



Wespath

BENEFITS | INVESTMENTS

HEALTHFLEX SUMMIT—SEPTEMBER 2018

Well-Being Outcomes and Outlook



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Agenda



Well-Being Results and Updates



Program Demonstration



Surprise

Blueprint for Wellness: Results

- 58 on-site events held
 - Annual Conference events
 - Clergy retreat
 - Employer group
- Patient Service Center (PSC)
- Physician form process
- Participation on-site, PSC and physician form

Completed Screenings	
On-Site Event	3,078
Patient Service Center	3,401
Physician Form	119
Total	6,598



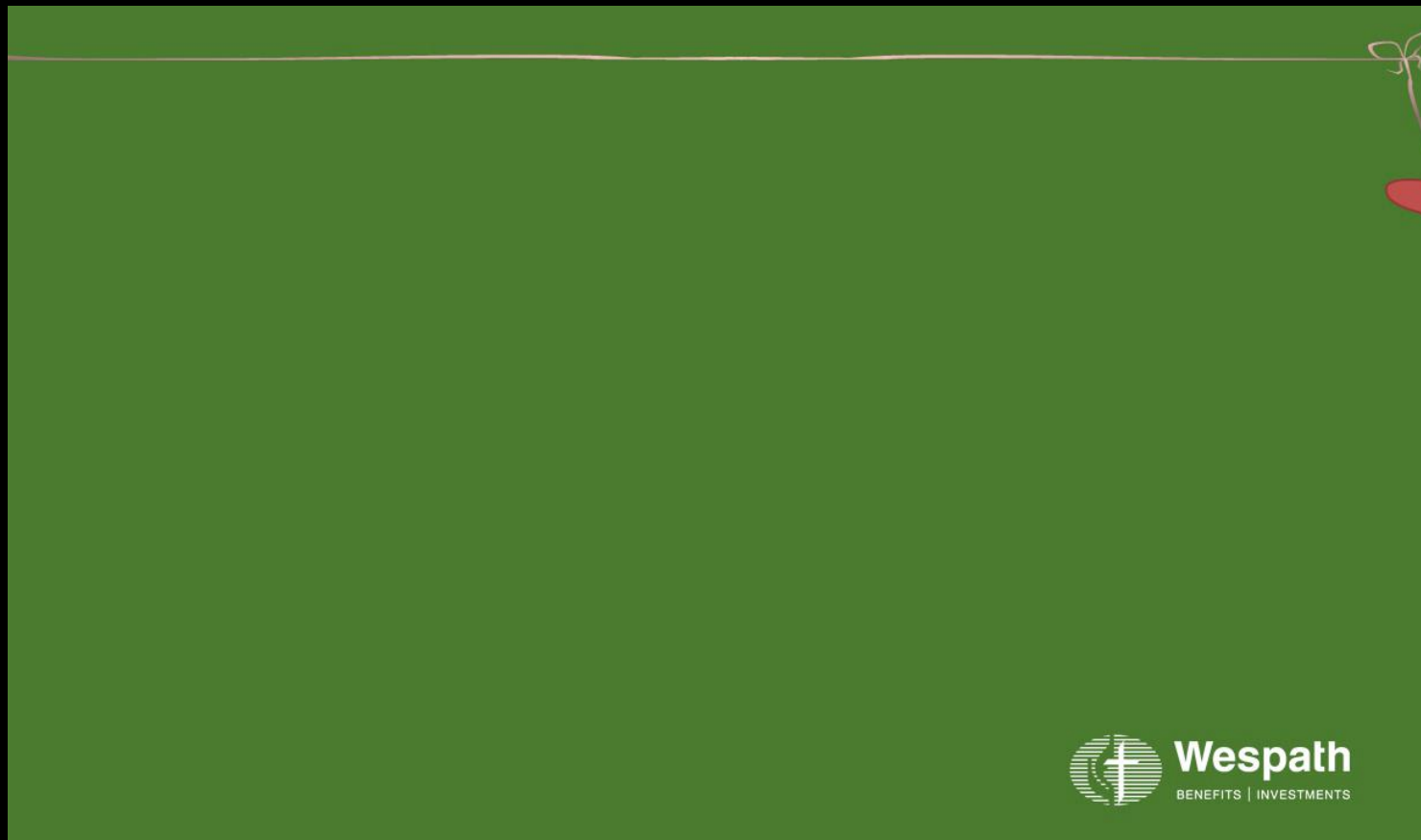
Blueprint for Wellness and Health Quotient: Updates



Change timeframe in 2019

- Complete January 2 – July 31
- Those hired after April do not need to take HQ to receive the lower deductible

