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**Sample SnapShot Participation Report**

**Q3: July-September 2013**

Employee Wellness Solutions Network [EWSNetwork] is presenting highlights from some of the collected health coaching data, summary of event initiatives and participation rates.

**Wellness Consultation Summary**

The wellness consulting summary report and event time, outlining July - Sept 2013, is presented below:

|  |  |
| --- | --- |
| Number of Employees | 300 |
| Program Hours (per week) | 8.00 |
| Timeframe (months) | 2.97 |
| Program Hours per Timeframe | 103 |
|  |  |
| Potential Apt | 175 |
| Potential Hrs for Apts | 87.5 |
|  |  |
| Bookings | 175 |
| % Booked | 100% |
|  |  |
| Attended | 167 |
| % Attended | 95% |
| Hours of Attended Apts | 83.5 |
|  |  |
| Cancelled or No-Show | 18 |
| % Cancelled | 10% |
|  |  |
| Cancellations or No-Show Rebooked | 11 |
| % Cancellations Rebooked | 6% |
|  |  |
| Actual Cancelled or No-Show Apts | 7 |
| % Actual Cancelled or No-Show Appointments | 4% |
|  |  |
| Hours for Events (hrs) | 19 |
| Scheduled Hours Used from Events (hrs) | [9.50](https://login.ewsnetwork.com/report-groups.php) |
| Unscheduled Hours Used (hrs) | 10 |
|  |  |
| Unique Users On-Site [admin, customer service, office] | [83](https://login.ewsnetwork.com/report-groups.php) |

**Wellness Initiative Summary Report**

**\*\*Newsletters and Virtual Wellness Challenges are Circulated Monthly**

| **Date** | **Type** | **Event Name** | **Description** | **#s** | **Duration (min)** | **Added** | **EWS Rep** |
| --- | --- | --- | --- | --- | --- | --- | --- |
| Sample Company |
| Jul 2, 2013 1:00 PM - Jul 26, 2013 1:30 PM | Group Exercise | [Walking Group](https://login.ewsnetwork.com/create-new-events2.php?eID=4243) | Rose Koldenhof facilitated a 30 minute walking series (July 2, 9, 23, 30)  | 3 | 30 | X | Rose Koldenhof |  |
| Jul 3, 2013 9:00 AM - Aug 21, 2013 6:00 PM | Email Campaigns | [Summer Safety](https://login.ewsnetwork.com/create-new-events2.php?eID=3745) | 8 week email campaign on summer safety issues. | All | July and August |  | Heather Barrett |  |
| Jul 9, 2013 1:00 PM - Jul 9, 2013 1:30 PM | Group Exercise | [Walking Group](https://login.ewsnetwork.com/create-new-events2.php?eID=4244) | Rose Koldenhof facilitated a 30 minute walking series (July 2, 9, 23, 30)  | 4 | 30 | X | Rose Koldenhof |  |
| Jul 16, 2013 1:00 PM - Jul 16, 2013 1:30 PM | Group Exercise | [Walking Group](https://login.ewsnetwork.com/create-new-events2.php?eID=4570) | Rose Koldenhof facilitated a 30 minute walking series (July 2, 9, 16, 30)  | 5 | 30 | X | Rose Koldenhof |  |
| Jul 24, 2013 7:00 AM - Jul 24, 2013 8:00 AM | Walk Around | [Vitamin Water Promo](https://login.ewsnetwork.com/create-new-events2.php?eID=4170) | EWS Network staff was onsite to provide samples of vitamin water to all staff. | 30 | 60 | X | Heather Barrett |  |
| Jul 30, 2013 12:00 PM - Jul 30, 2013 1:00 PM | Walk Around | [Vitamin Water Promo](https://login.ewsnetwork.com/create-new-events2.php?eID=4821) | EWS Network staff was onsite to provide samples of vitamin water to all staff. | 35 | 60 | X | Rose Koldenhof |  |
| Jul 31, 2013 12:00 PM - Jul 31, 2013 1:00 PM | Meeting | [Running Group Information Session](https://login.ewsnetwork.com/create-new-events2.php?eID=5259) | Meaghan Jansen & a rep from Runner's Choice were onsite to provide information about a 12 week running group being offered to EWSN clients. | 8 | 60 | X | Heather Barrett |  |
| Aug 6, 2013 1:00 PM - Aug 6, 2013 1:30 PM | Group Exercise | [Walking Group](https://login.ewsnetwork.com/create-new-events2.php?eID=4825) | Rose Koldenhof facilitated a 30 minute walking series Riche was my only attendee today | 1 | 30 | X | Rose Koldenhof |  |
| Aug 9, 2013 11:00 AM - Aug 9, 2013 11:30 AM | Admin | [admin](https://login.ewsnetwork.com/create-new-events2.php?eID=5153) | Virtual spot consults | 4 | 30 | X | Laura Bonter |  |
| Aug 23, 2013 10:00 AM - Aug 23, 2013 10:30 AM | Walk Around | [Watermelon WA](https://login.ewsnetwork.com/create-new-events2.php?eID=5514) | Laura did walk around with watermelon handout. | 25 | 30 | X | Laura Bonter |  |
| Aug 23, 2013 1:30 PM - Aug 23, 2013 2:00 PM | Walk Around | [Watermelon WA](https://login.ewsnetwork.com/create-new-events2.php?eID=5380) | Walk around handing out watermelon salad recipe | 25 | 30 | X | Laura Bonter |  |
| Sep 3, 2013 8:00 AM - Sep 30, 2013 6:00 PM | POD Posters | [Relaxation Response Bathroom Posters](https://login.ewsnetwork.com/create-new-events2.php?eID=4915) | Month long bathroom poster campaign with relaxation tips. | All | All Month |  | Heather Barrett |  |
| Sep 5, 2013 10:30 AM - Sep 5, 2013 11:30 AM | Wellness Committee | [Wellness Committee Meeting](https://login.ewsnetwork.com/create-new-events2.php?eID=5309) | Monthly wellness committee meeting. | 4 | 60 | X | Heather Barrett |  |
| Sep 6, 2013 10:30 AM - Sep 6, 2013 11:00 AM | Admin | [admin](https://login.ewsnetwork.com/create-new-events2.php?eID=5866) | Data entry | N/A | 30 | X | Laura Bonter |  |
| Sept 18, 2013 7:00AM – Sep 18, 2013 7:30AM | Workshop | Slips, Trips and Falls | Angie Mailhot led a 30 minute discussion on how core strength can reduce risk of injury during slip & fall. Meeting was for Brad Wilfong\'s group. | 17 | 30 | x | Angie Mailhot |  |
| Sept 18, 2013 2:00PM – Sep 18, 2013 2:30PM | Workshop | Slips, Trips and Falls | Meaghan Jansen led a 30 minute discussion on how core strength can reduce risk of injury during slip & fall. Meeting was for Brad Wilfong\'s group. | 17 | 30 | x | Angie Mailhot |  |
| Sep 27, 2013 12:00 PM - Sep 27, 2013 12:30 PM | Walk Around | [Walk Around](https://login.ewsnetwork.com/create-new-events2.php?eID=6113) | Laura did an impromptu walk around on the 2nd floor mingling with staff. | 6 | 30 | X | Laura Bonter |  |