



Category	See Notes	Program	Program YTD (September 1, 2020 - March 31, 2021)				March 2021			
			Total Activities	Total participants	Total unique participants	% engaged TOTAL = 10,229 <i>EE&amp;SP enrolled medical</i>	Total activities	Total participants	Total unique participants	% engaged TOTAL = 10,229 <i>EE&amp;SP enrolled medical</i>
Education - Other	*	Booth	192	2449	1216	11.9%	28	362	331	3.2%
		Online Health Coaching - My Health Assistant	50	52	23	0.2%	4	4	2	0.0%
		Personal Health Analysis	208	1840	1840	18.0%	28	355	355	3.5%
Employee Wellness Class	*	Employee Wellness Class - Scheduled	88	6858	1259	12.3%	23	1382	465	4.5%
	*	Employee Wellness Class - Unscheduled	1224	2575	589	5.8%	189	350	157	1.5%
	*	Well Powered Living	1291	10416	1743	17.0%	202	1169	481	4.7%
Employee Wellness Workshop	*	Employee Wellness Workshop - Scheduled	190	14669	2062	20.2%	40	2869	814	8.0%



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Employee Wellness Workshop	*	Employee Wellness Workshop - Unscheduled	752	1697	621	6.1%	244	507	184	1.8%
Health Coaching		Health Coaching by Phone	446	1063	526	5.1%	60	114	74	0.7%
		Maternity Support	24	24	24	0.2%	1	1	1	0.0%
Healthy Knowledge Seminar		EAP Webinar	6	867	547	5.3%	1	159	159	1.6%
	*	Healthy Knowledge Seminar - Scheduled	18	2617	1084	10.6%	2	387	354	3.5%
	*	Healthy Knowledge Seminar - Unscheduled	1908	5073	2308	22.6%	225	497	317	3.1%
Healthy Living Programs		Livongo Enroll Activate	198	307	280	2.7%	25	40	40	0.4%
		Livongo Monthly Testing	21	8586	1664	16.3%	3	1266	1088	10.6%
Healthy Measures		Achieve Health Goals (Standard - Alternatives are Telephonic Coaching, Online WebMD Program)	821	3909	1852	18.1%	108	302	127	1.2%
Naturally Slim		Naturally Slim Foundations (class-by-class)	53	59	15	0.1%	23	26	8	0.1%



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Physical Activity	*	Fitbit 10k steps tracked	211	119510	1896	18.5%	30	14390	1295	12.7%
	*	Group Exercise	346	16819	1439	14.1%	66	2754	571	5.6%
	*	Social Health and Wellness	46	3665	1116	10.9%	7	513	502	4.9%
		Sports	42	525	77	0.8%	12	148	62	0.6%
Prevention	*	Preventive Care	989	7599	4751	46.4%	44	183	166	1.6%
	*	Self Reported Activities	185	702	702	6.9%	25	82	82	0.8%
Special Event		Special Event	13	5670	5378	52.6%	4	532	532	5.2%
Wellness Challenge		Online Challenge	3	1083	761	7.4%	0	0	0	0.0%
Wellness Screening Form	*	Wellness Screening Form	134	482	482	4.7%	16	55	55	0.5%
<b>TOTAL UOS</b>			<b>9,459</b>	<b>219,116</b>	<b>10,143</b>	<b>99.2%</b>	<b>1,410</b>	<b>28,447</b>	<b>4,271</b>	<b>41.8%</b>

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 &amp; 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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		Average # of wellness activities per participant		22				7		
		Total # of participants engaged in wellness program during time period		10,143				4,271		
		# of all participants who completed 1 or more wellness activities		10,143				4,271		
		# of all Employees (regardless of medical plan status) and spouses on the medical plan		11,675				11,675		
		% of all Employees engaged (regardless of medical plan status) and spouses on the medical plan		86.9%				36.6%		
		# who participated in 9 or more wellness activities		3,533				1,076		
		% of total engaged who participated in >= 9 wellness activities		34.8%				25.2%		
		# of medical plan participants who completed 1 or more wellness activities		8,424				4,031		
		% of medical plan participants engaged		82.4%				39.4%		
		# of medical plan participants who completed 9 or more wellness activities		3,362				1,068		
		% of medical plan participants who completed 9 or more wellness activities		32.9%				10.4%		

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)	219,116.00
Difference between FY22 and FY23	-129,590.00
% increase from prior program year	-37.16%