



2016 Well-Being Program Highlights and Future Focus

Identifying and tracking participation, engagement and outcomes helps the Center for Health to:

- Determine the HealthFlex population's well-being status
- Assess the program's effectiveness and future direction

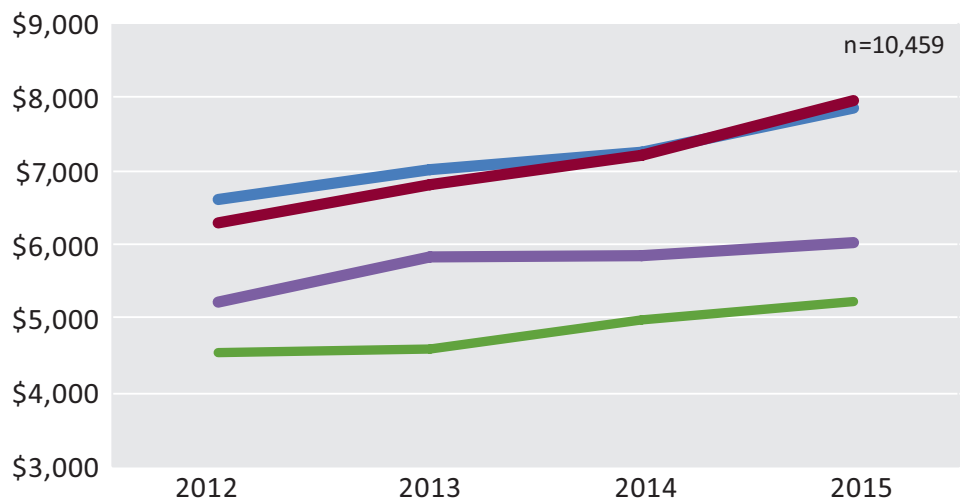
Measuring Program Impact

1 | Virgin Pulse—Higher Activity Lowers Claim Cost

More physical activity pays off with lower claim costs. Results from the past four years show:

- Participants in the Virgin Pulse well-being program who took 5,000 to 10,000 steps most days experienced a leveling of health claims expenses.
- Participants who took below 5,000 steps most days or do not participate at all experienced higher claims. *Claims for this less-active group continue to increase at a faster rate.*

Virgin Pulse Activity vs. Claim Cost



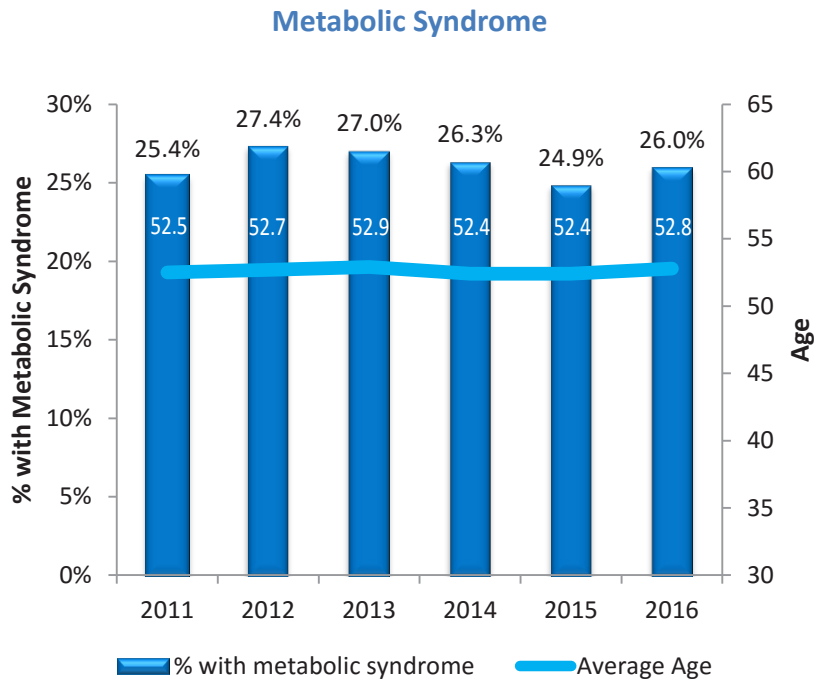
Steps/Day	2012	2013	2014	2015
<5,000	\$6,303.28	\$6,821.07	\$7,219.71	\$7,961.06
5,000-10,000	\$5,229.25	\$5,841.86	\$5,858.87	\$6,035.79
>10,000	\$4,544.69	\$4,593.18	\$4,988.26	\$5,236.79
Not Participating	\$6,620.56	\$7,024.99	\$7,261.12	\$7,859.96

