



Category	See Notes	Program	Program YTD (September 1, 2020 - July 31, 2021)				July 2021			
			Total Activities	Total participants	Total unique participants	% engaged TOTAL = 10,165 <i>EE&SP enrolled medical</i>	Total activities	Total participants	Total unique participants	% engaged TOTAL = 10,165 <i>EE&SP enrolled medical</i>
Education - Other	*	Booth	308	3733	1595	15.7%	32	260	259	2.5%
	*	Online Health Coaching - My Health Assistant	74	78	34	0.3%	13	15	6	0.1%
	*	Personal Health Analysis	333	5839	5839	57.4%	31	1730	1730	17.0%
Employee Wellness Class	*	Employee Wellness Class - Scheduled	156	10090	1751	17.2%	23	1278	529	5.2%
	*	Employee Wellness Class - Unscheduled	2306	4719	1003	9.9%	322	674	264	2.6%
	*	Well Powered Living	2280	17224	2595	25.5%	271	1190	528	5.2%
Employee Wellness Workshop	*	Employee Wellness Workshop - Scheduled	316	22464	2672	26.3%	28	1490	670	6.6%



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Employee Wellness Workshop	*	Employee Wellness Workshop - Unscheduled	2373	5590	1301	12.8%	571	1585	526	5.2%
Health Coaching	*	Health Coaching by Phone	749	1834	839	8.3%	82	246	156	1.5%
	*	Maternity Support	41	43	43	0.4%	2	2	2	0.0%
Healthy Knowledge Seminar		EAP Webinar	10	1396	777	7.6%	1	105	105	1.0%
	*	Healthy Knowledge Seminar - Scheduled	26	3645	1371	13.5%	1	34	34	0.3%
	*	Healthy Knowledge Seminar - Unscheduled	3254	7754	2978	29.3%	375	720	364	3.6%
Healthy Living Programs	*	Livongo Enroll Activate	327	566	515	5.1%	42	81	76	0.7%
		Livongo Monthly Testing	33	13877	1957	19.3%	3	1399	1225	12.1%
Healthy Measures	*	Achieve Health Goals (Standard - Alternatives are Telephonic Coaching, Online WebMD Program)	1418	12267	4818	47.4%	131	2480	924	9.1%
	*	Naturally Slim Foundations (class-by-class)	117	138	33	0.3%	25	33	12	0.1%



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Naturally Slim	*	Naturally Slim NS4Life	4	4	4	0.0%	2	2	2	0.0%
	*	Naturally Slim NS4You	41	41	7	0.1%	6	6	2	0.0%
Physical Activity	*	Fitbit 10k steps tracked	334	180936	2122	20.9%	31	16153	1325	13.0%
	*	Group Exercise	654	24669	1942	19.1%	80	1131	418	4.1%
	*	Social Health and Wellness	76	5967	1312	12.9%	7	479	479	4.7%
		Sports	105	1287	101	1.0%	13	180	53	0.5%
Prevention	*	Preventive Care	1718	16669	8632	84.9%	87	1507	1237	12.2%
	*	Self Reported Activities	319	2469	2469	24.3%	28	238	238	2.3%
Special Event	*	Special Event	117	7267	6790	66.8%	5	81	81	0.8%
Wellness Challenge		Online Challenge	5	1579	858	8.4%	1	292	292	2.9%
		Other Challenge	1	3	3	0.0%	0	0	0	0.0%
Wellness Screening Form	*	Wellness Screening Form	237	2387	2387	23.5%	23	701	701	6.9%
Wellness Screening Form and Employee Wellness Survey	*	Wellness Screening Form and Employee Wellness Survey	36	1648	1648	16.2%	0	0	0	0.0%
TOTAL UOS			17,768	356,183	12,083	118.9%	2,236	34,092	5,528	54.4%



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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 - July 31, 2021)	July 2021
Average # of wellness activities per participant		29	6
Total # of participants engaged in wellness program during time period		12,083	5,528
# of all participants who completed 1 or more wellness activities		12,083	5,528
# of all Employees (regardless of medical plan status) and spouses on the medical plan		11,773	11,773
% of all Employees engaged (regardless of medical plan status) and spouses on the medical plan		102.6%	47.0%
# who participated in 9 or more wellness activities		5,874	1,226
% of total engaged who participated in >= 9 wellness activities		48.6%	22.2%
# of medical plan participants who completed 1 or more wellness activities		9,352	5,347
% of medical plan participants engaged		92.0%	52.6%
# of medical plan participants who completed 9 or more wellness activities		5,484	1,214
% of medical plan participants who completed 9 or more wellness activities		53.9%	11.9%

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



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FY23 2020-2021 UOS (YTD)	356,183.00									
Difference between FY22 and FY23	7,477.00									
% increase from prior program year	2.14%									