



Category	See Notes	Program	Program YTD (September 1, 2020 - April 30, 2021)				April 2021			
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Education - Other	*	Booth	217	2815	1333	13.0%	24	255	240	2.3%
		Online Health Coaching - My Health Assistant	57	59	26	0.3%	2	2	2	0.0%
		Personal Health Analysis	241	2320	2320	22.7%	30	397	397	3.9%
Employee Wellness Class	*	Employee Wellness Class - Scheduled	104	7513	1336	13.1%	16	655	293	2.9%
	*	Employee Wellness Class - Unscheduled	1481	3060	660	6.5%	257	485	177	1.7%
	*	Well Powered Living	1534	12809	1968	19.3%	243	2393	677	6.6%
Employee Wellness Workshop	*	Employee Wellness Workshop - Scheduled	219	16966	2210	21.6%	29	2296	779	7.6%



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Employee Wellness Workshop	*	Employee Wellness Workshop - Unscheduled	1094	2441	740	7.2%	342	743	248	2.4%
Health Coaching		Health Coaching by Phone	521	1256	604	5.9%	69	166	96	0.9%
		Maternity Support	30	30	30	0.3%	5	5	5	0.0%
Healthy Knowledge Seminar		EAP Webinar	7	998	597	5.8%	1	131	131	1.3%
	*	Healthy Knowledge Seminar - Scheduled	20	2954	1200	11.7%	1	305	305	3.0%
	*	Healthy Knowledge Seminar - Unscheduled	2192	5639	2496	24.4%	284	566	326	3.2%
Healthy Living Programs		Livongo Enroll Activate	224	341	311	3.0%	26	34	31	0.3%
		Livongo Monthly Testing	24	9880	1725	16.9%	3	1294	1107	10.8%
Healthy Measures		Achieve Health Goals (Standard - Alternatives are Telephonic Coaching, Online WebMD Program)	973	5150	2374	23.2%	117	544	228	2.2%
Naturally Slim		Naturally Slim Foundations (class-by-class)	71	79	16	0.2%	11	12	7	0.1%



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Naturally Slim	*	Naturally Slim NS4You	12	12	4	0.0%	12	12	4	0.0%
Physical Activity	*	Fitbit 10k steps tracked	241	136195	1965	19.2%	30	16685	1346	13.2%
	*	Group Exercise	408	19158	1548	15.1%	62	2339	517	5.1%
		Social Health and Wellness	53	4299	1173	11.5%	5	525	522	5.1%
	*	Sports	66	758	90	0.9%	24	233	75	0.7%
Prevention	*	Preventive Care	1201	9455	5669	55.5%	76	505	390	3.8%
		Self Reported Activities	216	940	940	9.2%	27	119	119	1.2%
Special Event		Special Event	23	6009	5693	55.7%	4	324	324	3.2%
Wellness Challenge	*	Online Challenge	3	1083	761	7.4%	0	0	0	0.0%
		Other Challenge	1	3	3	0.0%	1	3	3	0.0%
Wellness Screening Form	*	Wellness Screening Form	162	676	676	6.6%	20	105	105	1.0%
Employee Wellness Survey	*	Employee Wellness Survey	36	1648	1648	16.1%	30	1120	1120	11.0%
TOTAL UOS			11,431	254,546	10,721	104.9%	1,751	32,253	4,709	46.1%



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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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Healthy@Harris Wellness Program	Program YTD (September 1, 2020 - April 30, 2021)	April 2021
Average # of wellness activities per participant	24	7
Total # of participants engaged in wellness program during time period	10,721	4,709
# of all participants who completed 1 or more wellness activities	10,721	4,709
# of all Employees (regardless of medical plan status) and spouses on the medical plan	11,655	11,655
% of all Employees engaged (regardless of medical plan status) and spouses on the medical plan	92.0%	40.4%
# who participated in 9 or more wellness activities	4,035	1,202
% of total engaged who participated in >= 9 wellness activities	37.6%	25.5%
# of medical plan participants who completed 1 or more wellness activities	8,784	4,501
% of medical plan participants engaged	85.9%	44.0%
# of medical plan participants who completed 9 or more wellness activities	3,830	1,195
% of medical plan participants who completed 9 or more wellness activities	37.5%	11.7%



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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)	254,546.00
Difference between FY22 and FY23	-94,160.00
% increase from prior program year	-27.00%