



Healthy Team Healthy U®

PEBB

September 17, 2019

Attachment 6

Healthy **Team** *Healthy* U[®]

Program Overview and Updates

What is Healthy Team, Healthy U?

- HTHU is a total health solution program that targets overall health to maximize results and create healthier minds, healthier bodies, and a healthier workplace.
- The digital platform is built to improve nutrition, physical and mental well-being.
- Participants maintain accountability through advanced activity tracking, an immersive social experience with teams and colleagues, and on-demand analytics and rankings.
- Interactive online activities are scientifically designed to support participants as they advance through the program.
- Participants access the program through the web-based platform and/or native app on the Apple App Store or Google Play.
- Participants who complete nine or more e-learning sessions earn credit for 2 healthy action in the Health Engagement Model.

Clinically Tested Programs

Participation in HTHU has demonstrated:

- significant reduction in blood pressure and weight
- increased knowledge of how to balance diet and exercise
- improvement in workplace relationships.

HTHU participants reported:

- feeling less depressed
- missing less work
- increased happiness

Sources: Frontiers in Public Health, Oregon Health & Science University

Participants choose from three programs:



HTHU Level 1 gives you a great foundation of knowledge and skills proven to help you increase your physical activity, eat more fruits and vegetables, decrease high blood pressure, and improve mood and depression. Set your goals in Level 1!



TRACKER



HTHU Level 2 builds on the knowledge and skills gained from Level 1. You'll learn the benefits of strength training, tips on nutrition for exercise fuel and recovery, back and joint health, meal planning, and mindful eating. Challenge yourself to crush your goals in Level 2!



STRENGTH BAND



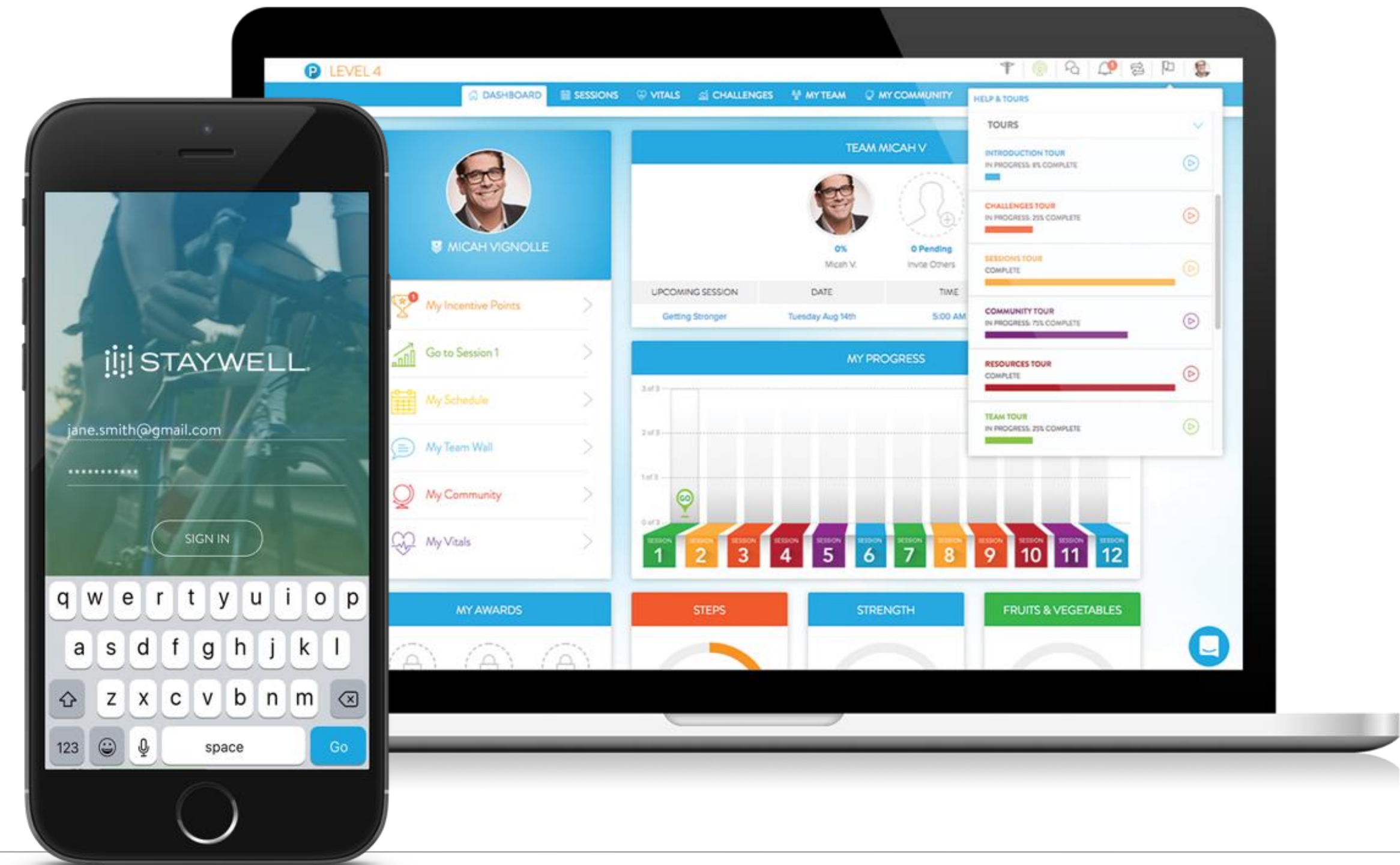
HTHU Level 3 has a strong focus on the cardiovascular system. You will gain knowledge on heart health, added sugars, stress management, blood pressure, and meditation and relaxation. Learn how to maintain a healthy lifestyle and continue to achieve your goals in Level 3!



BP MONITOR*

Platform Updates and Enhancements

- StayWell branding
- New activity tracker selection and integration with platform
- Accessibility – 508 Compliance



New Activity Trackers

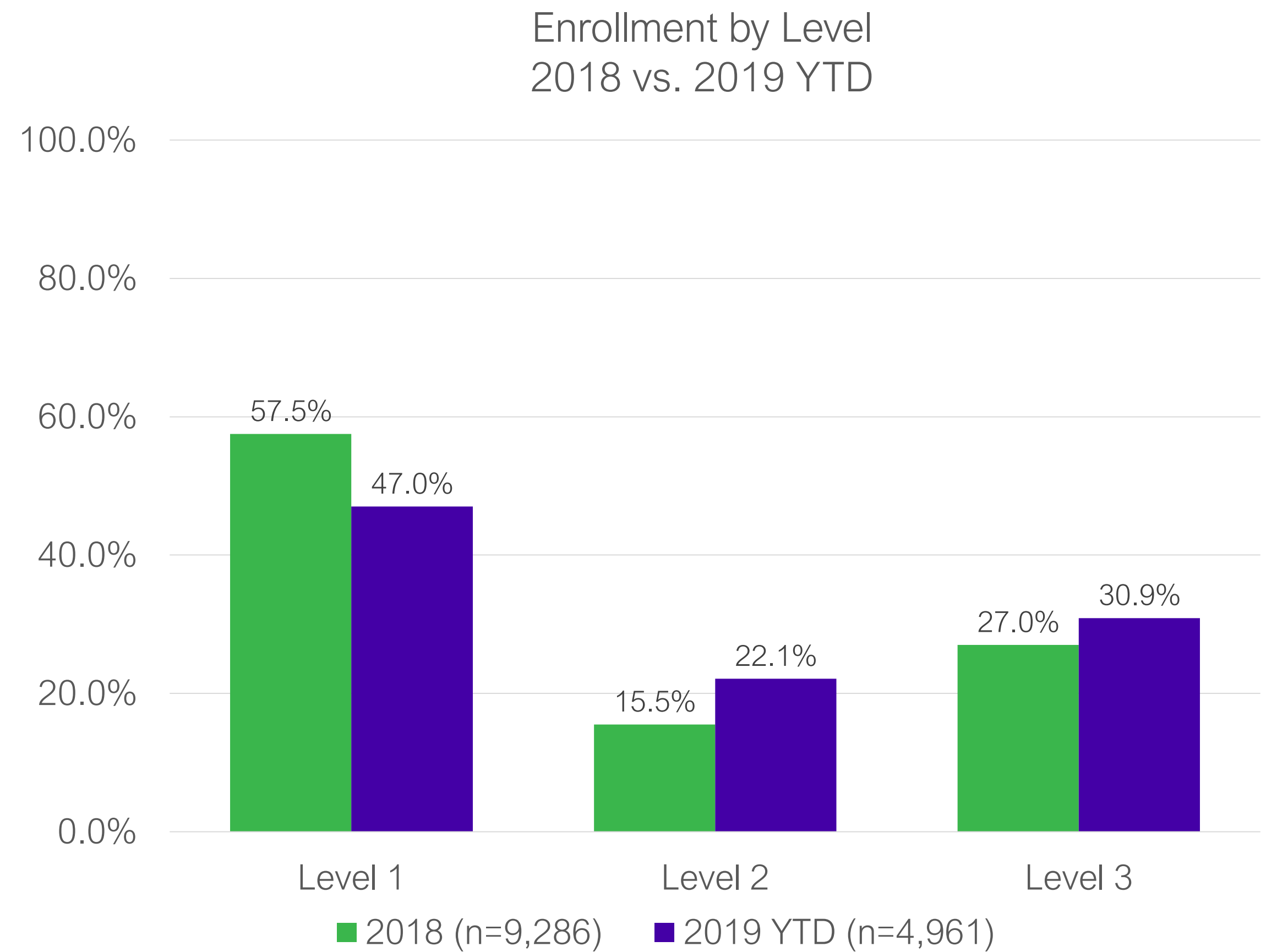
- Thoroughly tested and vetted device, in cooperation with Consumer Product Safety Commission guidance
- Wearable activity trackers sync with platform via Bluetooth connection to app to monitor physical activity and heart rate
- Enhances participant experience, goal participation, and measurable verified data points



