



Activity Report

CITY OF MIDDLETOWN * March 2016

OVERALL EMPLOYEE PARTICIPATION (CURRENT PROGRAM YEAR)

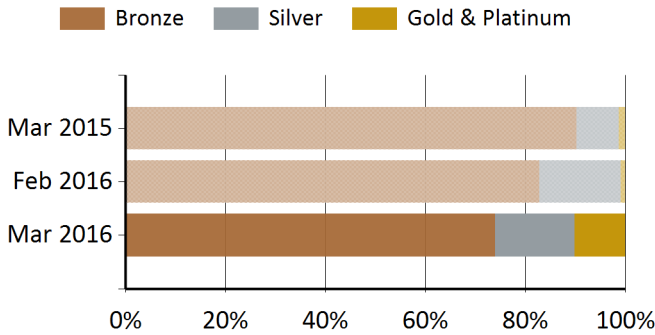
43.6%
of current employees completed a
Vitality Activity

34.8%
of current employees completed a
Vitality Health Review

23.7%
of current employees completed a
Biometric Screening

21.6% of current employees completed a Vitality Health Review and a Biometric Screening

VITALITY STATUS EARNED THIS PROGRAM YEAR



Earned Status	Mar 2016		Feb 2016	Mar 2015
	Employees	%	%	%
Bronze	253	74.0%	82.8%	90.2%
Silver	54	15.8%	16.3%	8.5%
Gold	34	9.9%	0.9%	1.3%
Platinum	1	0.3%	0.0%	0.0%

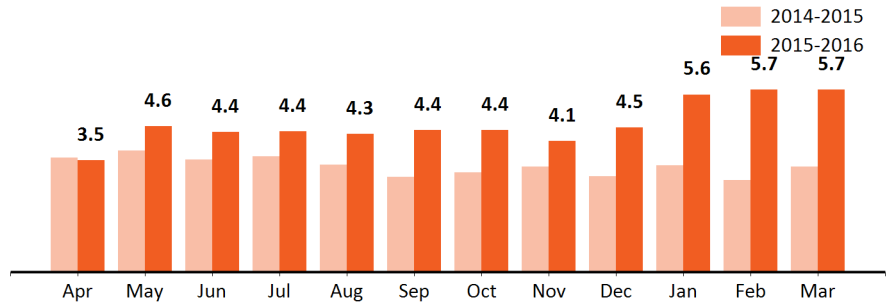
26.0% of current employees earned Silver Status or higher in the current program year

MONTHLY ACTIVITY COUNTS

5.7 average monthly activities*
per employee during the current program year

*Monthly activity counts exclude VHR completions, verified biometrics, and self-reported activities

Average Activities* per Employee

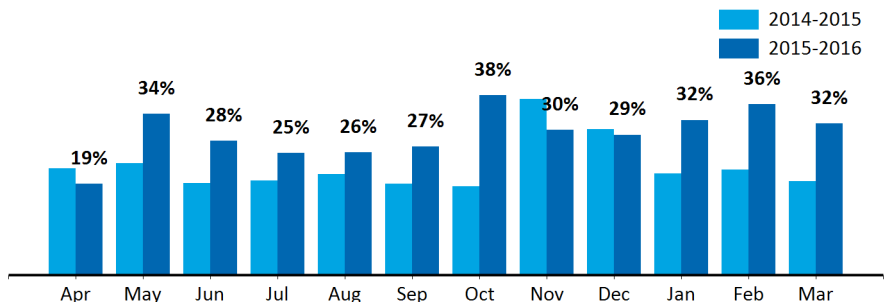


MONTHLY EMPLOYEE PARTICIPATION

38.0%
of current employees have completed an activity* during the current program year

*Monthly activity counts exclude VHR completions, verified biometrics, and self-reported activities