Blueprint for Wellness: Updates Social Media

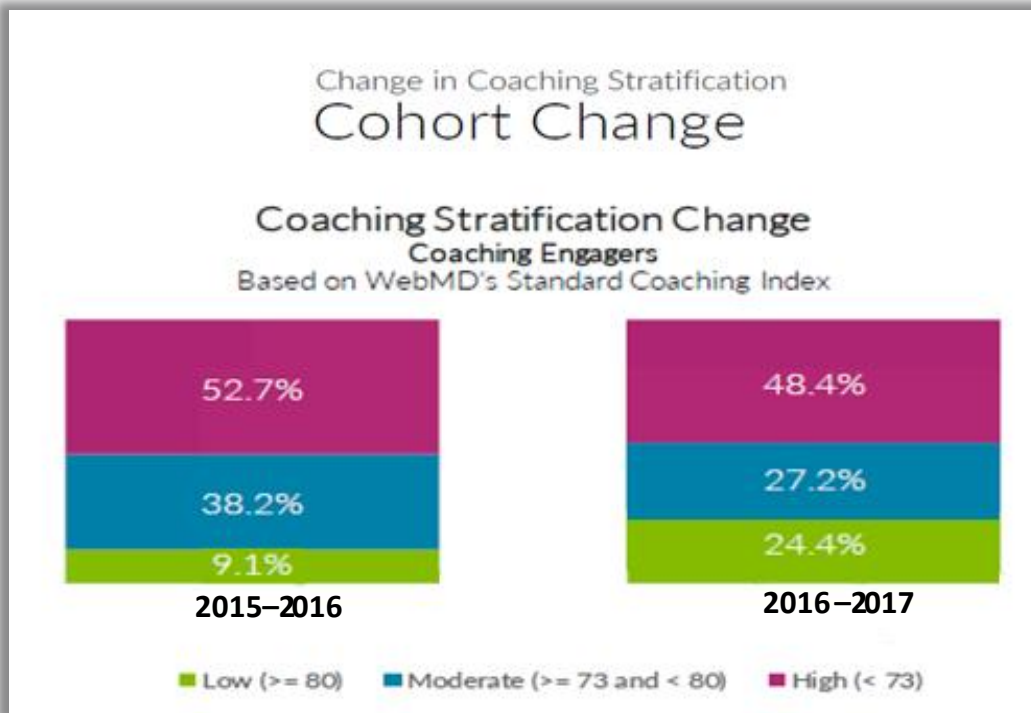


WebMD Coaching: Results

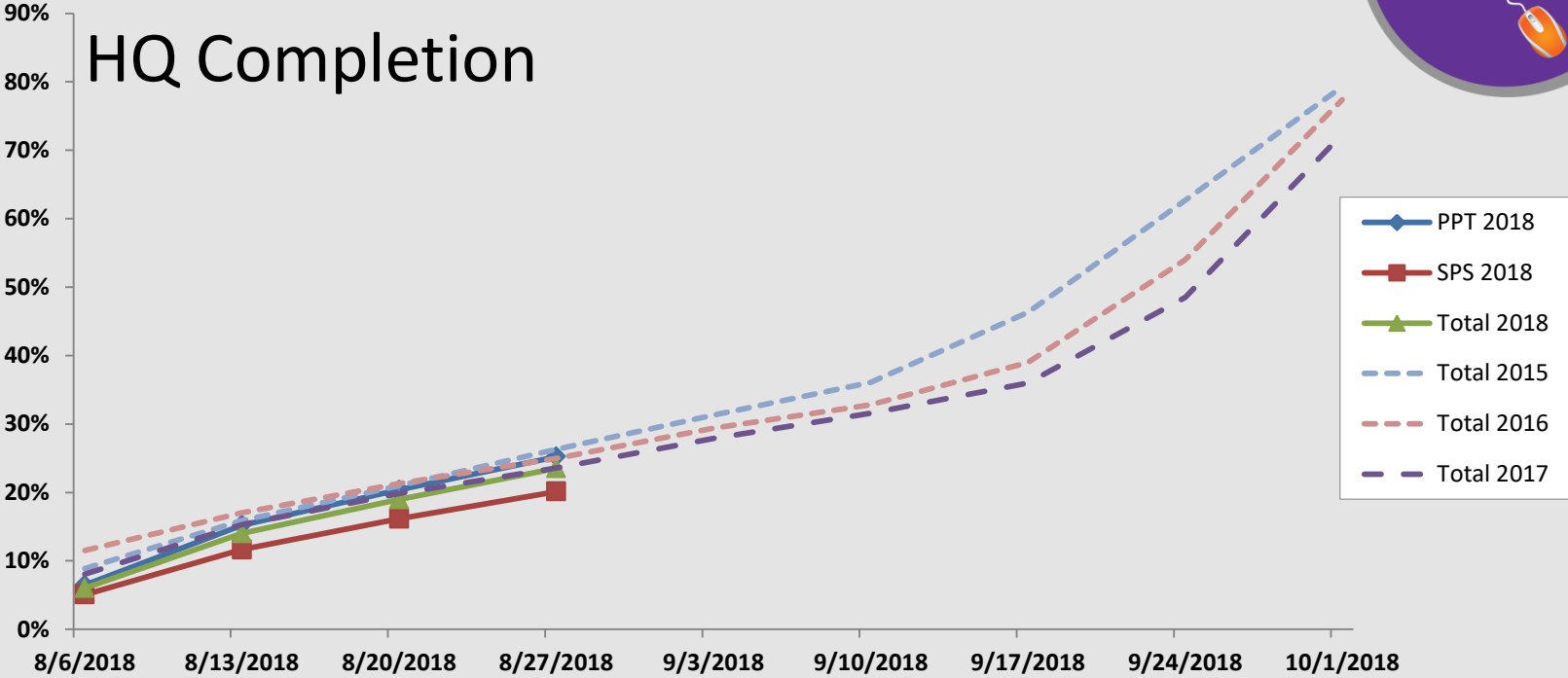
Decreased Risk Prevalence
Increased Risk Prevalence