Participation overview

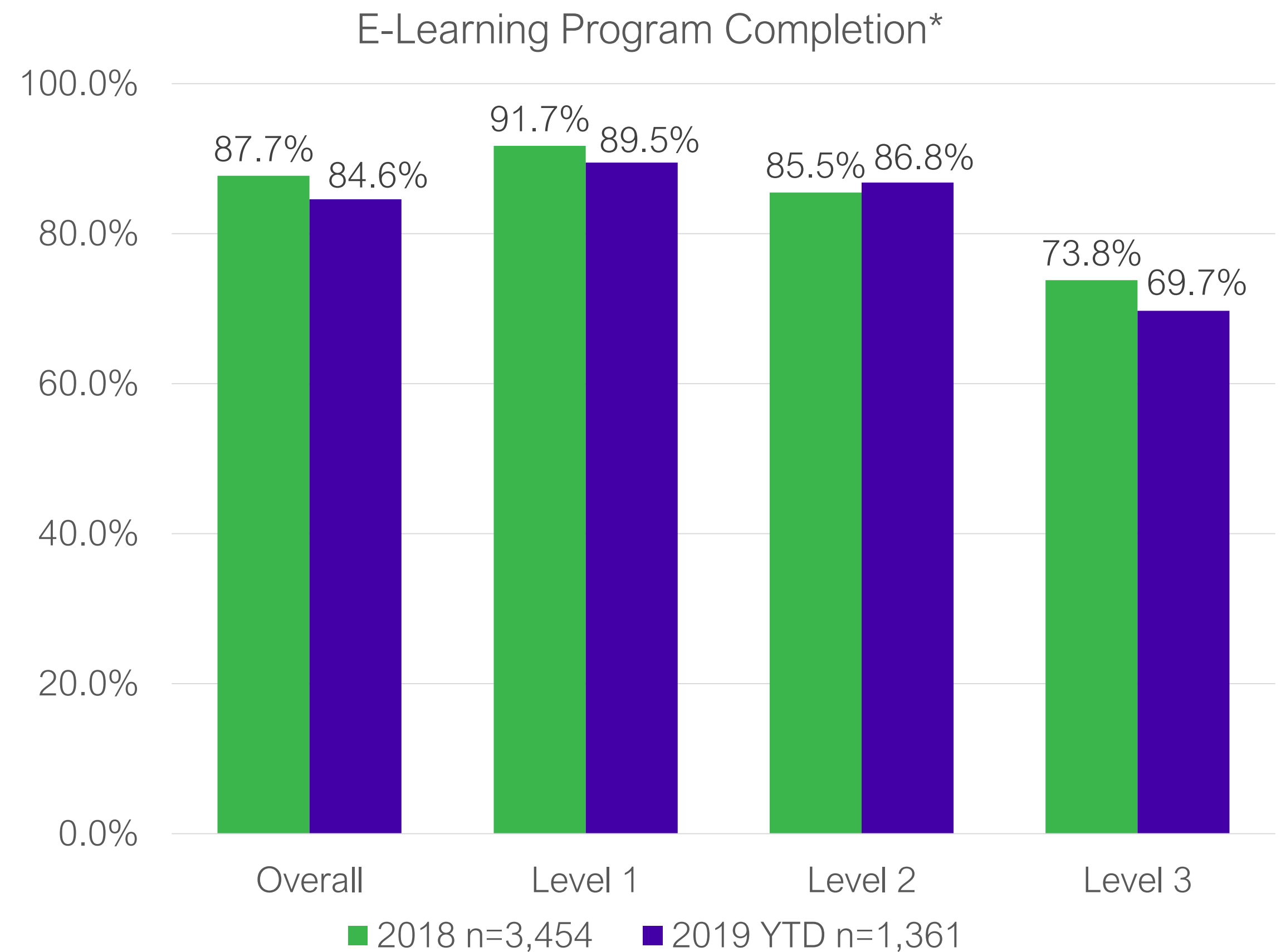
HTHU 2018 Enrollment

- From January 1, 2018 to December 31, 2018, there were a total of 9,286 HTHU enrollments.
- From January 1, 2019 to July 31, 2019, there were a total of 4,961 HTHU enrollments.



