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St. Tammany Parish Government Saves \$150,000 in Insurance Premiums for 2018

Pat Brister, St. Tammany Parish President, announced today that St. Tammany Parish Government will see a 3% discount on health insurance premium rates for the upcoming enrollment period. The \$150,000 savings is, in part, thanks to employee participation in the Humana Go365 wellness program.

“Our employees absolutely contributed to this savings as 40% of our enrolled members reached a status that helped to trigger the reductions. We are incredibly proud of them as they continue to accomplish their health goals, in addition to contributing to cost-savings for the entire Parish,” said Pat Brister, St. Tammany Parish President. “I applaud and thank our Human Resources Department as well as all of our departmental representatives of the Wellness Committee, as they continue to educate our employees on the benefits of participation in the program, and also realize the benefits of living a healthier lifestyle.”

The St. Tammany Parish Government Wellness Committee is made up of representatives from each department who meet periodically to discuss the Humana Go365 Program, who then share program information with their fellow employees. Humana is the insurance provider for St. Tammany Parish Government employees. Wellness committee members assist people in achieving their wellness goals, they offer technical support with the Go365 app, and they educate fellow employees on the overall benefits of participation in the program. In addition to overall premium reductions, employees earn personal incentives as well. *Silver Status* is reached when employees meet certain milestones related to the improvement of their personal health and well-being.

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