



Category	See Notes	Program	Program YTD (September 1, 2020 - August 31, 2021)				January 2021			
			Total Activities	Total participants	Total unique participants	% engaged TOTAL = 10,085 <i>EE&SP enrolled medical</i>	Total activities	Total participants	Total unique participants	% engaged TOTAL = 10,085 <i>EE&SP enrolled medical</i>
Education - Other	*	Booth	138	1706	965	9.6%	25	289	289	2.9%
		Online Health Coaching - My Health Assistant	35	36	18	0.2%	4	4	4	0.0%
		Personal Health Analysis	147	1253	1253	12.4%	25	180	180	1.8%
Employee Wellness Class	*	Employee Wellness Class - Scheduled	46	4303	987	9.8%	14	819	340	3.4%
	*	Employee Wellness Class - Unscheduled	891	1951	445	4.4%	158	318	119	1.2%
	*	Well Powered Living	953	8484	1523	15.1%	158	2259	668	6.6%
Employee Wellness Workshop	*	Employee Wellness Workshop - Scheduled	122	10065	1786	17.7%	22	1954	707	7.0%



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Employee Wellness Workshop	*	Employee Wellness Workshop - Unscheduled	397	969	486	4.8%	50	110	80	0.8%
Health Coaching		Health Coaching by Phone	316	806	412	4.1%	53	94	65	0.6%
		Maternity Support	19	19	19	0.2%	3	3	3	0.0%
Healthy Knowledge Seminar		EAP Webinar	3	503	373	3.7%	0	0	0	0.0%
	*	Healthy Knowledge Seminar - Scheduled	12	1856	795	7.9%	1	26	26	0.3%
	*	Healthy Knowledge Seminar - Unscheduled	1490	4164	1932	19.2%	174	536	378	3.7%
Healthy Living Programs		Livongo Enroll Activate	147	236	213	2.1%	29	42	36	0.4%
		Livongo Monthly Testing	15	6146	1535	15.2%	3	1314	1112	11.0%
Healthy Measures		Achieve Health Goals (Standard - Alternatives are Telephonic Coaching, Online WebMD Program)	557	2654	1274	12.6%	65	167	77	0.8%
Naturally Slim		Naturally Slim Foundations (class-by-class)	11	12	11	0.1%	6	6	6	0.1%



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Physical Activity	*	Fitbit 10k steps tracked	153	91057	1782	17.7%	31	22374	1406	13.9%
	*	Group Exercise	225	12164	1222	12.1%	50	2412	582	5.8%
	*	Social Health and Wellness	32	2486	963	9.5%	6	476	476	4.7%
		Sports	27	353	46	0.5%	1	9	9	0.1%
Prevention	*	Preventive Care	634	4660	3058	30.3%	32	92	82	0.8%
	*	Self Reported Activities	119	420	420	4.2%	17	45	45	0.4%
Special Event		Special Event	3	3896	3722	36.9%	2	3312	3312	32.8%
Wellness Challenge		Online Challenge	3	1083	761	7.5%	2	588	396	3.9%
Wellness Screening Form	*	Wellness Screening Form	93	341	341	3.4%	10	21	21	0.2%
TOTAL UOS			6588	161623	26342	84.6%	941	37450	10419	56.5%

Notes	*	<p>The "Total Activities" column counts the number of dates when these activities have been completed. This will affect the unscheduled (self-paced) activities such as Brainshark, eLearning, Livongo DPP classes. It will also affect the true count (true number of activities) offered for Employee Wellness Classes, Workshops and Explore & Learn Booths as there are multiple times within each day that these activities are offered.</p> <p>These activities are marked with "*" in the Notes Column.</p>
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	Program YTD (September 1, 2020- August 31, 2021)	January 2021
Average # of wellness activities per participant	19	7
# who participated in 9 or more wellness activities	2813	1272
Total # of participants engaged in wellness program during time period	8531	5697
% of total who participated in >= 9 wellness activities	33.0%	22.3%
% of medical plan participants engaged	74.5%	51.4%
# of all participants who completed 1 or more wellness activities	8531	5697
# of medical plan participants who completed 1 or more wellness activities	7,518	5,186

Units of Service	
FY19 2016-2017 UOS	66,444.00
FY20 2017-2018 UOS	124,148.00
FY21 2018-2019 UOS	295,822.00
FY22 2019-2020 UOS	348,706.00
FY23 2020-2021 UOS (YTD)	161,623.00
Difference between FY22 and FY23	-182,629.00
% increase from prior program year	-53.05%