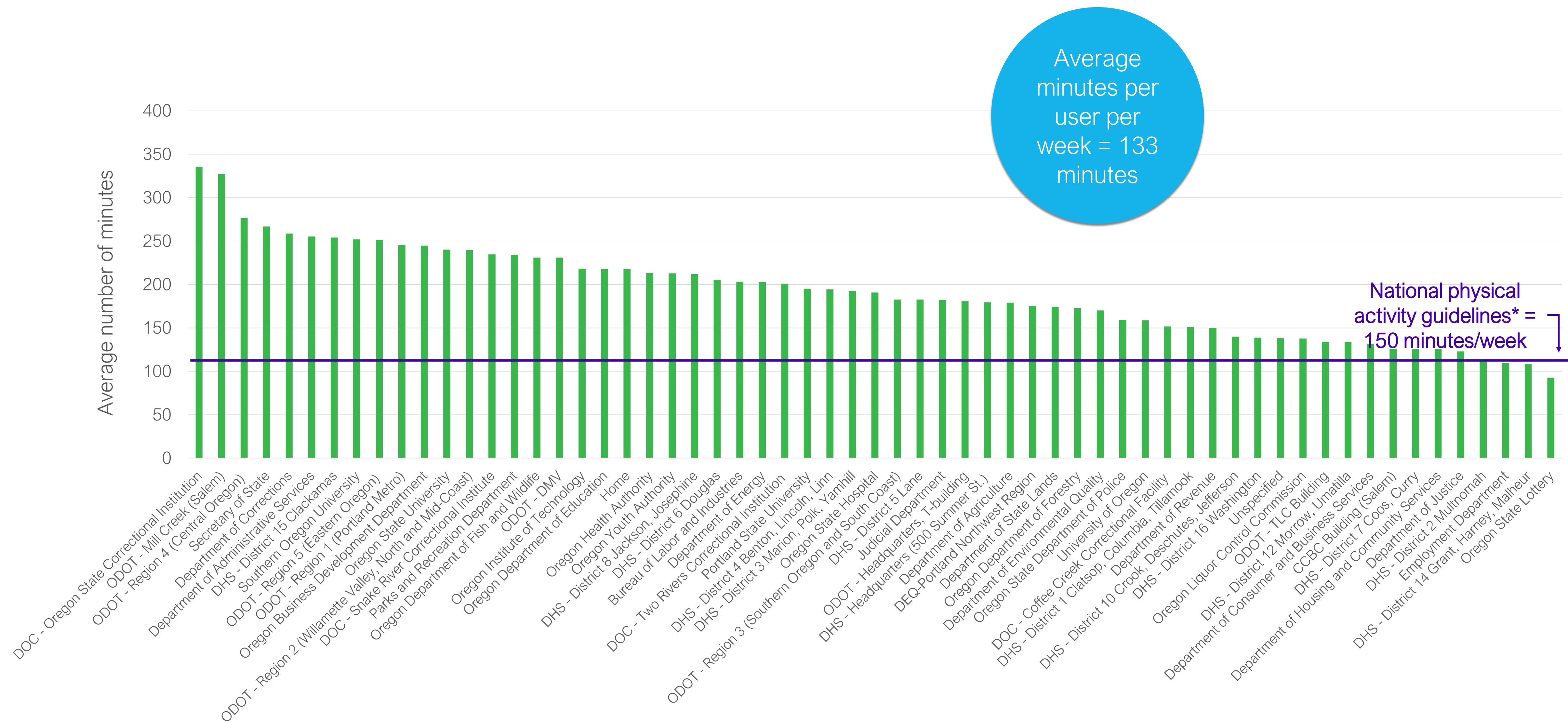
Session Completion

- In 2018, 87.7% of HTHU participants* completed at least 9 of the 12 e-learning sessions.
- So far in 2019, 85% of HTHU participants** completed at least 9 of the 12 e-learning sessions.



*Enrollment dates 1/1/2018-12/31/2018, Completion defined as participation in at least 9 out of 12 sessions. Level 1-3 completion data based on online e-Learning participation only. N=3,454.

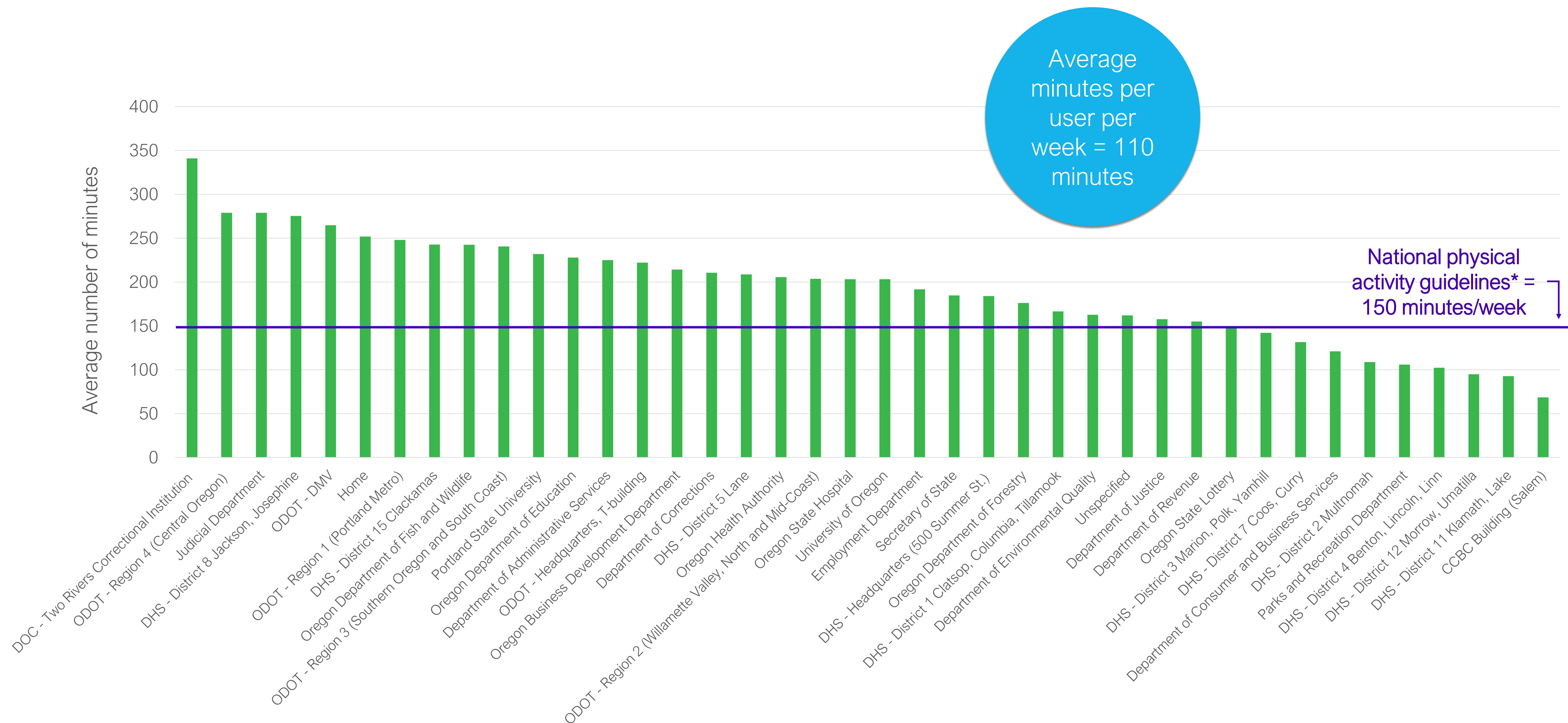
**Enrollment dates 1/1/2019-7/31/2019, Completion defined as participation in at least 9 out of 12 sessions. Level 1-3 completion data based on online e-Learning participation only. N=1,361.



*Based on enrollment dates 1/1/2018-12/31/2018, n=3,025.

*Source: U.S. Department of Health and Human Services 2008 Physical Activity Guidelines for Americans. Recommendation for adults = at least 150 minutes/week of moderate intensity exercise or 75 minutes/week of vigorous activity, or an equivalence combination of moderate and vigorous aerobic activity. <https://health.gov/paguidelines/guidelines/>