	Cohort Change					
	2-Year Cohort HQ Completers N – 7,392 % of Cohort at Risk			2-Year Cohort Coaching Engagers N – 1,544 % of Cohort at Risk		
	2015	2016	Change	2015	2016	Change
Lifestyle Risks						
Poor Prevention	27.7%	24.8%	-2.9%	26.7%	22.7%	-4.0%
Cigarette Use	1.1%	1.1%	0.1%	1.6%	1.6%	0.0%
Alcohol Use	1.3%	1.2%	0.0%	1.0%	1.2%	0.3%
Poor Emotional Health	20.0%	19.8%	-0.2%	36.6%	31.3%	-5.3%
High Stress	30.7%	30.1%	-0.5%	45.9%	40.4%	-5.4%
High Weight	73.2%	73.9%	0.7%	88.7%	88.3%	-0.4%
Poor Physical Activity	29.6%	28.7%	-1.0%	37.4%	35.8%	-1.6%
Poor Diet	54.2%	51.9%	-2.4%	61.3%	56.2%	-5.1%
Poor Sleep	28.1%	26.0%	-2.0%	35.6%	32.3%	-3.3%
	2015	2016	Change	2015	2016	Change
Avg. Risks/Person	3.65	3.64	-0.01	4.59	4.40	-0.19

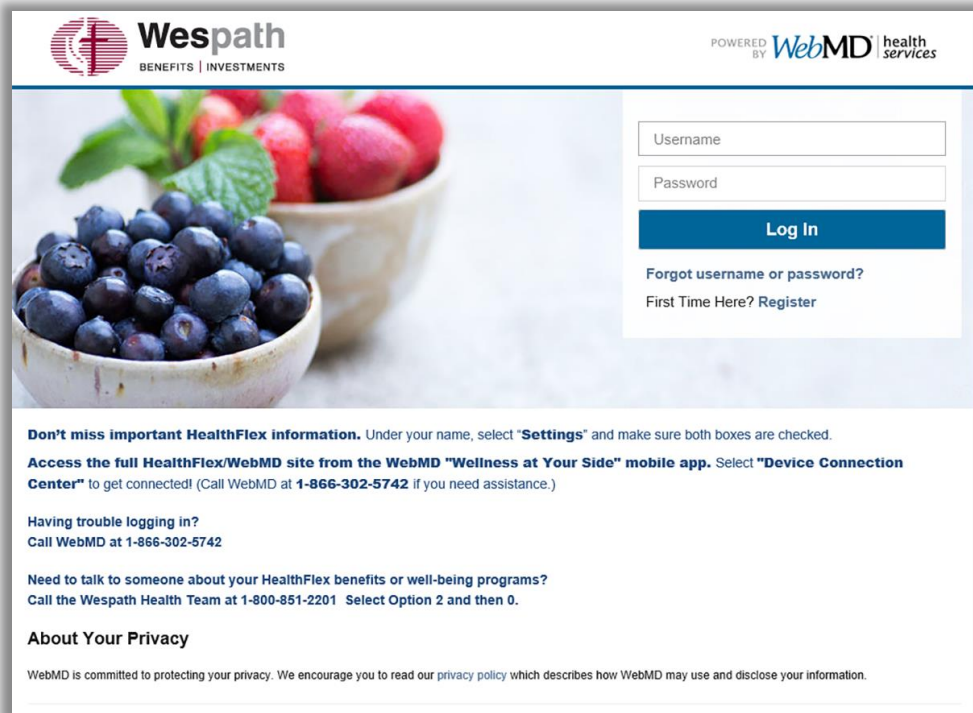
Coaching—WebMD: Results



HealthQuotient—WebMD: Results



Digital Health: Updates



The desktop view of the Wespath login page features a header with the Wespath logo (a stylized cross) and the text "Wespath BENEFITS | INVESTMENTS". To the right, it says "POWERED BY WebMD health services". The main content area is split: on the left is a photograph of two bowls of fresh fruit (strawberries and blueberries), and on the right is a login form with fields for "Username" and "Password", a blue "Log In" button, and links for "Forgot username or password?" and "First Time Here? Register". Below the form, there are several informational paragraphs and a privacy policy link.

