warrants that it has the power and ability to enter into Addendum Two, to grant the rights granted herein, and to perform the duties and obligations herein described.

IN WITNESS WHEREOF, the County and the Contractor have caused their names to be affixed.

**BOARD OF COUNTY COMMISSIONERS
ADAMS COUNTY, COLORADO**

By: [Signature]
Chairman

4-14-14
Date

**CONTRACTOR:
HEALTHBREAK, INC.**

By: Kathy Knudsen
Name (Print or Type)

3/21/2014
Date

[Signature]
Authorized Signature

President
Title

ATTEST:
Karen Long
Clerk and Recorder

[Signature]



APPROVED AS TO FORM:
Adams County Attorney's Office

By: [Signature]
Attorney Signature

NOTARIZATION:
COUNTY OF Jefferson)

)SS.

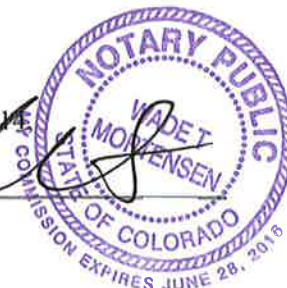
STATE OF Colorado)

Signed and sworn to before me this 21 day of MARCH, 2014

by KATHY KNUDSEN

[Signature]
Notary Public

My commission expires on: June 28, 2016



Adams County Wellness Program Budget 2014

Wellness Program Management Costs

Includes .531 FTE Wellness Program coordinator & senior account manager time, overhead and management fees
 Jenny - 20 hours per week
 Lee - 1.5 hours per week

Administrative Operational Costs Total	\$ 32,723.03	\$ 33,562.76	\$ 33,143.97	Monthly Management Fee	\$ 2,761.99
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Program Costs	Item	Quantity		Cost Per Employee or Program				Comments	
		Min.	Max	Min. Cost	Max. Cost	Min. Cost	Max. Cost		Average Cost
	Journey To Wellness								
	Program Administration	0	0	\$85	\$85	\$0	\$0	\$0	included in Administrative time and costs
	Program Wrap Up	0	0	\$85	\$85	\$0	\$0	\$0	included in Administrative time and costs
	Newsletter Content								
	Tips for Healthy Living	12	12	\$0	\$0	\$0	\$0	\$0	included in Administrative time and costs
Incentive Programs/Wellness Challenges									
	Weight Loss Challenge	1	1	\$700	\$700	\$700	\$700	\$700	Develop the participant materials for the program. Create marketing materials and conduct evaluation and write summary report.
	Scale Rentals	5	5	\$150	\$150	\$750	\$750	\$750	scale rental and delivery pre and post program up to 5 times (3 locations x 2 - for pre and post weight out)

Adams County Wellness Program Budget 2014

Item	Quantity		Cost Per Employee or Program				Costs			Comments
	Min.	Max	Min. Cost	Max. Cost	Min. Cost	Max. Cost	Min. Cost	Max. Cost	Average Cost	
Hold the Holidays	1	1	\$700	\$700	\$700		\$700	\$700	\$700	Develop the participant materials for the program. Create marketing materials and conduct evaluation and write summary report.
Scale Rentals	5	5	\$150	\$150	\$150		\$750	\$750	\$750	scale rental and delivery pre and post program up to 5 times (3 locations x 2 - for pre and post weight out)
30 Days Chaos to Calm Challenge	1	1	\$1,700	\$1,700	\$1,700		\$1,700	\$1,700	\$1,700	Mindfulness challenge with stress expert Diane Sieg. Includes challenge materials and administration, ask the expert email support from Diane, access to audio server downloads during challenge.
30 Days Chaos to Calm Challenge Incentives	1	1	\$200	\$200	\$200		\$200	\$200	\$200	(10) book giveaways 30 Days to Grace book.
30 Days Chaos to Calm Challenge Seminars	1	5	\$175	\$200	\$200		\$175	\$1,000	\$588	30 minute guided mindfulness workshop choose between 1-6 locations to schedule workshops during 30 day campus wide challenge
Incentives and giveaways	1	1	\$1,600	\$1,600	\$1,600		\$1,600	\$1,600	\$1,600	Includes program prizes for D:Y,wellness champions, JTW incentives, etc

Adams County Wellness Program Budget 2014

Item	Quantity		Cost Per Employee or Program				Costs		Comments
	Min.	Max	Min. Cost	Max. Cost	Min. Cost	Max. Cost	Average Cost		
Activities & Events									
Cooking Demos									
Lunch w/ Kelly	7	7	\$225	\$250	\$1,575	\$1,750	\$1,663	1 cooking demo/lunch session at each of 7 locations	
Food & Supplies	7	7	\$150	\$300	\$1,050	\$2,100	\$1,575	This is dependent upon the menu selection and the number of attendees.	
Mileage for R.D.	560	560	\$0.53	\$0.53	\$297	\$297	\$297	7 trips times 80 miles round trip - 560	
Challenges/Activities & Events Subtotal									
					\$9,497	\$11,547	\$10,522		
Fitness Classes									
Zumba - Govt Center	16	16	\$65	\$75	\$1,040	\$1,200	\$1,120	class meets 2x per week for 8 weeks	
Zumba - DA office	16	16	\$65	\$75	\$1,040	\$1,200	\$1,120	class meets 2x per week for 8 weeks	
Zumba - CFC office	32	32	\$65	\$75	\$2,080	\$2,400	\$2,240	class meets 4x per week for 8 weeks	
Zumba - Detention	16	16	\$65	\$75	\$1,040	\$1,200	\$1,120	class meets 2x per week for 8 weeks	
Zumba - HSB	16	16	\$65	\$75	\$1,040	\$1,200	\$1,120	class meets 2x per week for 8 weeks	
Kickboxing - Parks office	32	32	\$65	\$75	\$2,080	\$2,400	\$2,240	class meets 2x per week for 8 weeks (2 sessions)	
Kickboxing - HSB	16	16	\$65	\$75	\$1,040	\$1,200	\$1,120	class meets 2x per week for 8 weeks	
Kickboxing - Detention	16	16	\$65	\$75	\$1,040	\$1,200	\$1,120	class meets 2x per week for 8 weeks	
Self Defense - Govt center	6	6	\$65	\$75	\$390	\$450	\$420	class meets 1x per week for 6 weeks	
Self Defense - HSB	6	6	\$65	\$75	\$390	\$450	\$420	class meets 1x per week for 6 weeks	
Self Defense - CFC	6	6	\$65	\$75	\$390	\$450	\$420	class meets 1x per week for 6 weeks	
Self Defense - Detention	6	6	\$65	\$75	\$390	\$450	\$420	class meets 1x per week for 6 weeks	

