The St. Louis Area Business Health Coalition (BHC) is a nonprofit organization representing nearly 70 leading employers, which provide health benefits to thousands of lives in Missouri and millions nationally. For 40 years, the BHC has worked to achieve its mission of supporting employer efforts to improve the well-being of their employees and enhance the quality and overall value of their investments in health benefits. To accomplish these aims, the BHC centers its work on providing pertinent research, resources, and educational opportunities to help employers understand best practices for the strategic design (and informed use) of benefits to facilitate high-quality, affordable health care. To learn more, please visit www.stlbhc.org or follow the BHC on Twitter and LinkedIn.

Why Join the BHC?

Stay ahead of the curve by tapping into the BHC network’s vast knowledge of regional and national health care trends.

Influence the market by being part of a well-recognized, independent employer voice for value-driven health care.

Share best practices and learn from experts in the fields of health benefits, human resources, data benchmarking, and workplace well-being.

Realize greater cost efficiencies through group-negotiated pricing, vendor performance standards, audits, and financial guarantees for select services.

Communicate and network with peers from nearly 70 leading St. Louis and national organizations at our member-exclusive events throughout the year.

Membership Profile

69 member organizations headquartered in 12 different states

Membership Breakdown

- Employer Members: 85%
- Health Care HR Partners: 9%
- Sustaining Members: 6%

Number of Employees

- 1 - 999: 18%
- 1,000 - 2,499: 16%
- 2,500 - 4,999: 26%
- 5,000 - 19,999: 29%
- 20,000+: 11%

Industries Represented

- Agriculture, Forestry and Fishing
- Construction
- Educational Services
- Finance, Insurance & Real Estate
- Health Care & Social Assistance
- Manufacturing
- Mining
- Public Administration
- Transportation
- Utilities
- Wholesale or Retail Trade
To view a current listing of all BHC member organizations, please visit www.stlbhc.org/page/Members.
Serving as an extension of your organization’s human resources and benefits team, our staff works proactively to assist members in delivering value-driven health benefit programs to advance organizational goals and workforce well-being.

**BHC Staff**

- **Allison Ball**
  Administrative Associate

- **Haley Becker, PhD**
  Director, Analytics & Information Services

- **Todd Boedeker, MA**
  Communications & Creative Services Manager

- **Angela Christman**
  Accounting & Administrative Associate

- **Kayley Cunningham, MPH, CPH, LSSGB**
  Pharmacy Program Coordinator

- **Annie Fitzgerald, CHES**
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- **Dave Heaton**
  Product Manager

- **Valerie Missi Sieth, MPA, PMP**
  MHI Operations Manager

- **Nkiru Obi, MPH**
  MHI Data Analyst

- **Lauren Remspecher, MPH, CHES**
  Senior Director, Member Engagement & Communications

- **Louise Probst, MBA, RN**
  Executive Director

- **Valerie Missi Sieth, MPA, PMP**
  MHI Operations Manager

- **Melanie Watson**
  Operations Manager

**Member Resources**

### Education & Networking
Network, share best practices, and obtain SHRM and HRCI continuing education credits through monthly member-only events.

### Value-Based Purchasing
Access value-based group purchasing offerings for pharmacy benefits, flu shot clinics, and innovative vendor solutions.

### Workplace Well-being
Improve workforce health with disease-specific programs, wellness trainings and scorecards, and employee education tools.

### Data Benchmarking
Advance transparency with employer benchmarking surveys, health care industry data, and commercial claims analyses.

### Legislation & Health Policy
Monitor legislative and policy activities that have an impact on health care and employer-sponsored benefit plans.

### National Partnerships
Connect with a network of forward-thinking organizations leading collaborative efforts on a local, state, and national level.
Member Meetings
Every other month, BHC members gather to explore new trends, best practices, and innovative vendors for the design and implementation of value-driven benefit programs. In addition to hearing presentations from area providers, health plans, and consultants, employers are given the opportunity to network with colleagues while sharing current strategies and challenges.

