

## Harris Health Scorecard Tutorial

### Scorecard 101

**What?** – The scorecard is a one-glance view that reflects the engagement of Harris Health population across quarters and divisions for the Premium Rewards Program.

**Who?** – The scorecard includes the employee and spouse population across divisions who are eligible for myCigna.com program. It does not reflect participation of participants not on the Harris Health System Medical Plan.

**When?** – The scorecard can be filtered to see various points in time segmented by quarter and year to date. We recommend looking at the data year-to-date (YTD).

**Data Source?** – The data from the top 3 biometric risks, top 3 chronic conditions and top 3 lifestyle risks are verified data pulled from our partnering data analytics warehouse and reflects our actual population health statistics.” All other data under the “Healthy@Harris Wellness Program” are pulled from myCigna reports which reflect who was awarded points for various activities during the current program year.

### Reading the scorecard

**Divisions** - Since the scorecard reflects data across various divisions and quarters, start with a specific division. The various divisions that this scorecard portrays are ACS, Administration, Ben Taub, CHC, LBJ, Quentin Mease and System (all the divisions put together). The scorecard can be filtered to view the performance of any of these divisions at a time.

**Quarters** – The scorecard reflects data at various points in time starting from Q1 of the Premium Rewards Program. The various quarters and their respective time periods for the program year Sept. 2017 – Aug. 2018 are shown below:

Quarter	Period
Q1	September 2017 – November 2017
Q2	December 2017 – February 2018
Q2YTD (Q1+Q2)	September 2017 – February 2018
Q3	March 2018 – May 2018
Q3YTD (Q1+Q2+Q3)	September 2017 – May 2018
Q4 *	June 2018 – August 2018
Q4YTD*(Q1+Q2+Q3+Q4)	September 2017 – August 2018

\*Yet to be presented

**Filters** – Filters are present at the top of the page to help you filter to one of the divisions or time periods mentioned above. The below screenshot shows you how to filter to the time and division you need to look at. Click on the down arrow at the end of each box (shown in the red box labelled 1) to filter based on division and quarter. To verify your quarter and filter selection at any time, you can look at the top of the scorecard (shown in the red box labelled 2). Once the selection is done, the entire scorecard will be filtered to reflect the numbers for the specific division and quarter.

Division : CHC Quarter : Q3YTD				Filter by Division CHC		Filter by Quarter Q3YTD	
<b>Top 5 activities with most engagement</b>	% Engaged	<b>Top 5 activities with least engagement</b>	% Engaged	<b>Bronze</b>	<b>Silver</b>	<b>Gold</b>	<b>Platinum</b>
Healthy@Harris Special Event	74.4%	Manage Your CAD Online Program	0.0%	12.5%	1.5%	0.0%	0.0%
Mammogram	66.9%	Managing Heart Failure Online Program	0.0%	<b>Wellness Program Activity</b>			
Annual Physical	51.2%	Onsite Coaching	0.0%	% who completed a wellness activity			78%
Cigna Healthy Pregnancy, Healthy Baby Progra...	47.1%	Prevent T2-Diabetes Prevention Program	0.0%	Total Number of Wellness Activities			7765
Cholesterol < 200	43.3%	Tobacco Coaching	0.0%	Average # of Activities per participant			13.7
<b>Top 3 Biometric Risks</b>	% Individuals	<b>Top 3 Chronic Conditions</b>	% Individuals	<b>Top 3 Lifestyle Risks</b>		% Individuals	
LDL Cholesterol	69.0%	Hypertension	19.0%	Nutrition	48.7%		
Waist Circumference	0.0%	Diabetes	12.0%	Stress	26.8%		

**Goals/ Activities -**

**Premium Rewards Program**

The scorecard offers the ability to view the percentage of population that has achieved the four premium rewards levels namely Bronze, Silver, Gold and Platinum. The criteria used to identify the population that have reached each of these levels are shown below:

Level	Criteria
<b>Bronze</b>	Complete Annual physical, Health Assessment and earn 1,000 points
<b>Silver</b>	Complete Bronze level and earn a total of 2,000 premium points
<b>Gold</b>	Complete Bronze level and earn a total of 3,000 premium points
<b>Platinum</b>	Complete Bronze level and earn a total of 4,000 premium points

In the screenshot below, these goals are shown in the red box.