2018 Physical Activity: Average Minutes Per Week

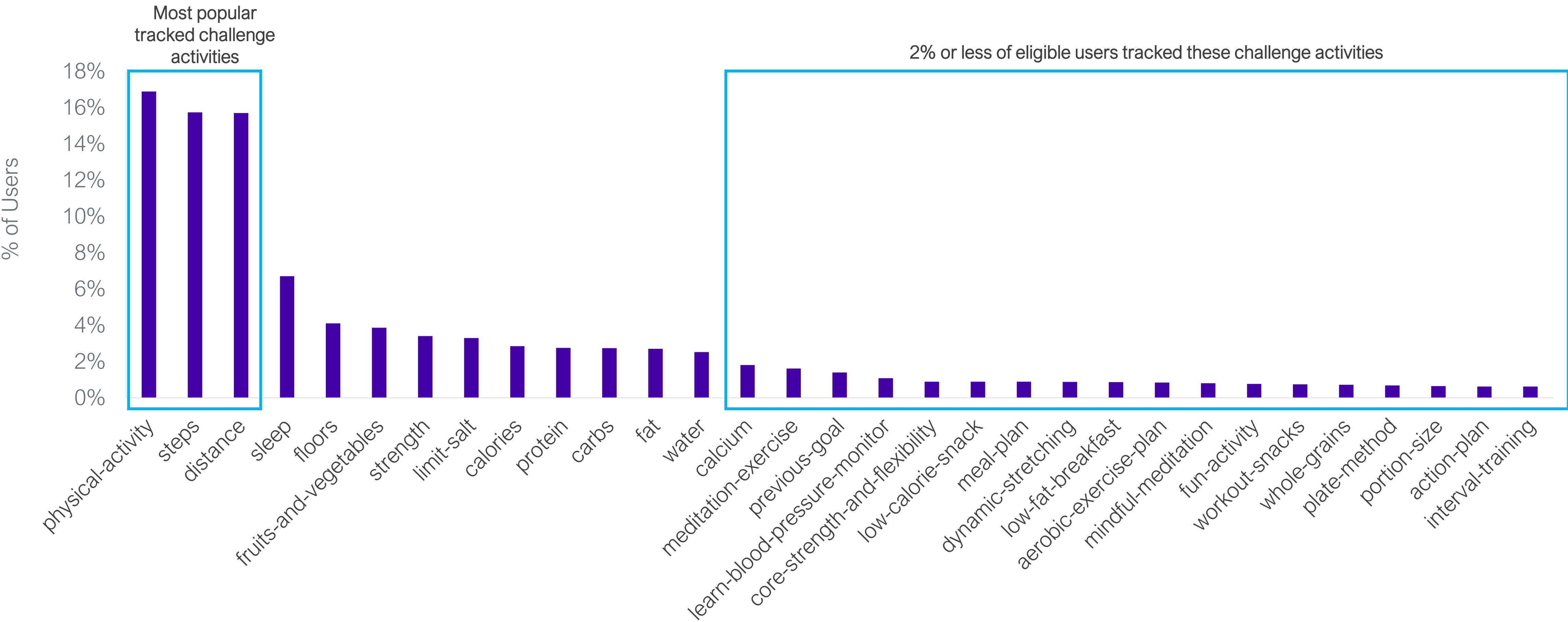


Based on enrollment dates 1/1/2019-7/31/2019, n=2398; Chart displays affiliations with 10+ users.

*Source: U.S. Department of Health and Human Services 2008 Physical Activity Guidelines for Americans. Recommendation for adults = at least 150 minutes/week of moderate intensity exercise or 75 minutes/week of vigorous activity, or an equivalence combination of moderate and vigorous aerobic activity. <https://health.gov/paguidelines/guidelines/>

2019 YTD Physical Activity: Average Minutes Per Week

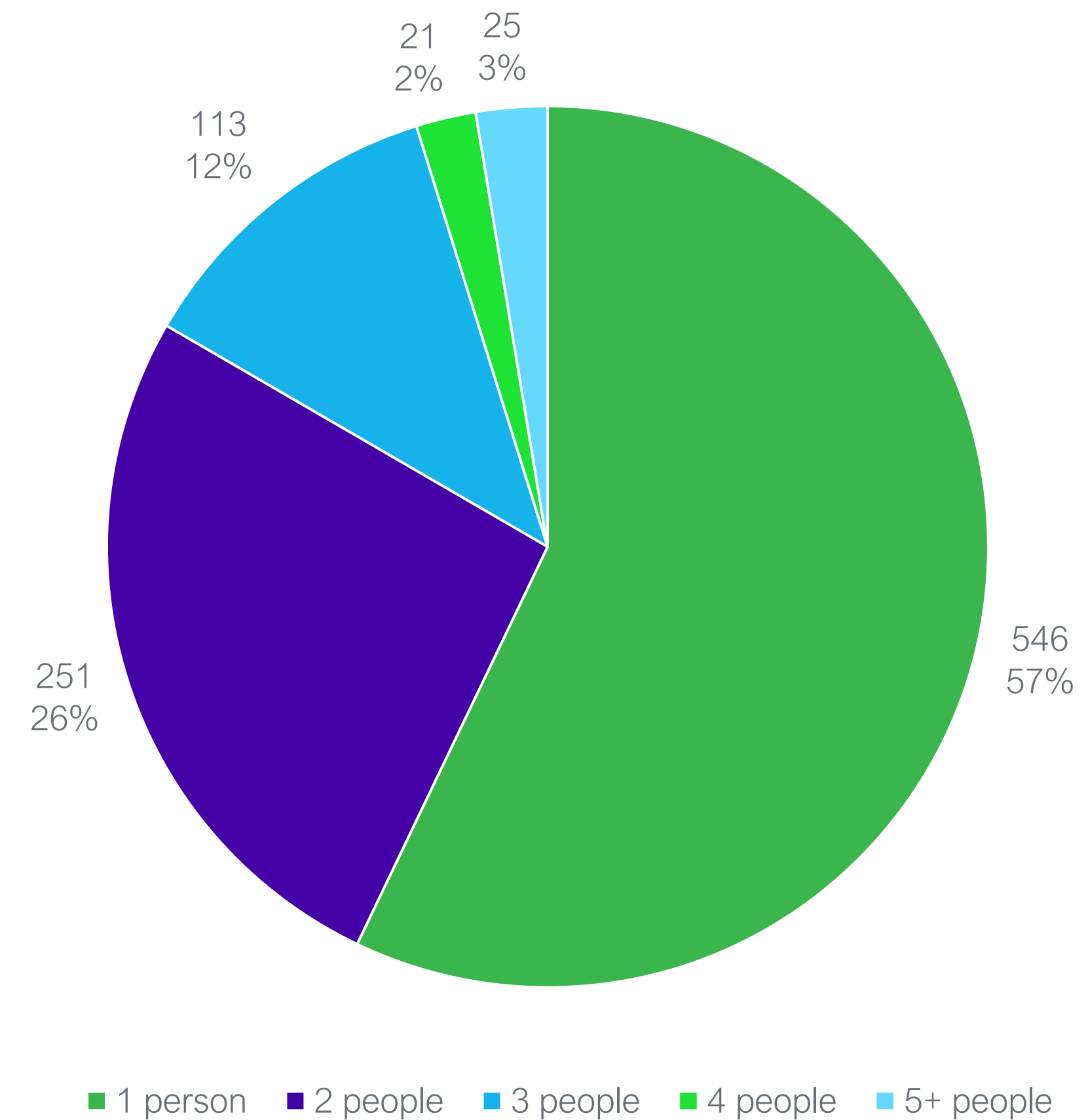
Percent of Eligible Users by Challenge Activity



Based on enrollment dates 1/1/2019-7/31/2019.

2019 YTD Team Activity

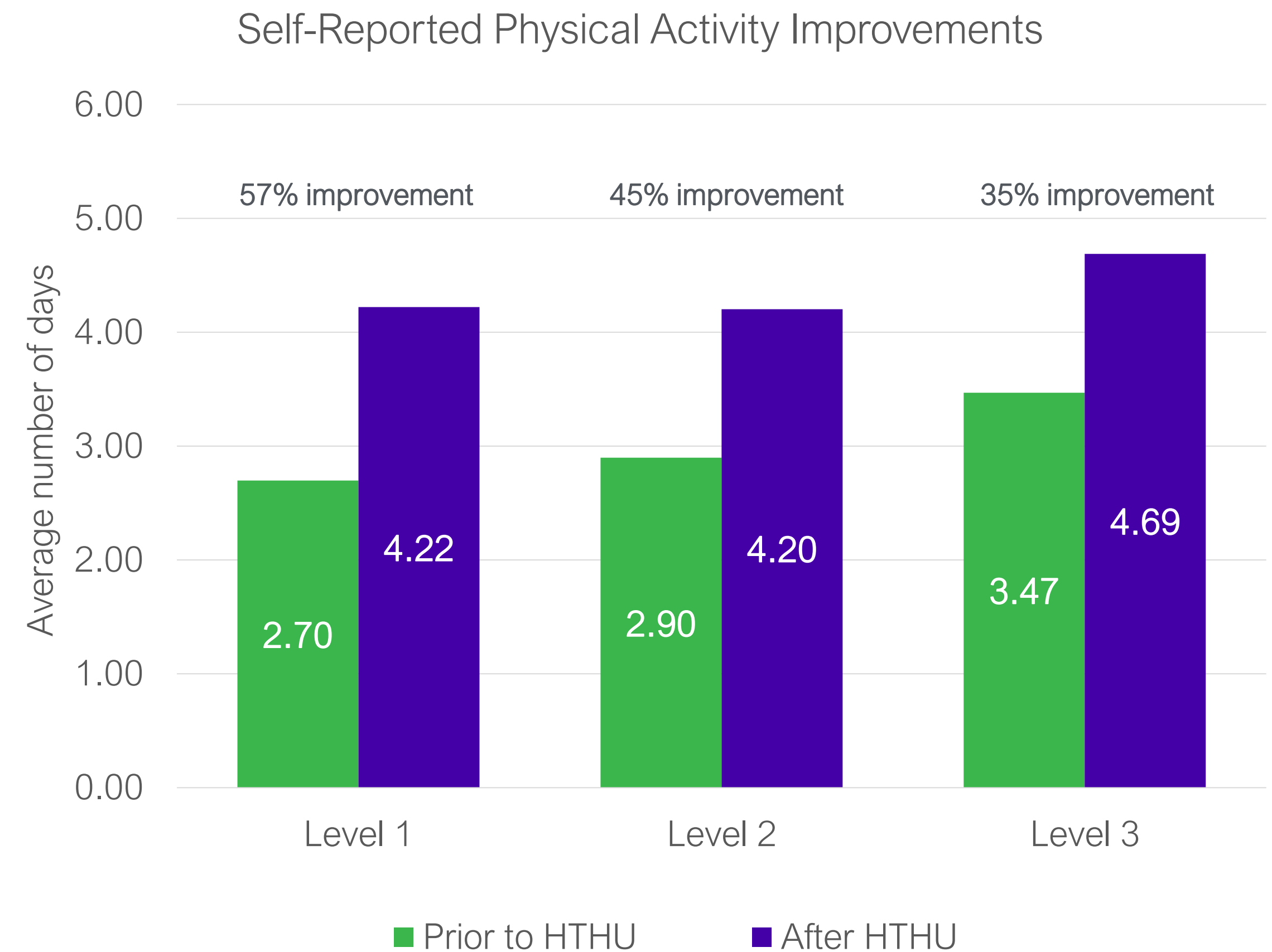
- Of the 956 teams created, 57% were a “team of one”.
- 43% of teams had at least 2 people and 17% had 3+ people.
- Recommend team challenge 2020 to explore benefits of teams.