Don't miss important HealthFlex information. Under your name, select **"Settings"** and make sure both boxes are checked.

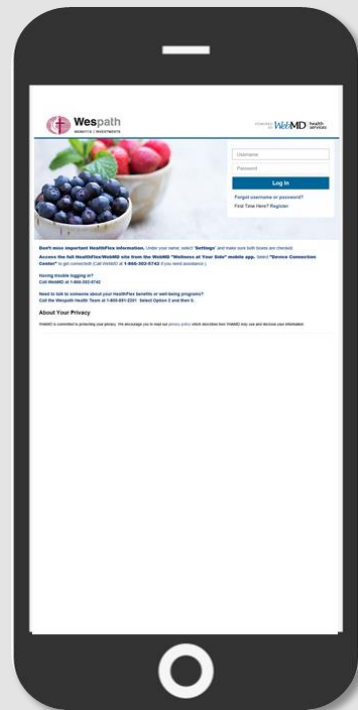
Access the full HealthFlex/WebMD site from the WebMD "Wellness at Your Side" mobile app. Select **"Device Connection Center"** to get connected! (Call WebMD at **1-866-302-5742** if you need assistance.)

Having trouble logging in?
Call WebMD at 1-866-302-5742

Need to talk to someone about your HealthFlex benefits or well-being programs?
Call the Wespath Health Team at 1-800-851-2201. Select Option 2 and then 0.

About Your Privacy

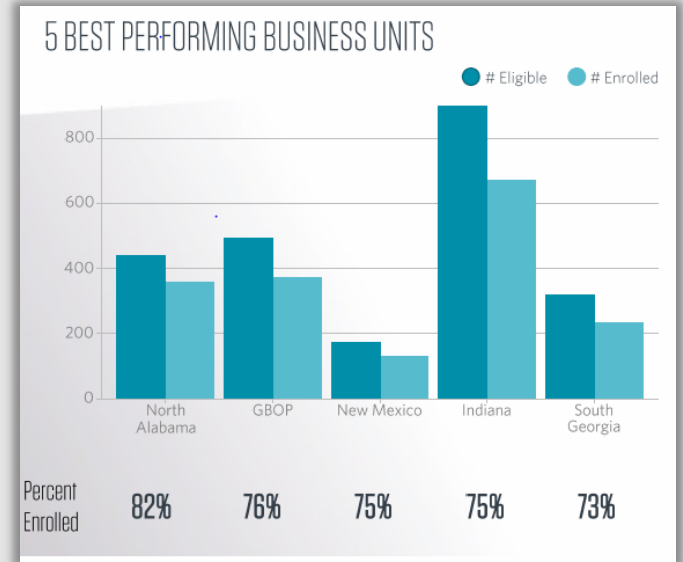
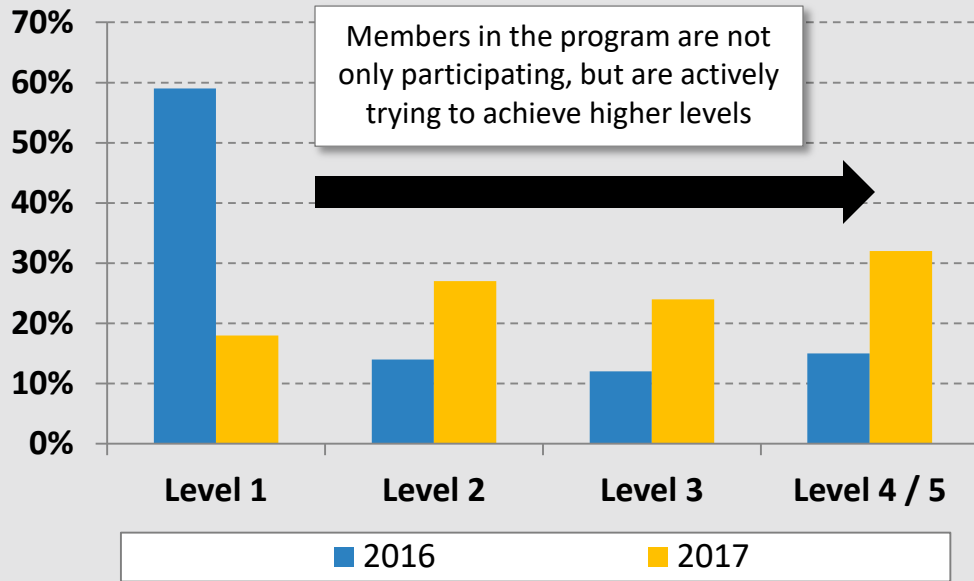
WebMD is committed to protecting your privacy. We encourage you to read our [privacy policy](#) which describes how WebMD may use and disclose your information.



