

Company B

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	Quarterly	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 Benefits and Trend Data:**

Year	Total employees	Sick days/employee	Health claims/employee	Total Benefit Premium/employee
2013	353	3.9	\$750.16	\$1036.92
<i>Comparison to 2012</i>		<i>11% reduction</i>	<i>1% reduction</i>	<i>7% reduction</i>
2012	328	4.4	\$758.33	\$1115.06

- Health Risk Data:**

% of HRA participants with noted health risk

Top 5 Health Risks	2013	2014
Weight Management	58%	57%
Cancer Risk Reduction	58%	62%
Improving Fitness	56%	46%
Better Nutrition	51%	45%
Managing Stress	19%	19%

- **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
Booking Rates [%]	94%	95%
Attendance Rates [%]	96%	95%
Cancellation Rates [%]	4%	5%
Participation [% or organization]	77%	88%