Pharmacy Meetings
Every other month, members are invited to attend educational meetings providing important pharmacy updates, including information on new drug development and approval, pricing and policy regulations, data benchmarking, and PBM programs and benefit offerings. Through these conversations, employers are able to stay ahead of industry trends, on top of their organization’s performance, and engaged in Pharmacy Management Initiative (PMI) oversight.

Purchaser Circle for Value
In partnership with the Midwest Health Initiative (MHI), this workgroup brings together employers, labor unions, and other purchasers of health care to share ideas and take action to flatten health care cost trends. Projects of interest include the development and measurement of baseline metrics for system-specific and annual cost increases, as well as focus groups to understand consumer attitudes about health care and inform future community messaging.

Well-being Roundtable
This bi-monthly discussion group is open to employer team members charged with addressing the well-being of employees and their family members. By sharing best practices for the strategic planning, implementation, and evaluation of holistic wellness programs, this forum supports employers with peer insights and tools to build a culture of health and productivity across their organizations and communities.

Community Forum
Attended by over 300 professionals each year, the BHC Community Forum closely examines new trends and developments affecting the health care market and organizational well-being. The agendas for each Community Forum are driven by BHC member interest and have covered past topics such as insurance exchanges, transparency tools, and opportunities for advancing the treatment of obesity, diabetes, cancer, and mental health.

Annual Meeting
Each fall, this conference convenes thought leaders from regional businesses, health systems, health plans, and community organizations to hear nationally-recognized, high-quality speakers and local case studies. With over 400 registrants annually, the Annual Meeting has become a top forum for discussing past progress and future tasks on the path to higher value health care.
Website Profiles
Members receive unique login information to access exclusive resources and material archives on the BHC website, including meeting presentations and recordings, survey results, benchmarking reports, and discussion forums.

Contact Directory
Members have access to the BHC’s online directory of over 6,000 professional contacts, including peer benefit and HR leaders at member organizations nationally. Employers are encouraged to use this search feature to connect for questions or one-on-one networking in between scheduled meetings and events.

Podcast
Launched in 2020, the Be Health Connected podcast features interviews with regional and national thought leaders on actionable strategies to achieve higher-value health care and improved well-being for businesses, their employees, and the community at large.

Blog
Through the Be Health Connected blog, members and community partners receive timely updates from the BHC, including monthly keynotes from the Executive Director, press release announcements, and new report and publication insights.

Job Board
Employers are encouraged to post position openings in their benefit, HR, or wellness departments through this online resource, with new listings highlighted in monthly communications to members.

Newsletter
The BHC member newsletter is published once a month and includes articles highlighting employer innovations and success stories, new resources and reports, meeting summaries, and top social media content.

Midwest Health Hub
Created in partnership with the Midwest Health Initiative (MHI), this communication tool is designed to strengthen connections and share knowledge across those that use, pay for, and provide health care with regional insights personalized to subscriber interests.

Social Media
Follow the BHC on LinkedIn and Twitter for the latest updates on industry research and resources.
**Value-Based Purchasing**

**Pharmacy Management Initiative (PMI)**
Started in the year 2002, the BHC’s Pharmacy Management Initiative ensures members transparency, accountability, and best-in-class pricing for national pharmacy benefit management services. Participating employers receive a favorable contract; annual market checks, audits, and price improvements; cost-effective clinical programs; data benchmarking; and bi-monthly educational events. Currently contracting with Express Scripts and CVS Health, the program supports 46 employers representing nearly 300,000 lives nationally.

**Employee Flu Shots**
In an effort to capitalize on the group purchasing power of our extensive employer network and to reduce the work of member organizations, the BHC is pleased to negotiate national and local flu shot pricing on an annual basis. Preferred vendors are selected based on a competitive RFP process, providing members with a cost-effective solution for onsite immunization clinics, retail vouchers, vaccine education, and reporting.

**Virta Health**
Virta Health offers a proven treatment to reverse type 2 diabetes without medications, through a combination of personalized nutrition therapy and an innovative remote care platform. Among patients completing Virta’s clinical trial, 60% achieved diabetes reversal and 94% of insulin users reduced or eliminated usage altogether at one year, saving an estimated $9,600 per patient in medical expenses over the first 24 months. Through this arrangement, BHC members can obtain pricing discounts and performance guarantees for Virta services.