Adams County Wellness Program Budget 2014

Item	Quantity		Cost Per Employee or Program						Average Cost	Comments
	Min.	Max	Min. Cost	Max. Cost	Min. Cost	Max. Cost	Min. Cost	Max. Cost		
Self Defense - DA office	6	6	\$65	\$75	\$390	\$450	\$420	class meets 1x per week for 6 weeks		
Self Defense - Sheriff's Substation	6	6	\$65	\$75	\$390	\$450	\$420	class meets 1x per week for 6 weeks		
Self Defense - Parks	6	6	\$65	\$75	\$390	\$450	\$420	class meets 1x per week for 6 weeks		
Fitness classes taught by Program Manager	32	32	\$34	\$34	\$1,088	\$1,088	\$1,088	Program manager cost to teach 32 Yoga classes		
Fitness Class Subtotal										
					\$14,218	\$16,288	\$15,228			
Health Fair & Screenings										
labwork mailing	1	1	\$1,400	\$1,600	\$1,400	\$1,600	\$1,500	fee to administer mailing - postage/envelopes and labor		
Full Blood Draw	749	850	\$35	\$35	\$26,215	\$29,750	\$27,983	Chem screen, TSH, Direct LDL, Ferritin		
Complete Blood Count	749	850	\$15	\$15	\$11,235	\$12,750	\$11,993	white and red blood cells, platelets 761 = 15% increase over 2012 -662		
PSA	53	65	\$30	\$30	\$1,590	\$1,950	\$1,770	PSA cost is \$30, however AC subsidizes \$15, employee picks up remaining \$15		
Hemoglobin A1C	159	175	\$30	\$30	\$4,770	\$5,250	\$5,010	HGA1C cost is \$30, however AC subsidizes \$15, employee picks up remaining \$15		
Cardio CRP	192	220	\$36	\$36	\$6,912	\$7,920	\$7,416	Full out of pocket cost for participant		
Vitamin D			\$45	\$45	\$0	\$0	\$0			
VAP			\$50	\$50	\$0	\$0	\$0			

Adams County Wellness Program Budget 2014

Item	Quantity		Cost Per Employee or Program				Costs			Comments
	Min.	Max.	Min. Cost	Max. Cost	Min. Cost	Max. Cost	Min. Cost	Max. Cost	Average Cost	
Phlebotomy Fees	60	95	\$40	\$40	\$2,400	\$3,800	\$3,100		This covers staffing of phlebotomists and allows for more phlebotomists if needed at busier locations.	
Phlebotomy Mileage, lodging, etc.	12	15	\$30	\$30	\$360	\$405	\$405			
Health Professional	48	48	\$35	\$35	\$1,680	\$1,680	\$1,680		This allots for other health professionals to conduct screenings or demos at the fair-48 hours allows for 1-3 professionals at 6 locations from \$15-\$30 per hour	
Health Screening Subtotal \$5,562 \$6,750 \$5,855										
Other advanced screening (such as lung function, bone density or DermAnalysis)	15	15	\$175	\$250	\$2,625	\$3,750	\$3,188		Hourly charges. These services will be negotiated and discounts will be passed through to Adams County. When possible a provider that does the service for free will be contracted.	
Dietitians at the Fair	17.5	17.5	\$65	\$65	\$1,138	\$1,138	\$1,138		The hours are 3.5 hours x 5 fairs (includes set up time for food demo)	
Supplies/Printing	1	1	\$250	\$500	\$250	\$500	\$375		This covers any incidental supplies needed or incentives for the fair.	
Participant t-shirts	1	1	\$4,608	\$4,608	\$4,608	\$4,608	\$4,608		Cost of t-shirts for 2013	

Adams County Wellness Program Budget 2014

Item	Quantity		Cost Per Employee or Program				Costs			Comments
	Min.	Max	Min. Cost	Max. Cost	Min. Cost	Max. Cost	Min. Cost	Max. Cost	Average Cost	
Giveaways and decorations	1	1	\$350	\$500	\$350	\$500	\$350	\$500	\$425	participant goodie bags and other decorations
Webinar	1	1	\$400	\$650	\$400	\$650	\$400	\$650	\$525	fees for post screening KYN webinar (development, recording, stream time and reporting completion)
Wellness Fair Components subtotal										
Other					\$9,371		\$5,388		\$7,379	
Misc.										
Senior Consulting (5-9 years experience)										
Mileage is billed at IRS rate per mile for any personnel that travel more than 45 miles roundtrip to provide services.										\$85/hour
Administrative Costs										
					\$82,723		\$83,565		\$85,142	
			Program Costs		\$	\$	\$	\$	\$	\$
			GRAND TOTAL		\$	\$	\$	\$	\$	\$
					\$	\$	\$	\$	\$	\$