



County of Monterey

Item No.

Board Report

Board of Supervisors
Chambers
168 W. Alisal St., 1st Floor
Salinas, CA 93901

Legistar File Number: A 24-035

February 27, 2024

Introduced: 1/29/2024

Current Status: Agenda Ready

Version: 1

Matter Type: BoS Agreement

- a. Approve and authorize the Director of Health Services or designee to execute a Standard Agreement with LifeSpeak, Inc., to provide on-demand digital solutions available with short, engaging classes and programs addressing mental health, fitness, and nutrition, accessible through iOS, Android, Windows devices, and web browsers to County of Monterey eligible employees effective upon execution through June 30, 2026, for a total Agreement amount not to exceed \$274,104; and
- b. Approve and authorize the Director of Health Services or designee to sign up to three amendments where the combined amendments do not exceed 10% (\$27,410) of the original contract amount and does not significantly change the scope, and total not exceed maximum of \$301,514.

RECOMMENDATION:

It is recommended that the County of Monterey Board of Supervisors:

- a. Approve and authorize the Director of Health Services or designee to execute a Standard Agreement with LifeSpeak, Inc., to provide on-demand digital solutions available with short, engaging classes and programs addressing mental health, fitness, and nutrition, accessible through iOS, Android, Windows devices, and web browsers to County of Monterey eligible employees effective upon execution through June 30, 2026, for a total Agreement amount not to exceed \$274,104; and
- b. Approve and authorize the Director of Health Services or designee to sign up to three amendments where the combined amendments do not exceed 10% (\$27,410) of the original contract amount and does not significantly change the scope, and total not exceed maximum of \$301,514.

SUMMARY DISCUSSION:

The County of Monterey Employee Wellness Program (“Wellness Program”) was created in 1985 as a partnership between management, unions, and employees. The mission of the Wellness Program is to promote work environments, policies, and programs that preserve the health of employees and promote their ability to excel at their jobs while honoring the importance of family and community.

LifeSpeak, Inc., will provide a countywide opportunity for the Wellness Program to offer new well-being digital resources to all eligible employees (permanent full-time and part-time). New education-based classes and resources will be provided across the Wellbeats Wellness Virtual Solution, a product of LifeSpeak, Inc. This is an on-demand digital wellness resource for empowering employees to take control of their health with exercise, nutrition, and mindfulness classes - anytime, anywhere. Employees will have 24/7 access to learning content. Wellbeats Wellness will provide hundreds of educational options including access to LifeSpeaks’ Mental Health Library (on-demand digital expert-led micro-learning content); plus access to Launch My Health (educational programs

focused on the impact of nutrition on physical health and mental well-being).

Approval of this agreement will ensure the County of Monterey employees continue to receive wellness learning opportunities and the tools necessary to improve their overall health and quality of life.

This work supports the County of Monterey Health Department 2018-2024 Strategic Plan Goal(s): 1. Empower the community to improve health 2. Enhance public health and safety through prevention and 3. Ensure access to culturally and linguistically appropriate, customer-friendly, quality health services. It also supports the following of the ten essential public health services, specifically: 3. Communicate effectively to inform and educate people about health factors that influence it, and how to improve it 4. Strengthen, support, and mobilize communities and partnerships to improve health, and 7. Assure an effective system that enables equitable access to the individual services and care needed to be healthy.

OTHER AGENCY INVOLVEMENT:

The Office of the County Counsel has reviewed and approved this Agreement as to legal form. Auditor-Controller has reviewed and approved this Agreement as to fiscal provisions.

FINANCING:

There is no impact to the General Fund from approval of this action. The Public Health Bureau's Fiscal Year (FY) 2023-24 Adopted Budget (001-4000-8124-HEA003) includes appropriations for this Agreement. For future years, provision will be made in the Requested Budget for the anticipated amount.

BOARD OF SUPERVISORS STRATEGIC INITIATIVES:

Check the related Board of Supervisors Strategic Initiatives:

Economic Development:

- Through collaboration, strengthen economic development to ensure a diversified and healthy economy.

Administration:

- Promote an organization that practices efficient and effective resource management and is recognized for responsiveness, strong customer orientation, accountability, and transparency.

Health & Human Services:

- Improve health and quality of life through County supported policies, programs, and services, promoting access to equitable opportunities for healthy choices and healthy environments in collaboration with communities.

Infrastructure:

- Plan and develop a sustainable, physical infrastructure that improves the quality of life for County residents and supports economic development results.

Public Safety:

- Create a safe environment for people to achieve their potential, leading businesses, and communities to thrive and grow by reducing violent crimes as well as crimes in general.

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Prepared by: Veronica Salinas, Management Analyst, 755-4630

Approved by:

DocuSigned by:



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Date: 1/31/2024 | 11:20 AM PST

Elsa Mendoza Jimenez, Director Health Services, 755-4526

Attachment(s):

Board Report

Agreement

Exhibit A