**Alight**
The BHC is pleased to partner with Alight to offer online transparency tools and personalized guidance to help employees become more informed health care consumers. The health care navigation solution and trusted health pros can assist employees in obtaining in-network doctor recommendations, comparing procedure pricing information, answering questions about health insurance plans, or resolving insurance claims or billing issues.

**Shortlister**
BHC members receive free access to Shortlister’s robust database, detailing information for hundreds of benefit and well-being vendors, as well as tools to assist with research, RFI processes and procurement, and relationship management.

**Innovator Showcase**
The BHC Innovator Showcase is designed to assist employer members in better understanding the innovative solutions in the benefits and well-being space. Based on a Request for Information (RFI) on the topic of interest to BHC members, the most innovative vendors are invited to share a short pitch of their services at the Innovator Showcase. Following the pitches, attendees stay to network with the vendors and peer attendees. Past Innovator Showcase topics include diabetes prevention and management, as well as navigation and transparency vendors.

**Workplace Well-being**
Workplace Well-being

Healthy Hearts @ Work
Healthy Hearts @ Work (HH@W) is a turnkey wellness campaign providing virtual communications, educational resources, and strategy guidance to educate employees about high blood pressure, identify cases of uncontrolled high blood pressure, and encourage worksite policies that support heart health and overall well-being. This program is available to BHC members, with the support of the Missouri Department of Health and Senior Services.

Defeat Diabetes STL
Recognizing that employers play a significant role in driving health and well-being in our community, BHC members identified diabetes as a key area of focus for their collaborative efforts. Working together, health benefits, human resources, and wellness representatives established and executed an action plan aimed at defeating type 2 diabetes among employees and their family members, developing resources to build knowledge, decipher the data, and take action in addressing this costly and debilitating chronic condition.

Environmental Assessment Tool
The Environmental Assessment Tool (EAT) is an evidence-based evaluation tool that provides employers a clear assessment and recommended actions for worksite health promotion. The tool offers insight into the structural and social elements of the workplace environment, especially those components related to physical activity, nutrition, and leadership engagement. In addition to supporting employers in conducting an assessment, the BHC provides members with simple, inexpensive solutions to address the health-related environmental concerns highlighted.

Right Direction
Right Direction is a high-impact, turnkey initiative that raises awareness about depression and other mental health conditions, and encourages help-seeking when it's needed. By providing free resources, tools, and expert guidance on workplace mental health, Right Direction helps organizations create a healthier and more engaged workforce.

Antibiotic Resistance Can Harm
A collaboration with St. Louis College of Pharmacy, the Antibiotic Resistance Can Harm (ARCH) Program was established in 2001 to promote the judicious use of antimicrobial agents and to reduce antibiotic resistance in the community. Through health fair services and onsite and virtual education sessions, employees learn about the differences between bacteria and viruses, how to prevent the evolution and spread of super bugs, and important tips for symptom treatment, medication adherence, and doctor conversations.

LiveWellSTL
LiveWellSTL.org is an online, interactive tool that connects St. Louisans to more than 2,000 local events and resources to help them move more, eat better, lose weight, and learn about their health. The website uses keyword searches and filters to connect visitors with healthy activities in ways that meet their interests, schedules, location, and budgets.

Workplace Well-being

Business Health Culture Award
The Business Health Culture Award represents an opportunity to recognize BHC members for their innovative approaches to employee well-being. The award centers on eight components of successful wellness programs, including: Leadership Support, Wellness Teams, Strategic Planning & Evaluation, Wellness Programming, Communications, Incentives & Participation, Environmental Support, and Innovation. Applications are available electronically on a yearly basis, with award winners announced at the BHC Annual Meeting each fall.

CPR Training
Nearly 338,000 out-of-hospital cardiac arrests occur each year; however, 70% of Americans feel unprepared to act during cardiac emergencies. To help ensure that employees are equipped to handle office and home events, the BHC offers CPR certification and skills training through the American Heart Association at discounted pricing for employees of member companies.