Virgin Pulse: Results



Level Achievement



Virgin Pulse: Updates

Client Report Archive

- Accessible from VP account
- Monthly reports include
 - Earned incentives and Eligible and enrolled

Reporting

- Accessible from VP account
 - Detailed aggregate reporting



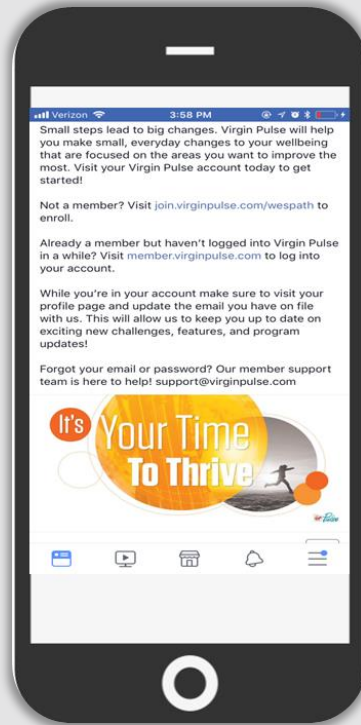
Virgin Pulse: Updates

Champions Program

- Champions inspire, encourage and support
- Virgin Pulse hosts quarterly Champions call
 - Discuss ways to increase participation and engagement
 - Sent e-mail to ask for volunteers