Program Impact

Physical Activity 2018

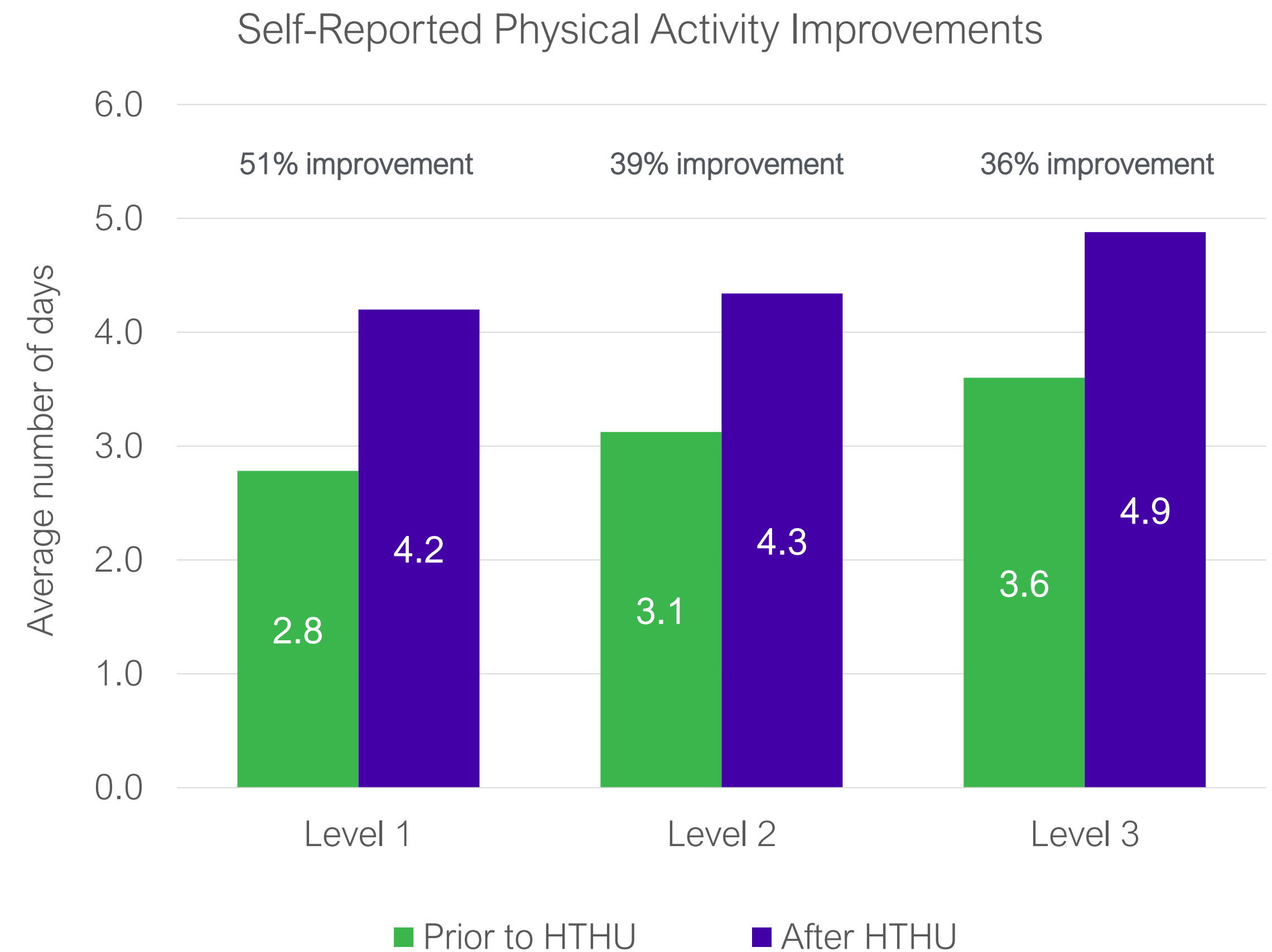
- Among HTHU participants, the average number of days of physical activity increased 46% overall.



Based on enrollment dates 1/1/2018-12/31/2018. Results do not reflect a cohort. Total number of responses to each survey item varied slightly. Level 1 n=631-632, Level 2 n=533-534, and Level 3 n=285-286.

Physical Activity 2019 YTD

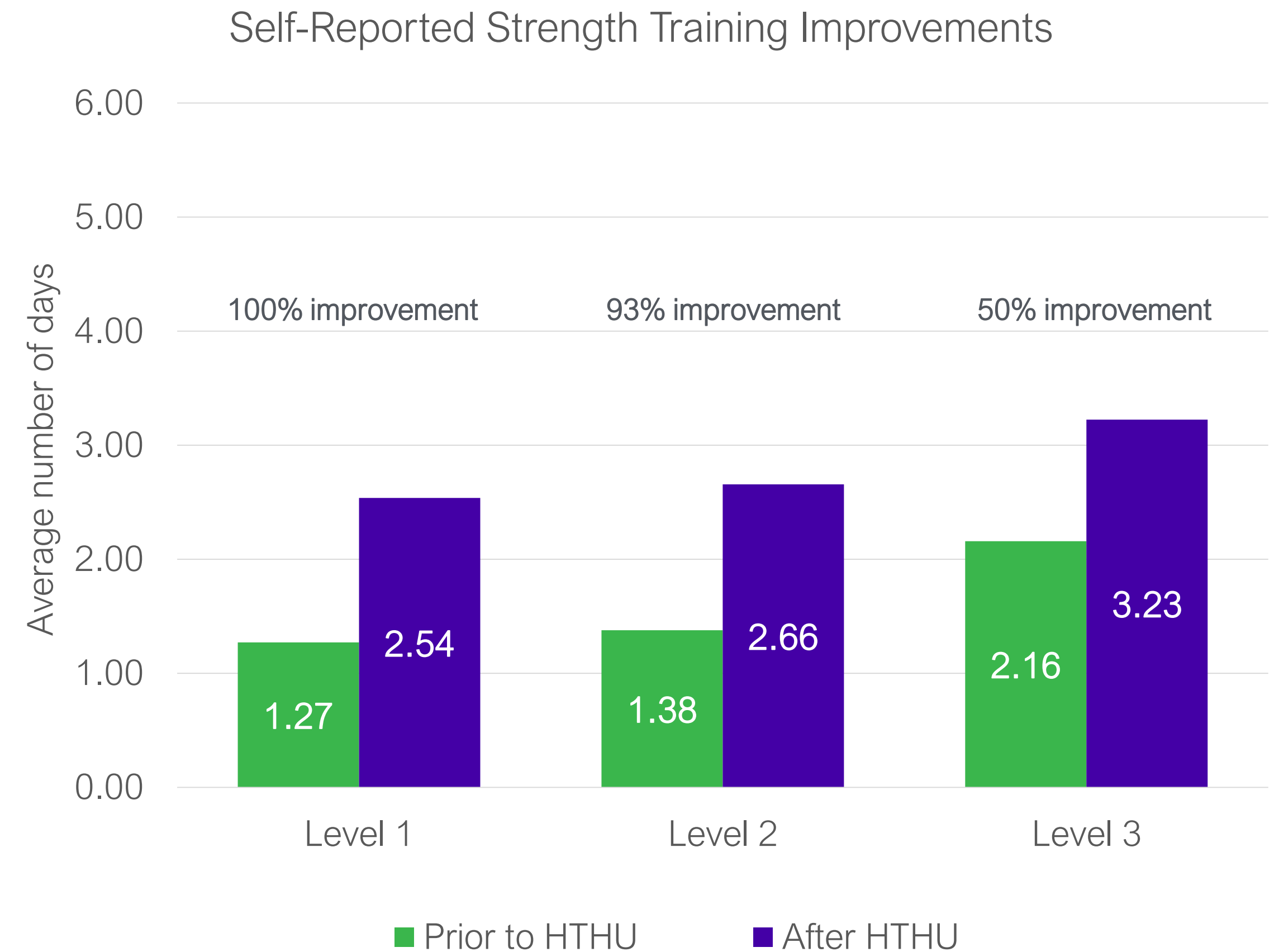
- Among HTHU participants, the average number of days of physical activity increased 42% across all levels.