Mental Health First Aid
Mental Health First Aid is a certification program that teaches community members, workplace managers, and first responders how to recognize the symptoms of mental health problems and provide appropriate support to those suffering. Available in both in-person and virtual formats, the MHFA course equips managers and employees with the skills to combat stigma surrounding mental illness and assist individuals in obtaining resources for treatment and coping.

Wellness Champion & Manager Training
Organization leaders and employee wellness champions can contribute significantly to the success of workplace well-being programs by encouraging coworker participation in events and assisting with the communication and implementation of activities. But to many individuals, this role may represent an unfamiliar territory. To help prepare employees and managers, the BHC has developed two training programs that provide a "crash course" in workplace well-being and useful tips for success.

CDC’s Work@Health™ Program
The Work@Health™ training program was developed by the Centers for Disease Control and Prevention (CDC) to enhance employer knowledge of strategies for the planning, implementation, and evaluation of workplace health interventions. The science-based curriculum includes 8 core modules that provide health promotion coordinators, human resource professionals, or managers with skills and tools to implement a comprehensive worksite wellness program. These small group trainings can be arranged at the BHC office, onsite at member company locations, or virtually using an online learning platform.
COVID-19 Resources
During the evolving COVID-19 pandemic, the BHC recognizes the importance of keeping members connected and informed. In addition to periodic COVID-19 Coffee Chats featuring important public health updates, this online resource page includes a private member discussion board, webinar recordings, survey results, educational videos, and other data and tools from credible clinical and consultant partners.

Health Fair Engagement
To support member organizations in their efforts to educate employees on health-related topics, BHC staff are available to attend health and benefit fairs at employer locations, off-site facilities, and via virtual platforms. In addition to offering disease and wellness information, the BHC provides publications, creative activities, and giveaways to help employees become more informed health care consumers.

Lunch n' Learn Sessions
Looking to educate employees in an interactive way? The BHC offers 30- to 60-minute lunch n' learn sessions covering a variety of health care and wellness topics, such as antibiotic resistance, hands-only CPR, and sleep health. Available in both in-person and virtual formats, these presentations can be customized to the unique health needs of member organizations and their workforces.

Wellness Publications
The BHC’s wellness publication archive provides workplace strategy guidance on a variety of wellness-related topics, including tobacco-free policies, vendor platforms and challenge ideas, mental health initiatives, incentive designs and regulations, nutrition programs, and Total Worker Health® best practices. Members are encouraged to contact the BHC team if interested in receiving a customized research brief on a topic of interest to their organization.

Consumer Pulse
To assist members in educating employees on important health care, benefit, and well-being topics, the BHC’s Consumer Pulse series features two-page briefs that are eye-catching and ready-made for inclusion in employer member newsletters, benefit websites, and other email and print messaging.

Healthy Recipe Booklets
In what has become a favorite annual tradition, the BHC publishes a holiday booklet with staff-picked recipes and nutrient highlights to encourage healthy eating in the workplace and at home. With an archive dating back to 2014, members are encouraged to share this resource with employees and their families. Happy cooking!
Quick Surveys
Through the BHC, members can survey other employers on specific benefit, HR, and wellness practices on an as-needed basis at no expense. With responses typically collected and summarized in one week’s time, this service provides timely benchmarking and strategy insights to inform organizational decisions. All Quick Survey results are archived on the BHC website and available to members for reference.

Health Care Industry Overview
For nearly 40 years, the BHC Health Care Industry Overview has been the St. Louis region’s premier source for information on the local health care market. Starting in 2019, the report evolved into a new format presenting the same content in shorter, more focused issue briefs and an accompanying chart book with data relevant to the quality and financial condition of hospitals, outpatient and primary care providers, and health plans. Through this resource, the BHC remains committed to achieving a transparent health care market that provides information to support all people in the St. Louis region in choosing safe, effective, and affordable health care.