Division : CHC Quarter : Q3YTD				Filter by Division CHC		Filter by Quarter Q3YTD	
<b>Top 5 activities with most engagement</b>	% Engaged	<b>Top 5 activities with least engagement</b>	% Engaged	<b>Bronze</b>	<b>Silver</b>	<b>Gold</b>	<b>Platinum</b>
Healthy@Harris Special Event	74.4%	Manage Your CAD Online Program	0.0%	12.5%	1.5%	0.0%	0.0%
Mammogram	66.9%	Managing Heart Failure Online Program	0.0%	<b>Wellness Program Activity</b>			
Annual Physical	51.2%	Onsite Coaching	0.0%	% who completed a wellness activity			78%
Cigna Healthy Pregnancy, Healthy Baby Progra...	47.1%	Prevent T2-Diabetes Prevention Program	0.0%	Total Number of Wellness Activities			7765
Cholesterol < 200	43.3%	Tobacco Coaching	0.0%	Average # of Activities per participant			13.7
<b>Top 3 Biometric Risks</b>	% Individuals	<b>Top 3 Chronic Conditions</b>	% Individuals	<b>Top 3 Lifestyle Risks</b>		% Individuals	
LDL Cholesterol	69.0%	Hypertension	19.0%	Nutrition	48.7%		
Waist Circumference	0.0%	Diabetes	12.0%	Stress	26.8%		

**Top 5 activities with most/least engagement**

To get a quick view of which of the activities that had most number of unique members engaging in, as a percentage of the total eligible population for the specific activity, the top 5 activities with the most engagement is shown in the top left corner (red box labelled 1) of the scorecard. Similarly, the top 5 activities with least number of unique members engaging in, as a percentage of the total eligible population of the specific activity is also shown (red box labelled 2).

1		Division : CHC Quarter : Q3YTD		2		Filter by Division CHC		Filter by Quarter Q3YTD	
<b>Top 5 activities with most engagement</b>		<b>% Engaged</b>	<b>Top 5 activities with least engagement</b>		<b>% Engaged</b>	<b>Bronze</b>	<b>Silver</b>	<b>Gold</b>	<b>Platinum</b>
Healthy@Harris Special Event		74.4%	Manage Your CAD Online Program		0.0%	12.5%	1.5%	0.0%	0.0%
Mammogram		66.9%	Managing Heart Failure Online Program		0.0%	<b>Wellness Program Activity</b>			
Annual Physical		51.2%	Onsite Coaching		0.0%	% who completed a wellness activity			
Cigna Healthy Pregnancy, Healthy Baby Progra...		47.1%	Prevent T2-Diabetes Prevention Program		0.0%	Total Number of Wellness Activities			
Cholesterol < 200		43.3%	Tobacco Coaching		0.0%	Average # of Activities per participant			
<b>Top 3 Biometric Risks</b>		<b>% Individuals</b>	<b>Top 3 Chronic Conditions</b>		<b>% Individuals</b>	<b>Top 3 Lifestyle Risks</b>			
LDL Cholesterol		69.0%	Hypertension		19.0%	Nutrition			
Waist Circumference		0.0%	Diabetes		17.0%	Stress			

### Healthy@Harris Wellness Program

Other activities that were included as part of the program are segregated into various headings and are listed as shown in the screenshot below. For each of these activities two levels of participation numbers are shown.

1. # of Activities – This metric reflects the number of times this activity was performed by the eligible population. Some activities may be performed by a member more than once and this metric captures that.
2. % Engaged – This metric reflects the unique number of participants for each activity as a percentage of the total eligible population for that specific activity. If the reader wishes to know the total eligible population for a specific activity, bring your mouse pointer to this number and a tooltip will be displayed to include further details. This is shown in the screenshot below (red box labelled 1).

