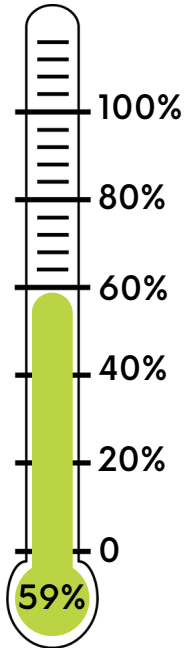


PULSE CHECKS

Client: Royal Truck & Utility Trailer

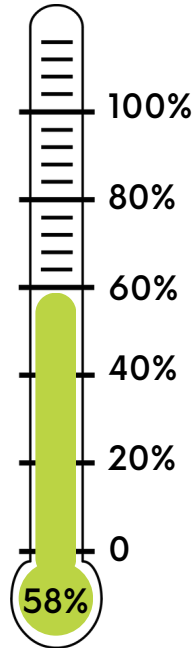
Quarter: 3

Q3: 141
YTD: 144



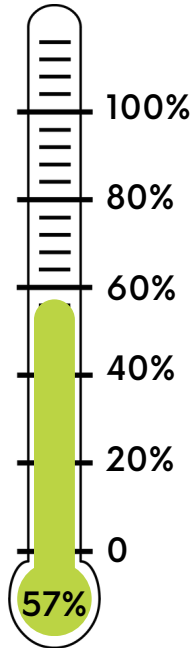
Active
Users

Q3: 87
YTD: 142



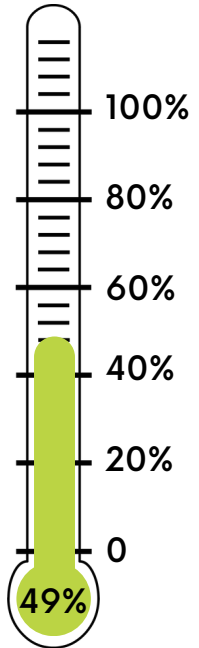
Completed
HRA

Q3: 88
YTD: 138



Reached
500 Points

Q3: 93
YTD: 119



Reached
1000 Points

Eligible
Population:
243

Reward Point Winners

Structure	4 winners of \$100 Amazon gift card
Q1 Winners	Daniel Burns, Todd Baker, Mark Bryce, April Oulding
Q2 Winners	Justin Spedowske, Connor Tywan, Bradley Dannenberg, Justin Gruppen
Q3 Winners	Renee Kompoltowicz, Daniel Boverhof, Yvonne Witham, Robert Pelkey

Health Hub Analytics

Page Views: 8

Bounce Rate: 33.3%

Time per Page View: 24
seconds



Total Points Tracked

Q2: 253,883

YTD: 336,431

End of Quarter Summary

Challenges:

- Cancer Awareness Challenge
- # of Total Participants Registered: 4
- # of Total Participants Reached Final Milestone: 1

Presentations:

- Health Benefits of the Great Outdoors
- Summary: The physical, mental, social, and financial benefits of spending time in nature.

Other Event Details:

- Health Screenings
- 9/5, 9/6, 9/7, 9/8, 9/12, 9/14

Campaign Details:

- Mental Health Campaign
- Webinar: 9/21
- Questionnaire: 22 completions
- JDRF One Walks
- 19 participants

QUARTER 4 GOALS/STRATEGIES

Upcoming Events:

- Presentation – Home Remedies for Combating Cold & Flu – November
- Challenge – One Month Madness: 10/2 – 10/30

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%
 - End of Q3: 59%
 - 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 – Materials SENT