Based on enrollment dates 1/1/2019-7/31/2019. Results do not reflect a cohort. Total number of responses to each survey item varied slightly. Level 1 n=288-289, Level 2 n=261-259, and Level 3 n=160.

Strength Training 2018

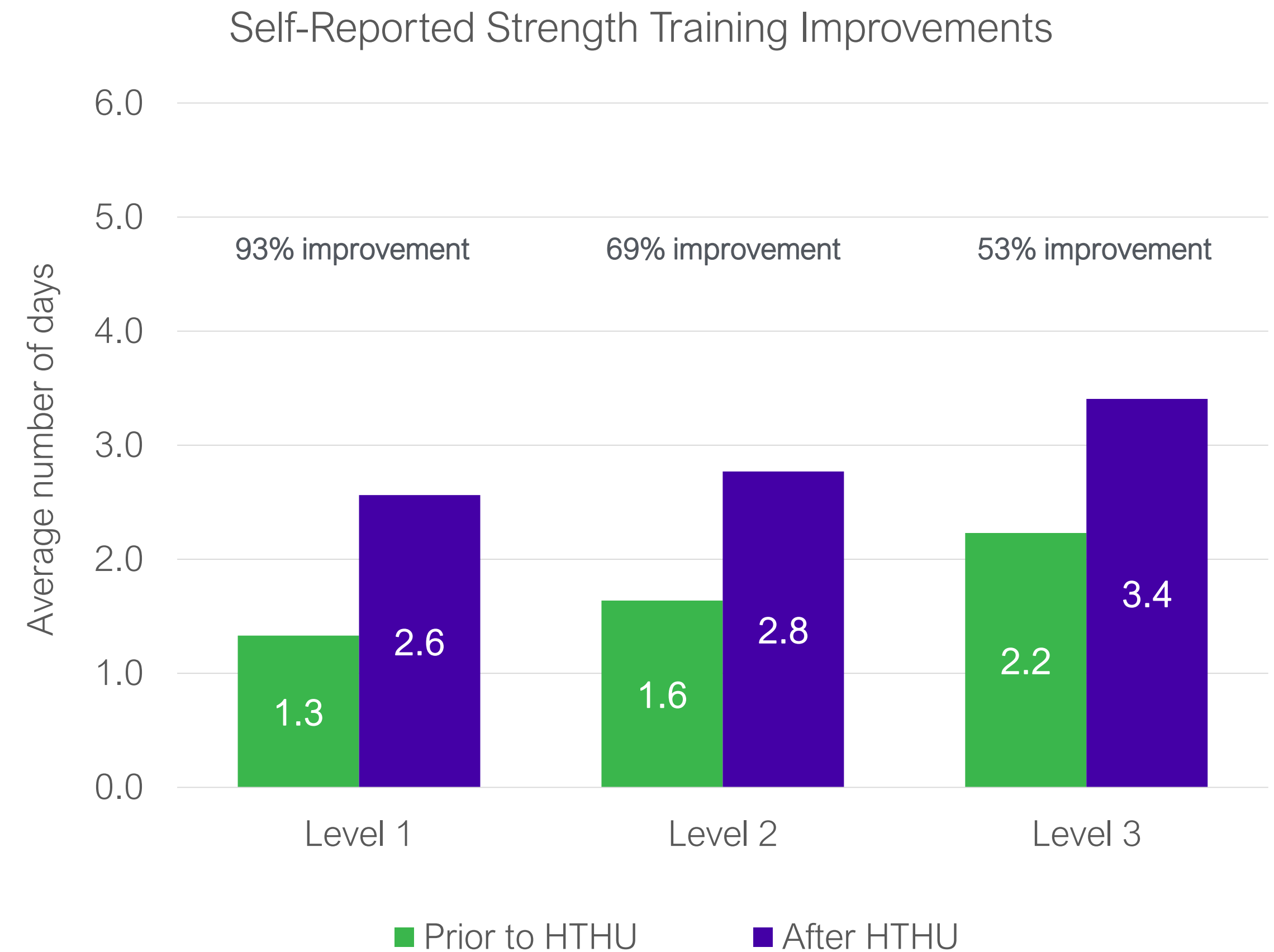
- Overall, the average number of days spent strength training increased 80% among HTHU participants.



Based on enrollment dates 1/1/2018-12/31/2018. Results do not reflect a cohort. Total number of responses to each survey item varied slightly. Level 1 n=622-624, Level 2 n=520-527, and Level 3 n=273-275.