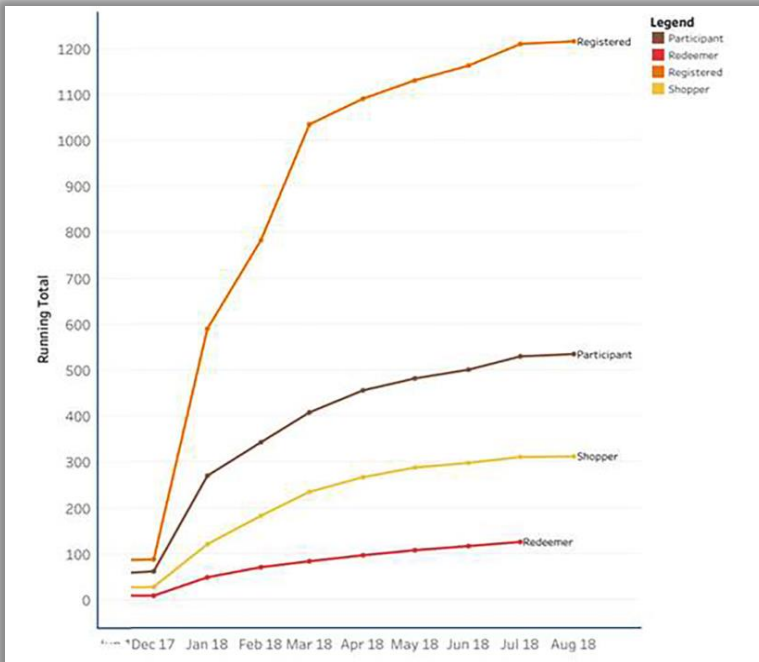


Virgin Pulse: Social Media



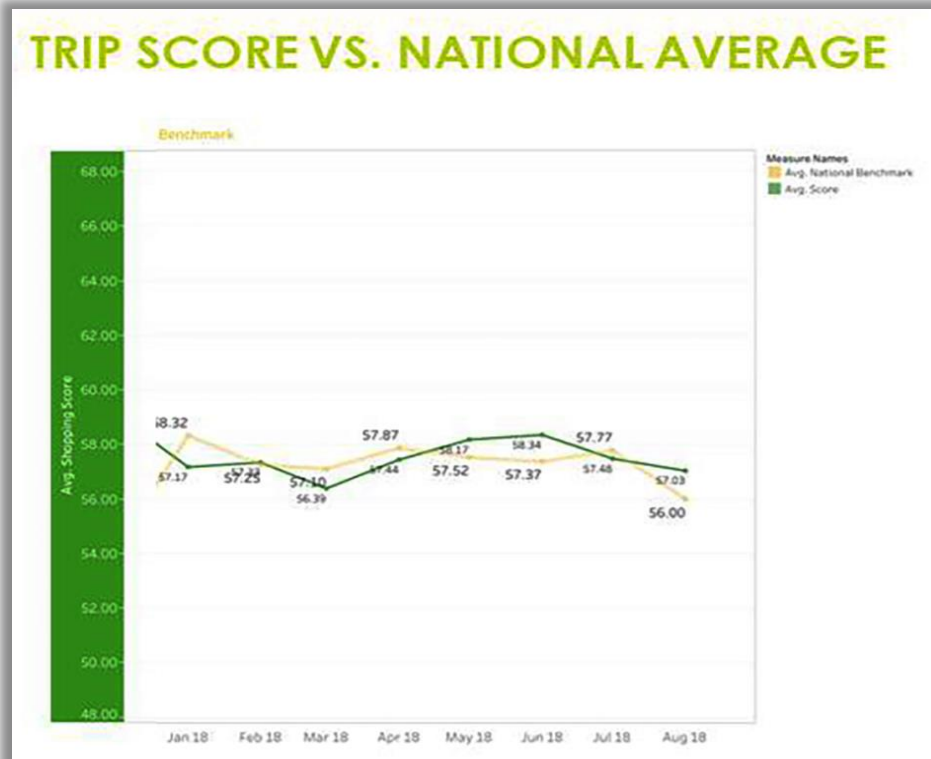
NutriSavings: Results

Continued adoption by Wespath Participants



Total Eligible:	9,553
Total Registered:	1,217
Active Participants:	436
Active Shoppers:	313
Redeemers:	112

NutriSavings: Results



NutriSavings: Updates Social Media

MDLive: Results



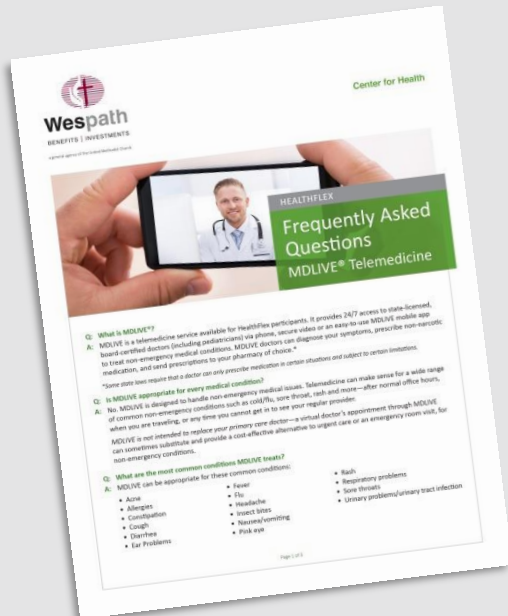
Launched in December of 2016

Eligible: **17,898**
Enrolled: **1,952**
**Q1 and Q2
of 2018:** **107 calls**

Top 5 reasons for calling	
Sinusitis—acute	16
Upper respiratory infection	11
Cystitis	7
Conjunctivitis	6
Bronchitis	6

MDLive: Updates

MDLive



NEW—MDLIVE Telemedicine!

Activate Now—Be Ready When You Aren't Feeling Well

Activate your MDLIVE telemedicine account now—then use this new service whenever you need non-emergency medical guidance but can't see your own doctor or other primary care provider. Healthflex now offers MDLIVE, with 24/7 access to board-certified physicians via phone, secure video or mobile app—convenient for medical needs after normal office hours. MDLIVE doctors can diagnose non-emergency issues and prescribe medications.*

MDLIVE is easy to activate—do it now so you're ready later when you aren't feeling well. Three options:

- mdlive.com/healthflex
- 1-888-755-4991
- Download MDLIVE Telehealth app

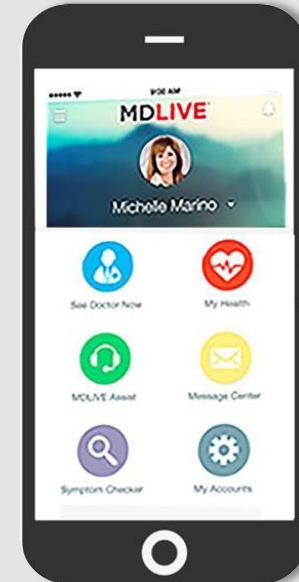
You must set up an MDLIVE account** to use the service.

* Some states have requirements that telemedicine doctors only prescribe medication in certain situations and subject to certain limitations.

** Participant, spouse and adult dependents must activate separate MDLIVE accounts. Other users (if any) can be added to the primary participant's account or registered separately.

Disclaimer: This document is provided as a general informational and educational service to Healthflex participants. It does not constitute medical, legal or investment advice. Wespath Benefits and Investments expressly disclaims all liability in respect to actions taken or not taken based on the contents of this document.

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Well-Being Questions: Updates

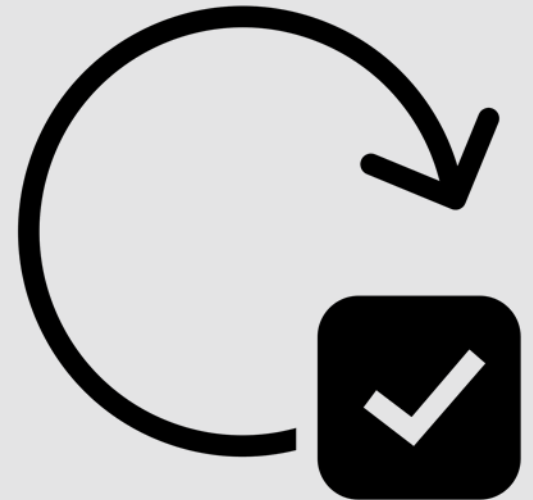
Feel comfortable directing all participant well-being questions to Health Team

For example:

- ❑ Why hasn't the BFW incentive shown up in my Virgin Pulse account?
- ❑ My VirginPulse account was cancelled?