Healthy@Harris Wellness Program					
Healthy@Harris Special Event	540	74.4%	Wellness Challenge	64	8.8%
<b>Healthy Measures</b>		<b># of Activities   % Engaged</b>	<b>Education</b>		<b># of Activities   % Engaged</b>
Blood Pressure < 120/80 or RAS	86	11.8%	Complete a Healthy Living Seminar	294	11.2%
Cholesterol < 200	314	43.3%	Goal: Blood Pressure < 120/80 or RAS	494	19.8%
Glucose < 100 or RAS	126	17.4%	Engaged %: 11.8	0	0.0%
Healthy Waist of 35 in. (women) or 40 in. (men), or less	64	8.8%	Eligible Participants: 726	484	32.5%
LDL < 100 or RAS	204	28.1%	Total Activities: 86	0	0.0%
<b>Prevention</b>		<b># of Activities   % Engaged</b>	<b>Healthy Living Programs</b>		<b># of Activities   % Engaged</b>
Participate in a group Ex or Rec Sports Game	1,490	8.0%	Manage Your COPD Online Program	0	0.0%
Social Health and Wellness Apps & Activities	96	3.4%	Manage Your Diabetes Online Program	0	0.0%
Annual Physical	372	51.2%	Managing Heart Failure Online Program	0	0.0%
Cervical Cancer Screening	204	10.2%	<b>Complete an Employee Wellness Class</b>		
Colonoscopy	64	29.5%	Asthma Education Class (CHC)	0	0.0%
Dental Exam	276	38.0%	Childbirth Class (CHC)	0	0.0%
Mammogram	196	66.9%	Cigna Healthy Pregnancy, Healthy Baby Program1st Trimester enrolled	8	47.1%
OB/GYN Well Woman Exam	204	32.6%	Cigna Healthy Pregnancy, Healthy Baby Program2nd Trimester enrolled	2	11.8%
Prostate Cancer Screening	70	29.9%	Diabetes Education Class (CHC)	0	0.0%
Vision Exam	270	2.2%	Harris Health "Becoming a Mom" Program (LBJ Hospital)	0	0.0%
<b>Health Coaching</b>		<b># of Activities   % Engaged</b>	Naturally Slim NS4Life Completion	102	2.6%
Achieve Health Goals Coaching-RAS	0	0.0%	Naturally Slim NS4You Completion	324	9.8%
Chronic Condition Coaching	94	26.8%	Prevent T2-Diabetes Prevention Program	0	0.0%
Onsite Coaching	0	0.0%	Well Powered Living Class	398	0.0%
Stress Management Coaching	8	4.3%			
Tobacco Coaching	0	0.0%			
Weight Management Coaching	14	3.8%			
Employee Wellness Survey	388	26.7%			

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### Healthy@Harris Program Year-End Report:

The program year-end report will be completed by 1/1/19 for the program year ending 8/31/18. This report will include both the Premium Rewards Participation statistics as well as the overall engagement in the wellness program. The program year-end report will also include population health analysis and value on investment information. It's located on the Healthy@Harris Employee Wellness Website under reporting.

### Program/Activity Clarifications:

- “Healthy Measures”- these were people who received credit for being in range for the metric or completed a reasonable alternative standard (educational program to assist in moving towards a healthy measure. Some metrics such as Blood Pressure and Waist circumference required the submission of the wellness screening form to have the opportunity to earn credit for those measures.
- “Physical “Activity”-Participants can only receive credit for one recreational sports game or group exercise class per day.
- “Prevention”- Participants who completed the screening/exam during this program year.
- “Health Coaching”- Participants who completed criteria for health coaching during the program year.
- “Education”- Participants can only receive credit for one healthy knowledge seminar per day and could only complete each educational course/health assessment one time.
- “Healthy Living Programs”-
  - Participants who can only receive credit for enrolling and activating their meter in Livongo once per life of the program. The numbers reflect those who enrolled and activated during this current program year. It does not reflect total participation in the Livongo Program.
  - Livongo Monthly Glucose testing-Reflects the Livongo participants who tested their glucose a minimum of 4 times per month.
  - Naturally Slim-Participation includes only the participants who completed Foundations (first 10 weeks of the Naturally Slim Program) during this program year. Participants who completed classes in NS4You and NS4Life (phase 2 and 3 of the year-long program) receive credit per class in “complete a wellness class.”
  - “Complete a wellness Class”- Participants can only receive credit for attending one class per day.

For more information, please contact Employee Wellness at [employeewellness@harrishealth.org](mailto:employeewellness@harrishealth.org) or 713-566-6686.