



2019 WELLNESS PROGRAM RESULTS

IMPROVED OVERALL WELLNESS SCORES

 **53%** of the population improved their OWS from T1 to T2

 **69.4** population OWS (HealthFitness book of business OWS is 68.6)


 **5.2%** OWS improvement for those enrolled in Condition Management Health Coaching

PROGRAM PARTICIPATION


2,314
eligible participants


1,888
completed a Health Assessment



148
enrolled in Health Coaching


 **Top 3 Wellcards**
(based on total eligibility)


- Tobacco Use Status **20%**
- Preventive CareExam **13%**
- HealthCare Blue Book **9%**


LIFESTYLE AND BIOMETRIC RISKS


Top five lifestyle behavior risks

 Not eating enough healthy fats

 Not eating enough vegetables

 Not eating enough fruits

 Not eating enough whole grains

 Lack of strength training

Top three biometric risks

(professionally collected and self-reported)



- Body Mass Index
- Blood Pressure
- HDL ("good" cholesterol)

Coaching

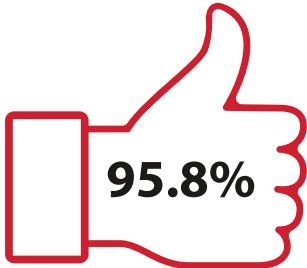
“She is a great health coach. With her, I feel good about myself, eat well, sleep well, and get plenty of exercise.”

“I have made substantial improvement in increasing my efforts in walking. I now walk mostly 5 days a week.”

Online challenges

“It made me realize how few fruits and vegetables I had been eating.”

“I enjoyed being held accountable, loved the recipes, and liked watching our progress on the leader board.”


95.8%

I am satisfied with health coaching.