



Category	See Notes	Program	Program YTD (September 1, 2020 - August 31, 2021)				February 2021			
			Total Activities	Total participants	Total unique participants	% engaged TOTAL = 10,240 <i>EE&SP enrolled medical</i>	Total activities	Total participants	Total unique participants	% engaged TOTAL = 10,240 <i>EE&SP enrolled medical</i>
Education - Other	*	Booth	164	2024	1074	10.5%	25	259	243	2.4%
		Online Health Coaching - My Health Assistant	37	38	19	0.2%	2	2	2	0.0%
		Personal Health Analysis	180	1484	1484	14.5%	27	180	180	1.8%
Employee Wellness Class	*	Employee Wellness Class - Scheduled	65	5477	1127	11.0%	19	1174	473	4.6%
	*	Employee Wellness Class - Unscheduled	1035	2225	509	5.0%	139	263	124	1.2%
	*	Well Powered Living	1089	9247	1603	15.7%	135	757	356	3.5%
Employee Wellness Workshop	*	Employee Wellness Workshop - Scheduled	149	11799	1885	18.4%	24	1723	625	6.1%



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Employee Wellness Workshop	*	Employee Wellness Workshop - Unscheduled	508	1190	529	5.2%	97	198	89	0.9%
Health Coaching		Health Coaching by Phone	381	937	475	4.6%	55	110	71	0.7%
		Maternity Support	23	23	23	0.2%	3	3	3	0.0%
Healthy Knowledge Seminar		EAP Webinar	5	708	479	4.7%	1	179	179	1.7%
	*	Healthy Knowledge Seminar - Scheduled	14	2052	885	8.6%	3	222	205	2.0%
	*	Healthy Knowledge Seminar - Unscheduled	1682	4574	2093	20.4%	183	395	246	2.4%
Healthy Living Programs		Livongo Enroll Activate	173	267	241	2.4%	26	31	28	0.3%
		Livongo Monthly Testing	18	7320	1594	15.6%	3	1174	1025	10.0%
Healthy Measures		Achieve Health Goals (Standard - Alternatives are Telephonic Coaching, Online WebMD Program)	688	3296	1581	15.4%	72	170	82	0.8%
Naturally Slim		Naturally Slim Foundations (class-by-class)	30	33	14	0.1%	19	21	7	0.1%



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Physical Activity	*	Fitbit 10k steps tracked	181	105120	1837	17.9%	28	14063	1315	12.8%
	*	Group Exercise	280	14066	1297	12.7%	51	1898	476	4.6%
	*	Social Health and Wellness	37	3141	1058	10.3%	5	517	517	5.0%
		Sports	30	377	46	0.4%	3	24	8	0.1%
Prevention	*	Preventive Care	872	6748	4321	42.2%	59	314	243	2.4%
	*	Self Reported Activities	150	545	545	5.3%	18	43	43	0.4%
Special Event		Special Event	6	5134	4870	47.6%	3	1237	1237	12.1%
Wellness Challenge		Online Challenge	3	1083	761	7.4%	0	0	0	0.0%
Wellness Screening Form	*	Wellness Screening Form	114	401	401	3.9%	13	27	27	0.3%
TOTAL UOS			7914	189309	30751	93.5%	1013	24984	7804	42.3%

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)	February 2021
Average # of wellness activities per participant	20	6
# who participated in 9 or more wellness activities	3154	998
Total # of participants engaged in wellness program during time period	9575	4333
% of total who participated in >= 9 wellness activities	32.9%	23.0%
% of medical plan participants engaged	79.1%	39.5%
# of all participants who completed 1 or more wellness activities	9575	4333
# of medical plan participants who completed 1 or more wellness activities	8,102	4,042

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)	189,309.00
Difference between FY22 and FY23	-154,943.00
% increase from prior program year	-45.01%