Strength Training 2019 YTD

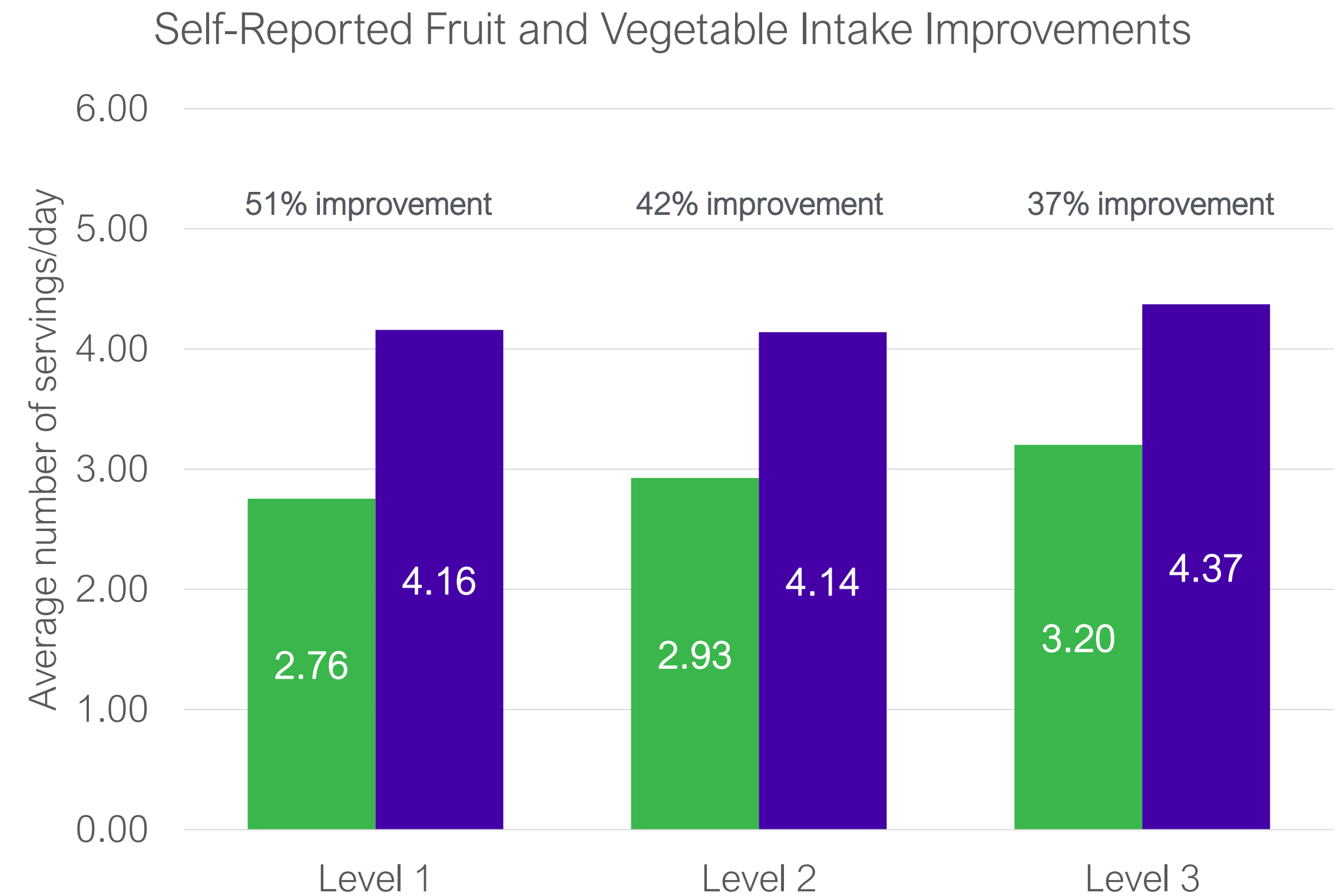
- Overall, the average number of days spent strength training increased 72% among HTHU participants.



Based on enrollment dates 1/1/2019-7/31/2019. Results do not reflect a cohort. Total number of responses to each survey item varied slightly. Level 1 n=282-285, Level 2 n=252-2541, and Level 3 n=156-158.

Healthy Eating 2018

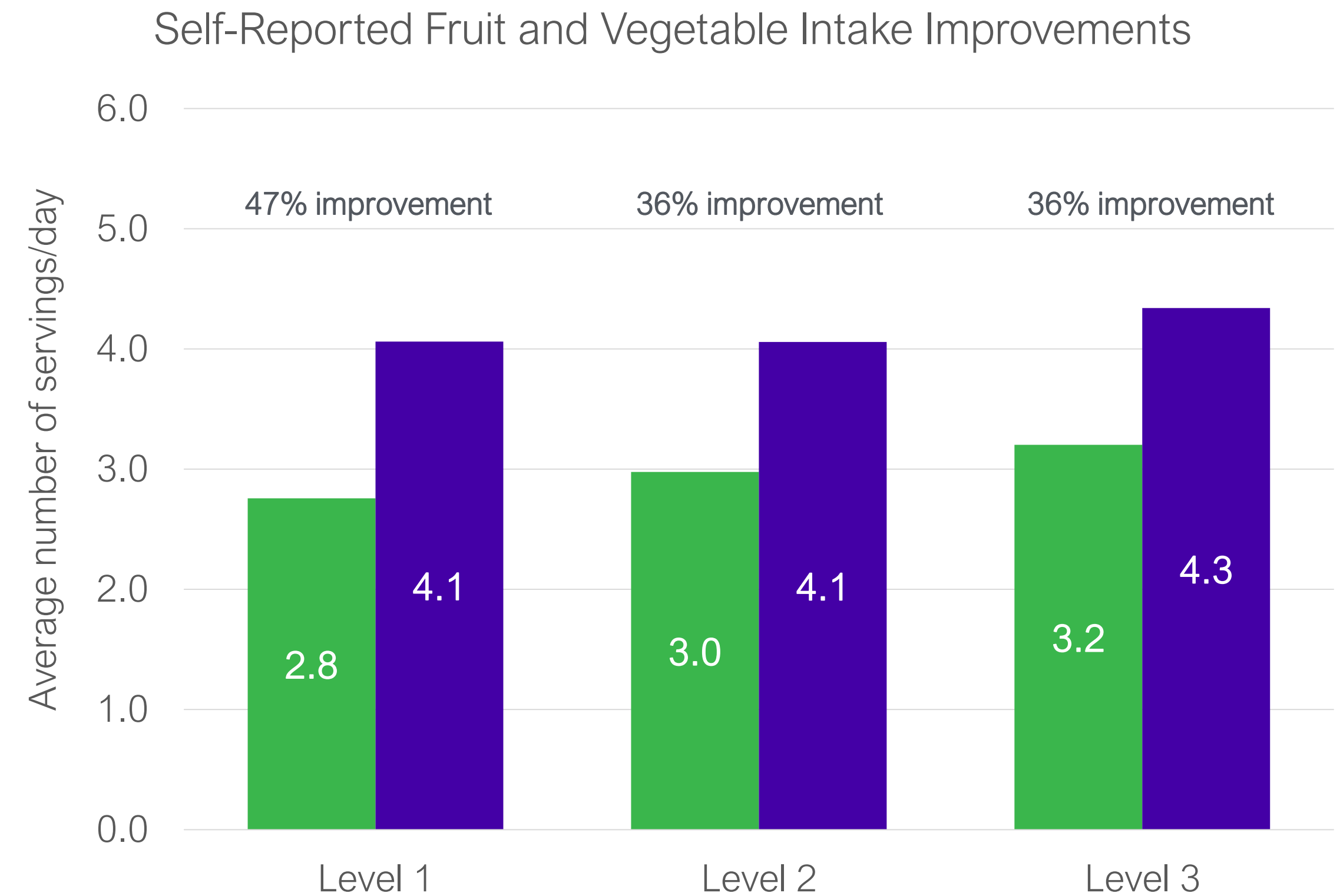
- Overall, average number of servings of fruits and vegetables increased 43% among HTHU program participants.



Based on enrollment dates 1/1/2018-12/31/2018. Results do not reflect a cohort. Total number of responses to each survey item varied slightly. Level 1 n=632-637, Level 2 n=527-534, and Level 3 n=283-288.

