



Great Results start with a Great Plan!

City of Valdez

January-October 2016

Program Overview

- ◆ Biometric Screenings January 2016
- ◆ Health Assessment Completion February 2016
- ◆ Monthly Brown Bag Lunch n Learns
- ◆ Promotion of Healthier You Campaign
- ◆ Wellness Challenges:
 - ◆ 6 x 30, Eat the Rainbow, Wellness Bingo
- ◆ Point Program: Engaging in wellness activities throughout the year
 - ◆ 96 employees actively participated in 1 or more wellness activity
 - ◆ 37 employees achieved 100 points and were entered into the \$500 raffle
 - ◆ Top point achiever earned 375 points

What's to come in 2017

- ◆ Reward Center
 - ◆ Ability to track physical activity online via wearable device or manual tracker
 - ◆ Employees can see point total status, and options on how to earn points
- ◆ Spouse participation in biometric screenings
- ◆ Ability to receive points for achieving health outcomes
- ◆ Encouraging employees to participate in Valdez sponsored activities





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Engagement and Participation Rates

Program	Eligible Participation	Actual Participation	Program Engagement %
Biometric Screenings	120	72	60 %
Health Assessment	120	68	57 %
Healthier You	120	35	29 %
Digital Coaching Modules	120	7	6 %
6 x 30 Challenge	120	6	5 %
Eat the Rainbow Challenge	120	22	18 %
Wellness Bingo Challenge	120	5	4 %
Brown Bag Lunches	120	60 Unique Employees	50 %
Annual Well Visits	80	28	35 %
Physical Activity >36x a quarter	120	44	37 %
Teladoc	80	47	59 %
Achieved 100 Points throughout the year	120	37	31 %
Actively Participating in wellness activities to receive wellness points	120	96	80 %

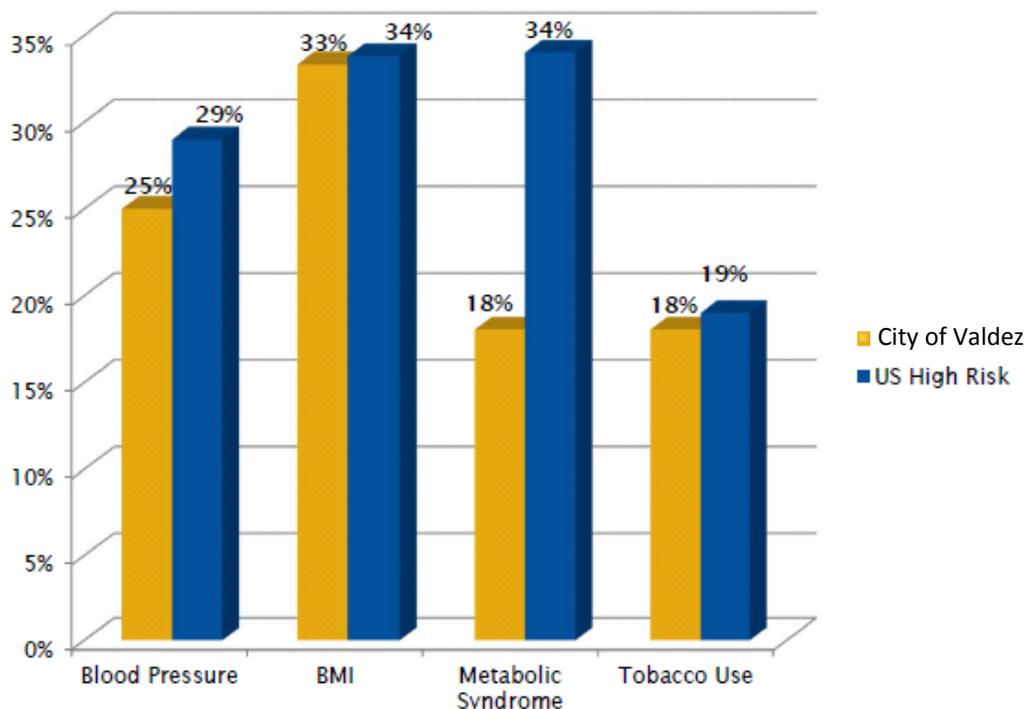




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Biometric Screening Data

U.S. Benchmark



Biometric Screening Participation:	Average BMI:	Tobacco Use:	Newly Discovered Conditions:	Referred to a physician:	Company IH Score:
72 Employees	28 Women 32 Men	18.1%	37	58%	-2