- Participants who achieve more than 10,000 steps most days experienced a slight increase in claims as a group. However, further analytics show this aggregate cost increase is due to

several high-cost medical diagnoses and the small number of participants in this group. Generally, the most-active group has the lowest claims costs.

2 Well-Being Programs Help Mitigate Metabolic Syndrome Prevalence

The number of participants with metabolic syndrome continues to remain steady. Metabolic syndrome is a condition in which several health risk factors often occur together. It is associated with high risks for cardiovascular disease and diabetes.



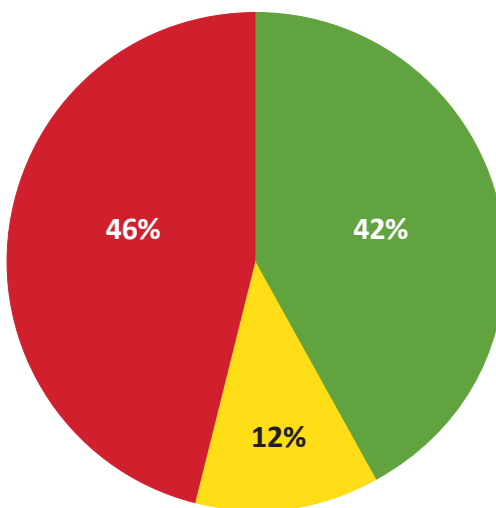
The American Heart Association identifies metabolic syndrome as the presence of three or more of these risk factors:

Triglycerides	150 mg/dL or more
HDL Cholesterol	Men: Less than 40 mg/dL Women: Less than 50 mg/dL
Blood Pressure	130/85 mm Hg or higher
Glucose	100 mg/dL or more
Waist Circumference	Men: more than 40 inches Women: more than 35 inches

3 Assessment and Programs Target Risk Factors

Nearly one-half of HealthFlex participants have five or more health risk factors, based on HealthQuotient (HQ) results. Well-being programs offered through the Center for Health aim to reduce participants' risk factors, particularly risks related to weight, low physical activity, high stress and other modifiable factors.

At-Risk Population (August 2015—July 2016)



The percentage of the population stratified into risk factors—as defined by HealthQuotient (HQ) completion.

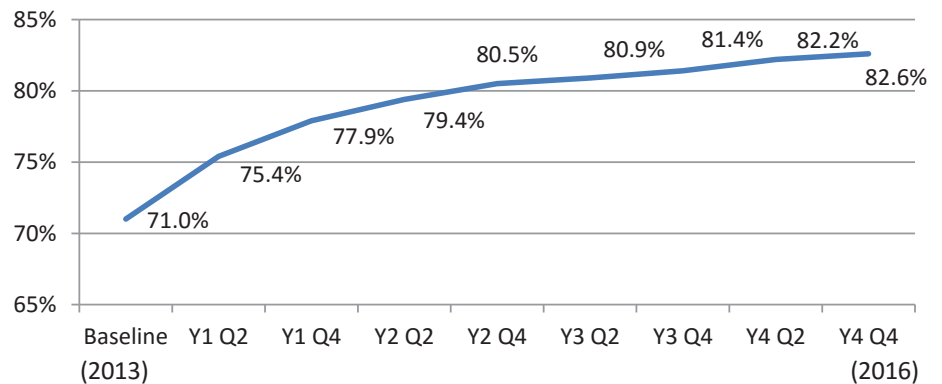
- Low risk: 0-2 risks
- Moderate risk: 2-4 risks
- High risk: 5 or more

4 Personalized Reminders Increase Preventive Screenings

Reminders boost adherence.

