

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
Unscheduled Hours Used (hrs)	10
Unique Users On-Site [admin, customer service, office]	83

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	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	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	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	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	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	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,	Meeting	Running Group Information Session	Meaghan Jansen & a rep from Runner's Choice were onsite to provide information about a 12 week	8	60	X	Heather Barrett

Date	Type	Event Name	Description	#s	Duration (min)	Added	EWS Rep
2013 1:00 PM			running group being offered to EWSN clients.				
Aug 6, 2013 1:00 PM - Aug 6, 2013 1:30 PM	Group Exercise	Walking Group	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	Virtual spot consults	4	30	X	Laura Bonter
Aug 23, 2013 10:00 AM - Aug 23, 2013 10:30 AM	Walk Around	Watermelon WA	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	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	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	Monthly wellness committee meeting.	4	60	X	Heather Barrett
Sep 6, 2013 10:30 AM - Sep 6, 2013 11:00 AM	Admin	admin	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	Walk Around	Walk Around	Laura did an impromptu walk	6	30	X	Laura Bonter

Date	Type	Event Name	Description	#s	Duration (min)	Added	EWS Rep
12:00 PM - Sep 27, 2013 12:30 PM			around on the 2nd floor mingling with staff.				