Midwest Health Initiative
The Midwest Health Initiative (MHI) is a non-profit, quality improvement collaborative, facilitated by the BHC, that provides a forum where trusted information and shared responsibility are used to improve health and the quality and affordability of health care. MHI stewards the largest multi-payer commercial claims dataset for Missouri and its bordering communities, including medical and pharmacy claims, as well as enrollment and provider files, representing care received by more than 2.2 million people. It also provides a common table where employers can join together with physicians, hospitals, labor unions, health plans, community agencies, and consumer representatives to collaborate and identify priorities for improvement.

MHI Data at a Glance

Data Types
- Eligibility Files
- Medical Claims
- Pharmacy Claims
- Limited data set (includes DOS)
- Unique encrypted patient identifiers
Legislation and Health Policy Monitoring
The BHC closely monitors legislative and policy activities on a local, state, and federal level that have an impact on health care quality, affordability, and safety, as well as employer-sponsored benefit plans. In addition to tracking new bills and providing regular updates to members, the BHC also provides employers access to an archive of summary documents for important policy proposals and laws; commentary on draft legislation; and letters to elected officials and coalition allies.

Topics of interest include:
- COVID-19 health orders
- Surprise billing
- Pricing transparency
- Hospital network practices
- Prescription drug monitoring
- Mental health parity
- Telehealth services
- All-payer claims databases
- Group health plan reporting
- Medicaid expansion
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<th>National Partnerships</th>
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<td><strong>National Alliance of Healthcare Purchaser Coalitions</strong>&lt;br&gt;NAPHC is the only nonprofit, purchaser-led organization with a national and regional structure dedicated to driving health and health care value across the country.</td>
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<td><strong>Institute for Clinical and Economic Review</strong>&lt;br&gt;ICER is an independent, nonprofit organization that provides comprehensive clinical and cost-effectiveness analyses of treatments, tests, and procedures.</td>
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<td><strong>The Leapfrog Group for Patient Safety</strong>&lt;br&gt;The Leapfrog Group collects, analyzes, and publishes data on safety and quality in order to raise the bar for safer health care and build a movement for transparency.</td>
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<td><strong>Network for Regional Healthcare Improvement</strong>&lt;br&gt;NRHI is a national organization representing Regional Health Improvement Collaboratives (RHICs) and affiliate partners working to transform the health care delivery system and improve the health of populations, both locally and nationally.</td>
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<td><strong>National Quality Forum</strong>&lt;br&gt;NQF measures and standards serve as a critically important foundation for initiatives to enhance health care value, make patient care safer, and achieve better outcomes.</td>
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<td><strong>National Committee for Quality Assurance</strong>&lt;br&gt;NCQA uses measurement, transparency, and accountability to highlight top health care performers and drive improvement through the Healthcare Effectiveness Data and Information Set (HEDIS) and other recognition programs.</td>
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<td><strong>Primary Care Collaborative</strong>&lt;br&gt;Founded in 2006, the PCC is a not-for-profit multi-stakeholder membership organization dedicated to advancing an effective and efficient health system built on a strong foundation of primary care and the patient-centered medical home.</td>
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<td><strong>ERISA Industry Committee</strong>&lt;br&gt;ERIC provides expertise, collaboration, and lobbying that exclusively serves the interests of large employers in shaping national and state benefit policies.</td>
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<td><strong>Total Worker Health® Program</strong>&lt;br&gt;The NIOSH Total Worker Health® Affiliate Program seeks to advance worker safety and well-being through collaborations with governmental and nonprofit organizations, including labor, education, training, and research organizations.</td>
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<td><strong>Healthier Workforce Center of the Midwest</strong>&lt;br&gt;The mission of the HWC is to preserve worker safety and health through knowledge generation and dissemination of evidence-based Total Worker Health® practices.</td>
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<td><strong>Health Enhancement Research Organization</strong>&lt;br&gt;HERO is a national non-profit dedicated to identifying and sharing best practices in the field of workplace health and well-being.</td>
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<td><strong>Missouri Council for Activity &amp; Nutrition</strong>&lt;br&gt;MOCAN facilitates statewide networking to implement and support policy changes that will improve the health and quality of life of Missourians.</td>
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**Join Us**

Want to learn how your organization can get involved with the BHC? Contact Lauren Remspecher at lremspecher@stlbhc.org or 314-721-7800.