

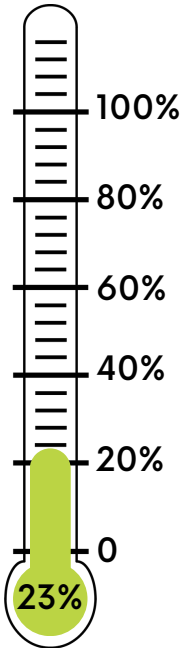
# PULSE CHECKS

Client:

Quarter: 2

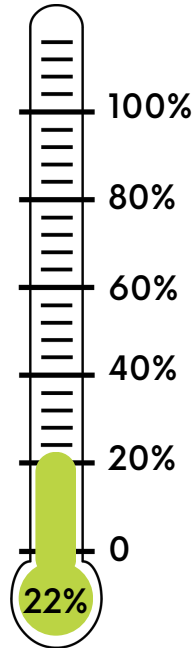
Eligible Population: 224

Q2: 25  
YTD: 51



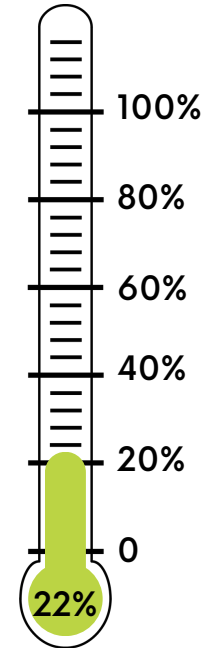
Active Users

Q2: 12  
YTD: 50



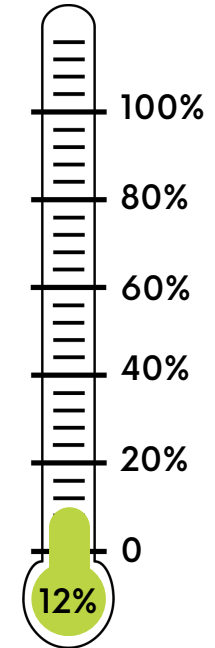
Completed HRA

Q2: 11  
YTD: 50



Reached 500 Points

Q2: 0  
YTD: 26



Reached 1000 Points

### Reward Point Winners

Structure	4 winners of \$100 Amazon gift card
Q1 Winners	Winner 1, 2, 3, 4
Q2 Winners	Winner 1, 2, 3, 4

### Health Hub Analytics

Page Views: 2  
Bounce Rate: 50%  
Time per Page View: 10 seconds



### Total Points Tracked

Q2: 3,988  
YTD: 82,548



## End of Quarter Summary

### Challenges:

- Strive Corporate Challenge
- # of Total Participants Registered: 9
  - # of Total Participants Reached Final Milestone: N/A

### Brush Up

- # of Total Participants Registered: 3
- # of Total Participants Reached Final Milestone: 3

### Presentations:

- SMART Workshop
- Summary: Participants learn about and work on setting SMART goals.

### Other Event Details:

Strive Executive Review: 5/11

### Campaign Details:

- June Monthly Email
- Open rate: 13.49%
  - Newsletter clicks: 0
- July Monthly Email
- Open rate: 15.42%
  - Newsletter clicks: 2

# QUARTER 3 GOALS/STRATEGIES

## Upcoming Events:

- Presentation – Health Benefits of the Great Outdoors: July
- Challenge – Cancer Awareness: 7/3 – 7/24
- Health Screenings: 9/5, 9/6, 9/7, 9/8, 9/12, 9/13, 9/14, 10/3

## Goals/Strategies:

- **Nicotine Use – Goal: 70% negative**
  - 2022: 60% negative
  - Strategies: Nicotine cessation campaign August – October; smoking-area resource flyers; organize smoking cessation support groups at each location; promote BCBS benefits
- **Body Composition – Goal: 61% in low-risk**
  - 2022: 56% in low-risk
  - Strategies: Nutrition education campaign in September
- **Screening Participation – Goal: 80% of eligible employees**
  - 2022: 72%
  - Strategies: Screening barrier survey; assure confidentiality & convenience; communication campaign: home mailer, email, posters, videos, in-person, etc.
- **Portal Engagement – Goal: 50% of census active**
  - End of Q2: 23%
  - Strategies: Continue timely challenge communications; remind participants of quarterly prizes and celebrate winners on-site; push App utilization; utilize HealthyLearn Library flyer

## 2023 Overall Goals/Strategies:

- Employee Needs & Interest Survey
- Wellness ambassador(s) at each location; Integrate with manager/safety meetings
- Integrate Health Hub into communications
- On-site blood presentations & blood pressure checks
- Communications
  - Stretching Flyer – SENT
  - Cholesterol Awareness Campaign – December
  - Blood Pressure Campaign – November
  - Nicotine Cessation Campaign – resource flyer SENT in June; push August – October
  - Mental Health Campaign – July/August