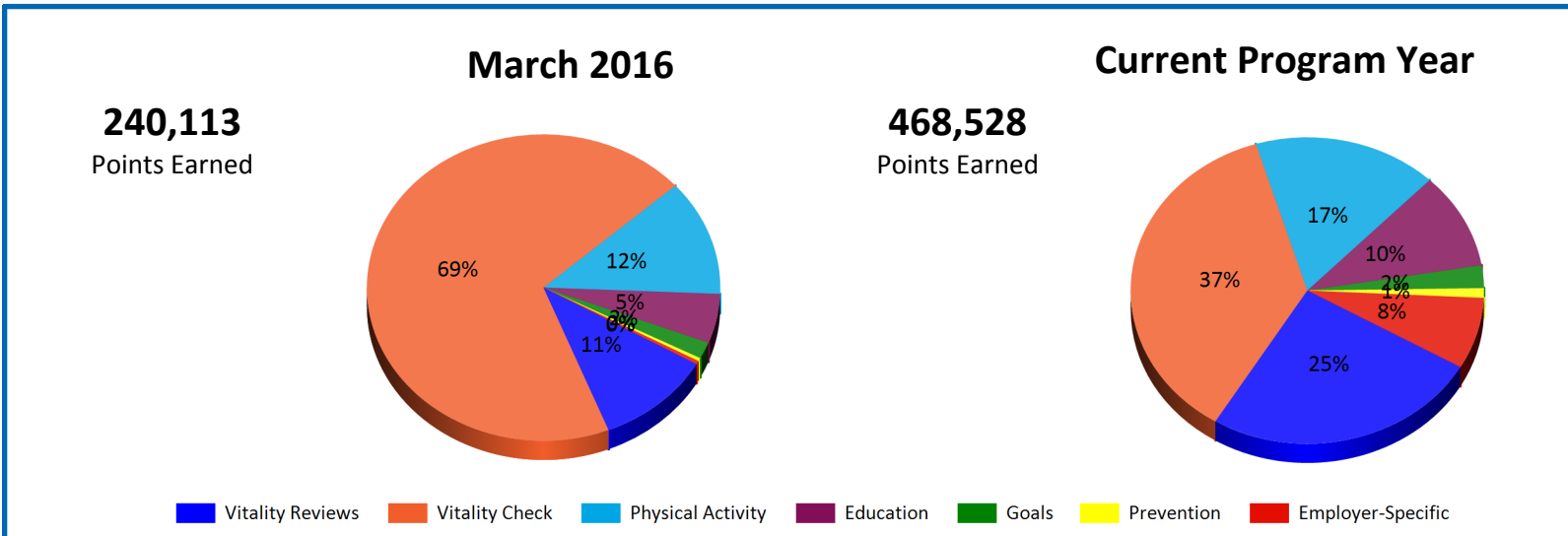
% Employees Completing Activities*



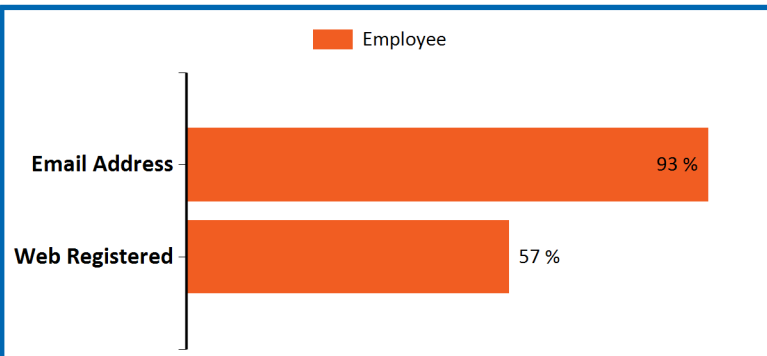
CURRENT MEMBERSHIP AS OF 3/31/2016

	Overall				Employee Only	
		Employees	Spouses	Children	Male	Female
POPULATION	342	342	0	0	231	111
	100%	100%	0%	0%	68%	32%

