The Wellness Challenge Concludes
- o 75 actively logged at the end of the last program period.

- o **Benefits of the Program**
  - Introduced. inspired, encouraged a LOT of district staff to adopt healthy behaviors and activities.
  - Estimate is that at least 600-700 staff had at least one experience with the program (i.e. signed up, took the health risk assessment, participated).
  - Countless people changed their lifestyles (lives) as a result of participating in the program (evidenced by surveys and feedback).

- o **Shortcomings of the Program**
  - Vendor did not update, modernize or change the program to keep up with what the rest of web-based health incentive programs are doing. Program was very stagnant and un-engaging.
  - Program relied on staff that are comfortable with technology. Those that were not technology savvy could not benefit from the program.
  - Easy for people to "game" the program.
  - People don't like to track their activities

United Health Care: Simply Engaged Program
- o Working with Sean White at Mercer to design the best implementation strategy. "Launch" estimated mid-February to early March with HRA and/or Biometric Screenings. Discussion for Trust.

Seasonal Campaigns
- o **Maintain Don't Gain**
  - Participants: 73 active
  - 40 lost weight, 10 maintained their weight
  - 95% recorded their weight every week of the 7 weeks!

- o **February/March:** American Heart Month and National Nutrition Month
  - 6 week campaign/challenge to begin mid to late February **HEALTHY U** combining fitness, nutrition, rest/relaxation (stress management).

- o **Weight Watchers at Work**
  - **Community Resource Center: Weight Loss to date 200 lbs**
  - **Penny Creek: 100 lbs (5 weeks)**

- o **Fitness Classes**
  - Ten classes District wide

- o **Wellness Wednesday: Weekly Wellness Newsletter**
  - Readership (opens) 200-300

- o **Other News:**
  - **American Heart Association**: Fit Friendly Award 4th year in a row!
  - **Bastyr Internships**: HEALTHY Me Program
  - **CRC 1,000 Mile Resolve**: 50 ppt's. Goal is to increase Wellness Room usage.