

# Company D

## Wellness Program Trend and Measurement Index

- Contractor Reporting Schedule to Management:**

Report Name	Timeframe	Description
Snapshot Report	Quarterly	Health Coaching and Event Participation
Progression Report	Semi-Annually/Annually	Health Coaching, Event Participation, Calendar-At-A-Glance
HRA Corporate Analysis	Annually	Health Risk Assessment, Summary and Highlights, Executive Summary Report, Group/Demographic Report, Economic Benefit Report
Wellness Committee Minutes	Every two months	Wellness Committee input, discussions, evaluations, feedback
Health Coaching Satisfaction Surveys	Periodic	To gather direct feedback from health coaching participants.
Staff interest surveys, evaluations	Periodic	To gather information pertaining to staff wellness interests and feedback

- Health Claims Trend Data:**

Year	Total employees	Health Claims/person	Drug Claims/person	Total Claims
2011/2012	220	\$458.16	\$738.91	\$1197.07
<i>% change</i>		2% reduction	35% reduction	22% reduction
2012/2013	243	\$449.23	\$479.21	\$928.44
<i>% change</i>		9% reduction	14% increase	3% increase
2013/2014	249	\$409.58	\$547.92	\$957.50
<b>Total change</b>		<b>11% reduction</b>	<b>26% reduction</b>	<b>20% reduction</b>

- **Health Risk Data:**

*\*\*\*% of HRA participants with noted health risk\*\**

Top 5 Health Risks	2012	2013
Weight Management	53%	65%
Cancer Risk	68%	68%
Better Nutrition	60%	53%
Improved Fitness	58%	59%
Coronary Risk	28%	21%

- **Wellness Program Health Coaching Participation Data [snapshot]:**

*\*\*New reporting program allows for more data within reports. Sample data collection below\*\**

Health Coaching	2014 [Jan-May 2014]	2013	2012
Booking Rates [%]	100%	92%	89%
Attendance Rates [%]	95%	82%	80%
Cancellation Rates [%]	5%	18%	20%