Wellness Points: Updates

- **Increase**
 - Complete EY financial wellness update: **50 points**
- **Add**
 - Hemoglobin A1c: **20 points**
 - 7 measures: **140 point potential**
- **Hiatus**
 - Success stories



Evive: Updates

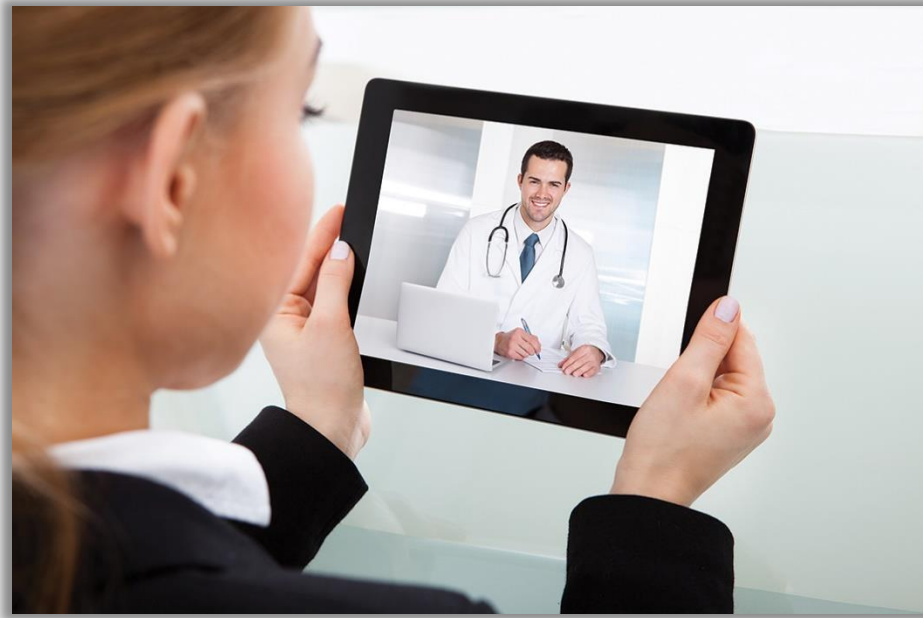
Current relationship will end December 31, 2018

We are working on:

- Winding this relationship down in a positive way
- Looking for a replacement to begin in 2019
 - Considering health plan carriers as replacement



EAP Virtual Visit: Updates



This does not
represent an actual call.
Licensed professionals
will be at your service ...

EAP Virtual Visit: Updates

Telemental Health—Virtual Visits

OPTUM | Live and Work Well English | Sign In | Register

Home Life & Work Mind & Body Financial & Legal Crisis Support Find a Resource Find a Provider Benefits & Claims

Welcome!

How can we help you?

Search

Your claims at-a-glance

View all claims Submit a new claim Check Your Benefits

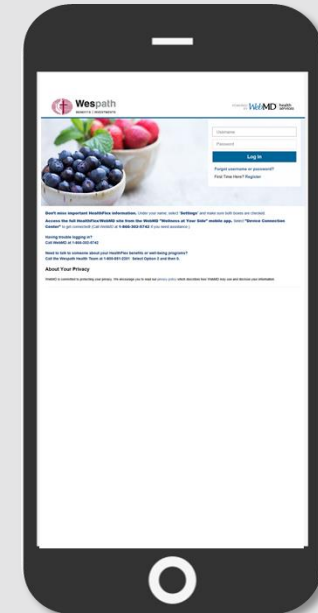
Call 1-800-788-5614 anytime for confidential help

If this is an emergency or you think you may harm yourself, please call 911.