In 2016, more than 82% of the HealthFlex cohort completed their preventive screenings. These results compare favorably with Evive Health's book of business, which shows that adherence generally plateaus around 80% without additional incentives.

Evive Health Overall Preventive Adherence (Original Cohort)



What's Ahead—2017–18

By reviewing data and trends from the past two years, Center for Health has identified these areas to highlight and focus on. Our objective is to drive improved well-being outcomes.

What to Watch For in 2017

- **Strong focus on pre-diabetes/diabetes awareness and education**
 - Toolkit
 - Webinar: **Tuesday, May 9**
 - Variety of communication modalities
 - Explore programs for participants with pre-diabetes or diabetes
- **NutriSavings—education on food choices at the grocery store**
 - Roll out **January 1, 2018**
 - Strong focus on “better for you” choices at the grocery store
 - Improved knowledge and skill at point of sale
 - Highlight food choices for those with chronic conditions
- **Well-Being Summary Report**
 - Identify strengths and opportunities
 - Compare conferences
 - Identify best practices
- **Videos for participants to add activity to their day or meeting**
 - Deskerercise
 - Stretch breaks
- **Toolkits**
 - Provide vetted tools and resources for plan sponsors and participants
 - Areas of interest, need and improvement
 - One-page information—quick and easy vetted relevant information
- **Quarterly newsletter/bulletins**
 - For everyone conference-wide

Well-being Contact Information

Center for Health Wellness Team	wellnessteam@wspath.org
Wespath Health Team	1-800-851-2201
Employee Assistance Program	1-800-788-5614
Virgin Pulse Customer Service	1-800-830-4312
Quest Diagnostics	1-866-908-9440
WebMD Customer Service	1-866-302-5742
Weight Watchers	1-866-557-6229

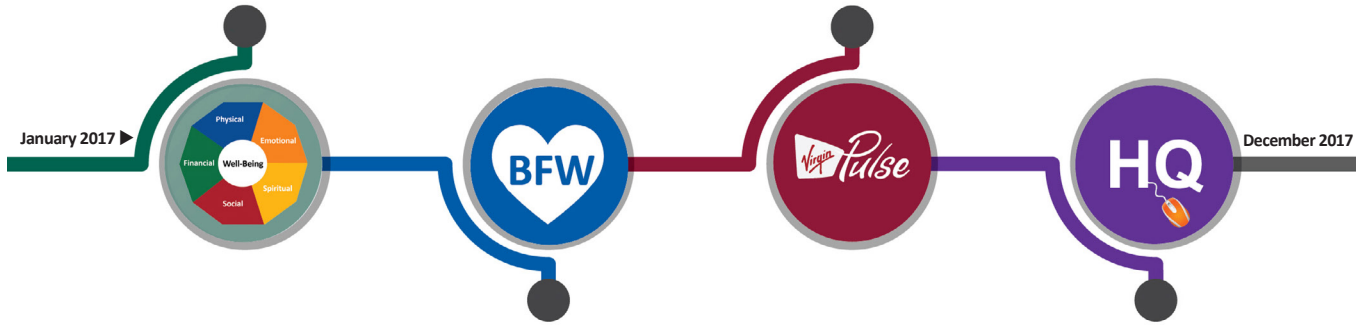
HealthFlex Incentives At-a-Glance

Wellness Points on HealthFlex/WebMD Website

150 Points = \$150 PulseCash
January 1 – December 31, 2017

Virgin Pulse Rewards

Up to \$160 PulseCash
January 1 – December 31, 2017



Blueprint for Wellness

\$100 PulseCash
April 1 – July 31, 2017

HealthQuotient

Save \$250 / \$500
Avoid higher 2018 medical plan deductible
August 1 – September 30, 2017



Partnering with Plan Sponsors

Thank you for your support and partnership as we work together to improve the vitality of the United Methodist Church.