VITALITY POINTS OVERVIEW



CONTACT STATISTICS



CURRENT PROGRAM YEAR ACTIVITY - EMPLOYEES ONLY

	PROGRAM YEAR TO DATE			Prior % Engaged	Current % Increase	MARCH 2016		
	Total Activities	Total Participants	% Engaged			Total Activities	Total Participants	% Engaged
VITALITY REVIEWS								
Vitality Health Review Completions	119	119	34.8%	27.9%	24.7%	25	25	7.3%
Physical Activity Review	52	52	15.2%	11.6%	31.4%	13	13	3.8%
Mental Well-being Reviews	222	59	17.3%	13.9%	23.7%	48	13	3.8%
VITALITY REVIEWS TOTAL	393	119	34.8%	27.9%	24.7%	86	42	12.3%
VITALITY CHECK								
Verified Biometric Results	312	81	23.7%	0.6%	3,891.3%	303	78	22.8%
VITALITY CHECK TOTAL	312	81	23.7%	0.6%	3,891.3%	303	78	22.8%
EDUCATION								
Online Course Completions	94	34	9.9%	8.9%	11.7%	26	13	3.8%
Action Sets and Decision Points	123	29	8.5%	8.0%	5.8%	28	9	2.6%
Calculators	90	27	7.9%	6.2%	26.7%	22	9	2.6%
Health FYI Webcasts	76	23	6.7%	5.3%	25.9%	30	15	4.4%
Vitality Squares	177	79	23.1%	19.9%	16.2%	63	63	18.4%
CPR / First Aid Certifications	11	9	2.6%	2.7%	-1.5%	0	0	0.0%
EDUCATION TOTAL	571	84	24.6%	21.4%	15.0%	169	64	18.7%
PHYSICAL ACTIVITY								
Verified Workouts	4,605	103	30.1%	29.1%	3.6%	1,686	94	27.5%
Self-Reported Activities	194	11	3.2%	2.4%	35.5%	60	8	2.3%
PHYSICAL ACTIVITY TOTAL	4,799	105	30.7%	29.7%	3.5%	1,746	96	28.1%
PREVENTION								
Flu Shots	1	1	0.3%	0.3%	-1.5%	0	0	0.0%
Mammogram (1)	2	2	1.8%	0.9%	96.4%	1	1	0.9%
Pap Smear (1)	3	3	2.7%	2.8%	-1.8%	0	0	0.0%
Colorectal Screening	3	3	0.9%	0.9%	-1.5%	0	0	0.0%
Annual Dental Checkup	7	7	2.0%	1.2%	72.4%	2	2	0.6%
PREVENTION TOTAL	16	14	4.1%	3.0%	38.0%	3	3	0.9%
EMPLOYER-SPECIFIC								
Employer Custom Events	325	110	32.2%	32.6%	-1.5%	24	9	2.6%
HealthyFood Purchases	26	7	2.0%	1.2%	72.4%	9	5	1.5%
EMPLOYER-SPECIFIC TOTAL	351	110	32.2%	32.6%	-1.5%	33	12	3.5%
ALL ACTIVITIES	6,442	149	43.6%	37.7%	15.6%	2,340	132	38.6%

(1) Base includes females only (2) Base includes males only

VERIFIED WORKOUTS

	PROGRAM YEAR TO DATE						MARCH 2016					
	Light Workouts		Standard Workouts		Advanced Workouts		Light Workouts		Standard Workouts		Advanced Workouts	
	Activities	Participants	Activities	Participants	Activities	Participants	Activities	Participants	Activities	Participants	Activities	Participants
Health Club	n/a	n/a	373	28	n/a	n/a	n/a	n/a	111	21	n/a	n/a
Pedometer	2,621	79	1,119	72	415	38	925	73	433	56	184	33
Smartphone	10	2	26	4	41	3	4	1	14	4	15	3



Supplemental Activity Report

CITY OF MIDDLETOWN * March 2016

EMPLOYEE ACTIVITIES (CURRENT PROGRAM YEAR)

Branch:	Employee Count*	Vitality Health Review		Verified Biometrics		Verified Workouts		All Activities	
		Total Participants	% Engaged	Total Participants	% Engaged	Total Participants	% Engaged	Total Participants	% Engaged
UNKNOWN	97	41	42.3%	26	26.8%	27	27.8%	47	48.5%
POLICE	75	21	28.0%	12	16.0%	25	33.3%	30	40.0%
PUBLIC WORKS	68	24	35.3%	15	22.1%	18	26.5%	29	42.6%
FIRE	56	3	5.4%	3	5.4%	9	16.1%	9	16.1%
Other	46	30	65.2%	25	54.3%	24	52.2%	34	73.9%
Branch Total	342	119	34.8%	81	23.7%	103	30.1%	149	43.6%

Any branch or reporting attribute with fewer than 25 employees will be combined into the "Other" report grouping. No activity data will be shown for groupings with fewer than 25 employees.