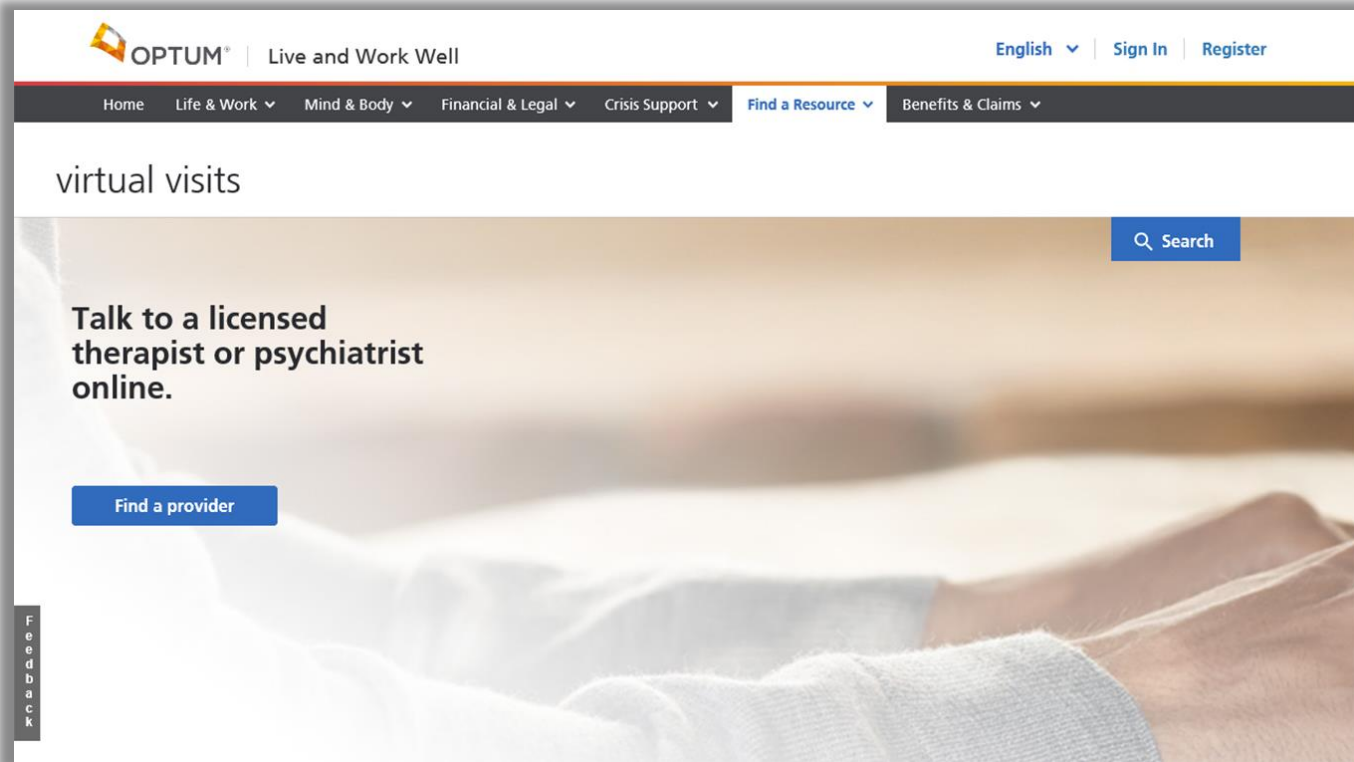
The first step to suicide prevention is awareness. Learn the warning signs, how to talk with someone who may be at risk, where to get help, and how to cope if you're a suicide survivor.

The Suicide Prevention Hotline is 1-800-273-TALK. There is hope.

Activate Windows
Go to Settings to activate Windows.



EAP Virtual Visit: Updates



EAP Virtual Visit: Updates

Search for providers in your network
specializing in mental health and substance use.

Live and Work Well

Search by location Search by Name virtual visits

virtual visits

Talk and see a provider online, in the privacy and comfort of your own home. Providers with the Schedule Appointment link are able to see you online using our exclusive video-conferencing service, plus you can schedule your appointment online. Providers in this search that don't have the Schedule Appointment link can see you online using their own video services and scheduling is handled by calling the provider.

Provider must be licensed to practice in the state you're located in at the time services are provided; however, they do not need to be physically located in the state at the time services are provided.

Fields marked with an asterisk * are required

What benefit are you using ? *

- Employee Assistance Program (EAP):** Guidance and support for everyday life challenges from stress and anxiety to relationships and parenting via a set number of free visits
- Behavioral Health:** Part of your medical benefit for more serious behavioral issues and complex conditions via longer-term counseling

What state are you located in?*

Illinois

[Additional search fields \(Advanced Search\) v](#)

Feedback

EAP Virtual Visit: Updates

Search for providers in your network
specializing in mental health and substance use.

Live and Work Well

[Search by location](#) [Search by Name](#) [virtual visits](#)

Find providers who are licensed to practice in [IL](#)
who specialize in [select area of expertise](#)

[Return to New Search](#)

Further refine 216 results by:

Coverage/Plan Type

- Medicare (84)
- Medicaid/Medi-Cal (56)
- Commercial (216)
- Employee Assistance Program (212)

Provider Type

- Master Level Clinician (166)
- Nurse Masters Level (32)
- Psychiatrist (Physician) (91)
- Psychologist (108)
- EAP Specialist (99)

Sort by: Relevance

Page: 1 2 3 4 5 >

Advocate Medical group [View Details](#)

Provider Group

- Accepting New Patients
- 3024 E Empire St Fl 2
- Bloomington, IL 61704
- PH (309) 451-3376

Ardent Counseling Center [View Details](#)

Provider Group

- Express Access Provider
- Accepting New Patients
- 525 E North St Ste B
- Bradley, IL 60915
- PH (888) 870-1775

Feedback

Updates: New Dimensions Logo





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