Healthy Eating 2019 YTD

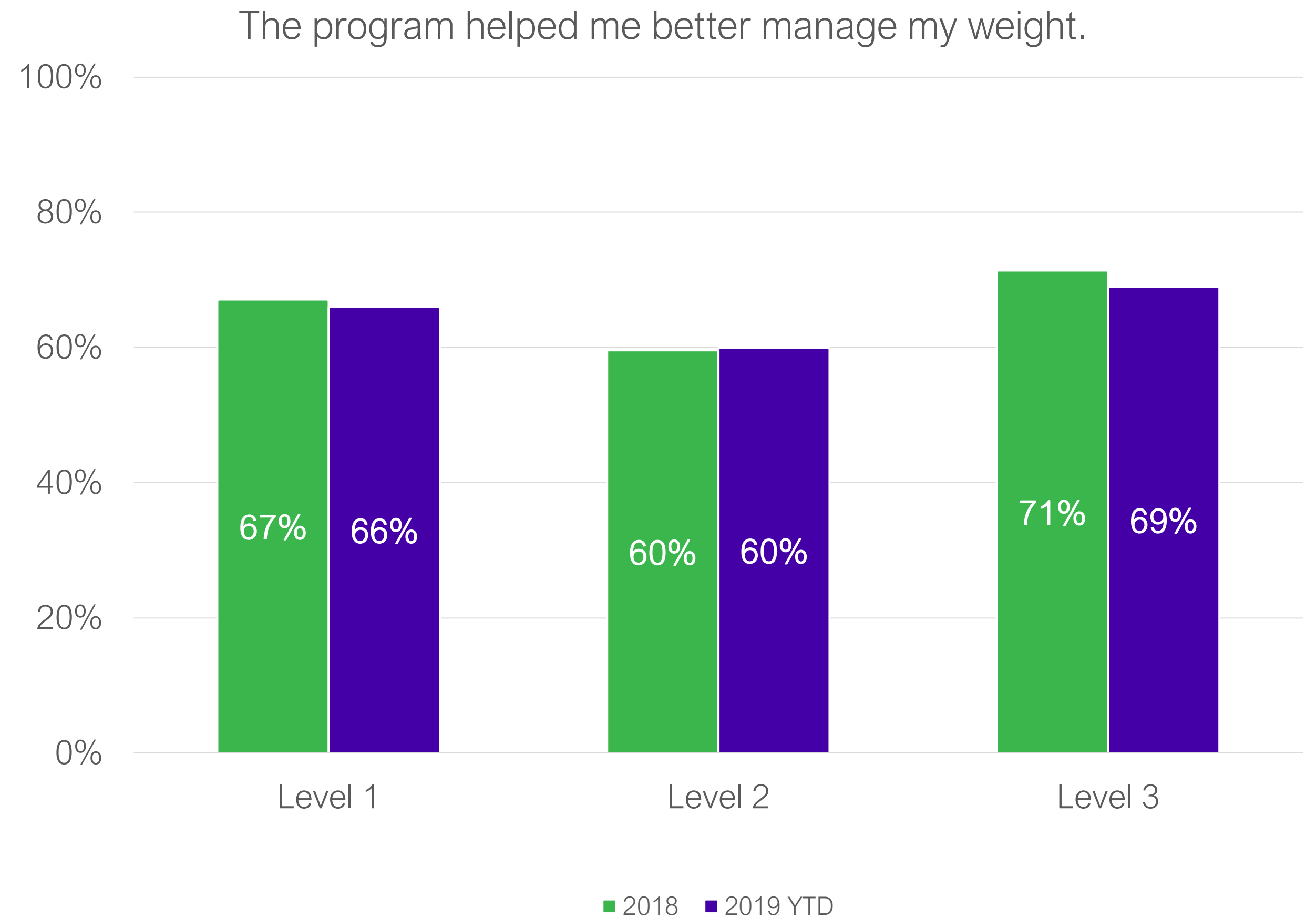
- Overall, average number of servings of fruits and vegetables increased 40% among HTHU program participants.



Based on enrollment dates 1/1/2019-7/31/2019. Results do not reflect a cohort. Total number of responses to each survey item varied slightly. Level 1 n=289, Level 2 n=258-261, and Level 3 n=161-162.

Healthy Weight

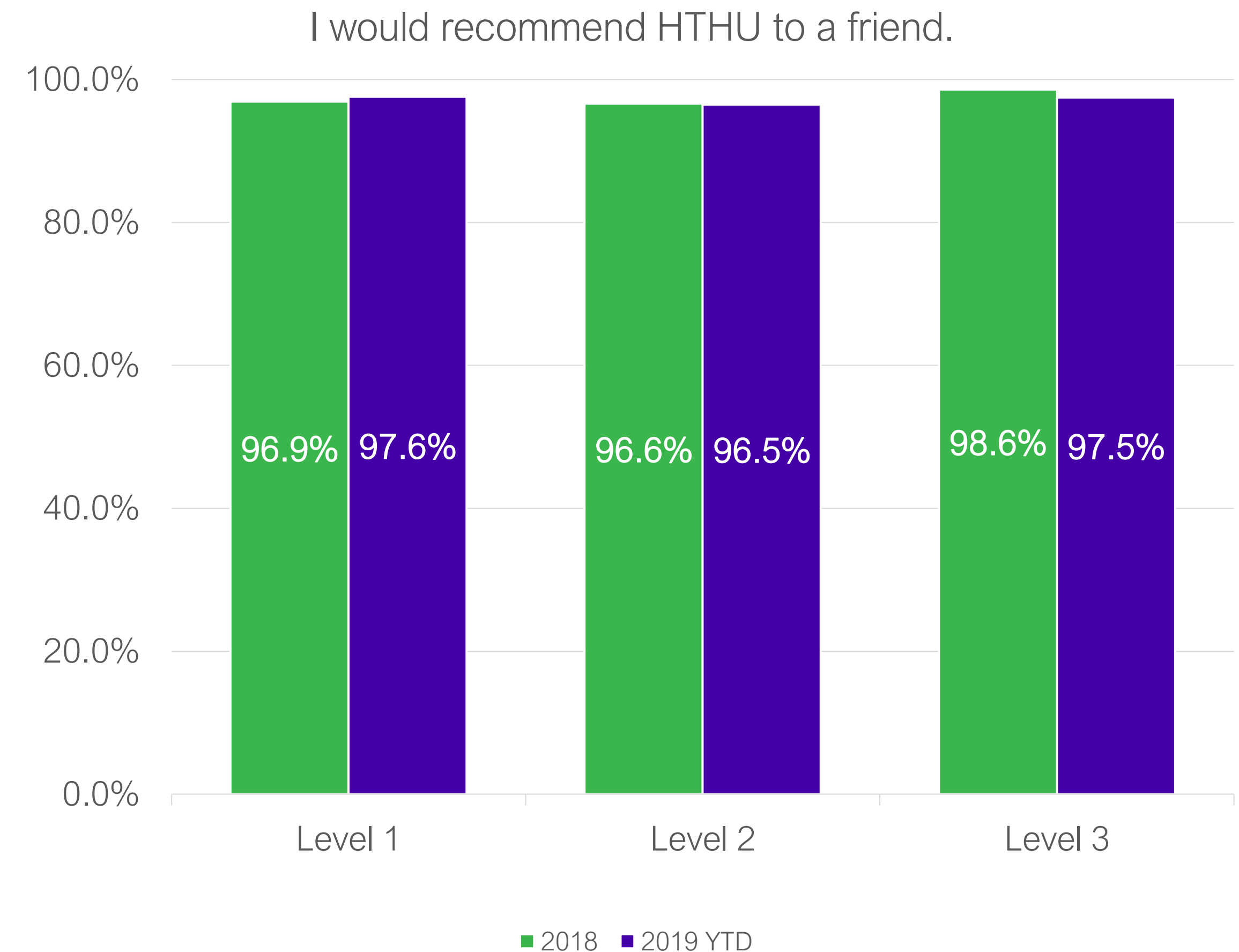
- Overall, 65% of participants reported that the HTHU program helped them better manage their weight in both 2018 and 2019.



2018 data based on enrollment dates 1/1/2018-12/31/2018. Level 1 n=637, Level 2 n=530, and Level 3 n=291. 2019 YTD data based on enrollment dates 1/1/2019-7/31/2019. Level 1 n=293, Level 2 n=265, and Level 3 n=164

Program Satisfaction

- Program satisfaction remains high, with over 96% HTHU participants reporting that they would recommend the HTHU program to a friend year over year.



2018 data based on enrollment dates 1/1/2018-12/31/2018. Level 1 n=644, Level 2 n=535, and Level 3 n=287. 2019 YTD data based on enrollment dates 1/1/2019-7/31/2019. Level 1 n=293, Level 2 n=260, and Level 3 n=161.

Participant feedback

"I enjoyed participating and this has inspired me to keep on track and be mindful of my health choices and activities. Thank you :)"

"I enjoy and stick with this program because the ongoing modules keep me on track and have constant reminders of what I know and also provide new information. Much appreciated, thank you!"

"I support having the chapters small and focused, so, it was easy to read through the material and understand it. Working full time and having a family takes up a good chunk of time, so, as you can imagine having convenience of being able to make up chapters on my own time and not feel bad is great. Thank you so much. "

"The activity tracking has been the most powerful tool in motivating me to get exercise during my work day."

"I enjoyed the content and how it was split up into easy to digest portions that were done over time so we could really focus on one topic at a time."

"Much of what is discussed in this program is just a really good reminder of things that we already know about diet and exercise, but sometimes it takes a good reminder to help you put better living in motion. A lot of the information in the work book is new info that most people don't know. It's all valuable in the end and I do think it nudges people toward being more mindful about how they live and behave on a daily basis. I highly recommend that PEBB continue this program as part of HTHU."

