



NAPEBT
Wellness Program



NAPEBT

Wellness Dashboard

Reporting Periods (paid):

Current Period: June 1, 2020 – May 31, 2020

Prior Period: June 1, 2018 – May 31, 2019

February 17, 2021

Doc#: 5672790

Wellness Dashboard

Measuring Progress to Attain/Exceed Our Goal



To provide an innovative wellness program that pays for itself in savings by offering health behavior support to employees and families for improved quality of life.



Wellness: Measurement Year May 2020

Program Structure	Participation	Improved Health	Reduced Cost
Earn points to achieve: Level 1: \$240 per year premium reduction Level 2: \$120 additional incentive for annual exam	2% point decrease in participation 513 new participants	13% point decrease in annual exams High risk members saw lower risk scores in 2020; indicators for Par members overall worsened in 2020	Par members risk-adjusted cost is \$26 pmpm higher than Non-Par members \$235K annual risk-adjusted excess costs for Par vs. Non-Par

<ul style="list-style-type: none"> Goals Drivers of changes in program 	<ul style="list-style-type: none"> Annual participant counts and participation Changes that drove participation increase 	<ul style="list-style-type: none"> Par vs. Non-Par <ul style="list-style-type: none"> Screening Biometric indicators (BMI, blood pressure, cholesterol etc.) Utilization shifts 	<ul style="list-style-type: none"> Par vs. Non-Par Medical/Rx pmpm costs
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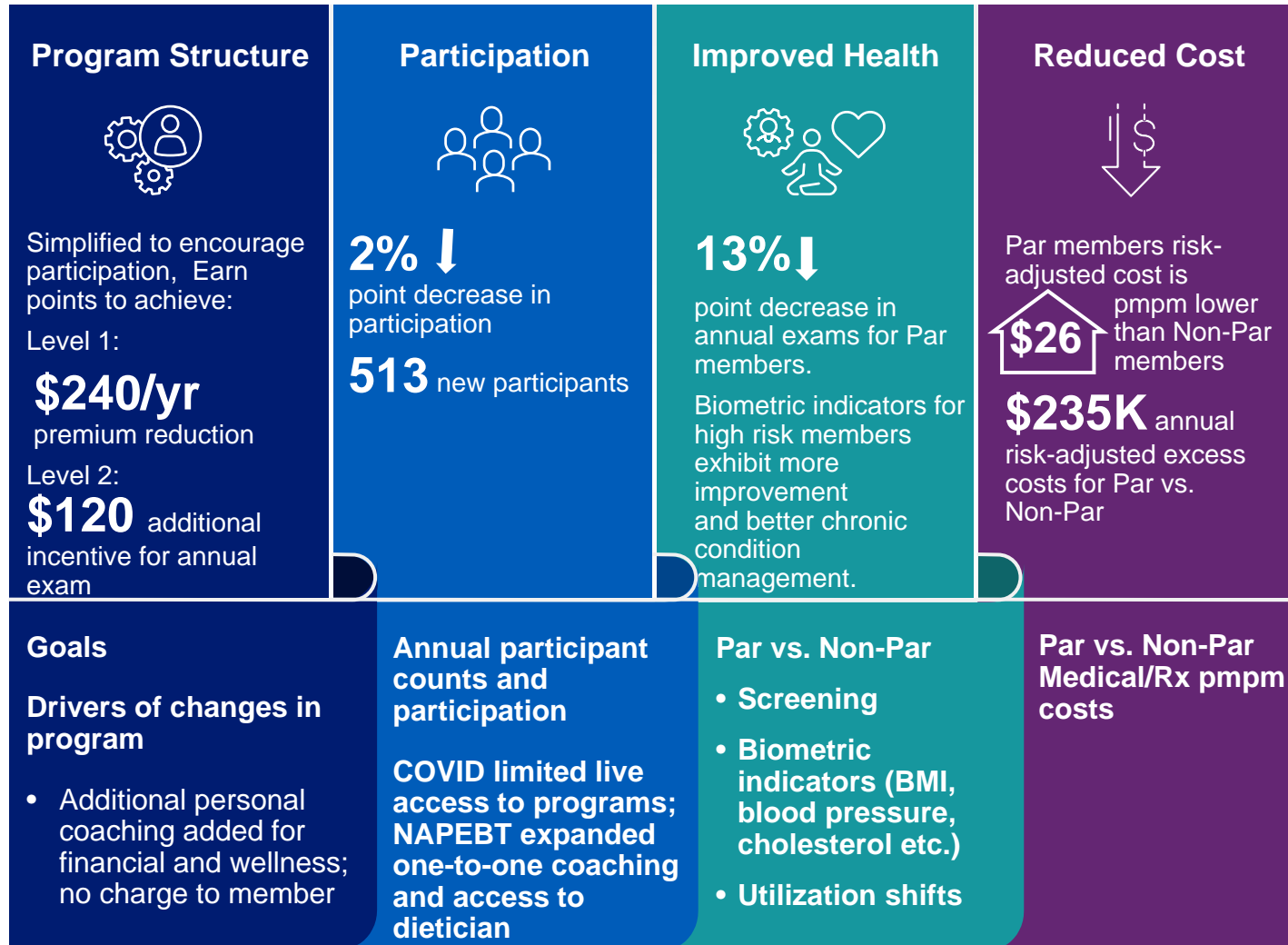
<ul style="list-style-type: none"> Goals: <ul style="list-style-type: none"> Increase participation Improve health Maintain lower cost for participants Maintain wellness culture Notable Change(s): <ul style="list-style-type: none"> Additional personal coaching programs offered due to COVID 	<ul style="list-style-type: none"> Current: 49% Prior*: 51% Notable Changes(s): <ul style="list-style-type: none"> COVID impacted access to wellness events and some programs added or not offered Expanded health, diet and counseling services; added finance / wellness 	<ul style="list-style-type: none"> Current: annual physical: 48% Par / 20% Non-Par Prior*: annual physical: 61% Par / 24% Non-Par Notable Change(s): <ul style="list-style-type: none"> Higher preventive screen rates for Par Inpatient facility use higher for Par Emergency Room use lower for Par 	<ul style="list-style-type: none"> Current: \$523 Par/ \$497 Non-Par pmpm Prior: \$409 Par/ \$425 Non-Par pmpm Note: These costs are for <u>members with 36 continuous months</u>, excludes large claims and those with select conditions, <u>adjusted for demographics and case mix.</u>
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Wellness Culture / Member Feedback:
68% of 516 survey respondents indicated the Wellness program helped them to maintain health improvements for 6+ months.
This is a 3% decrease over prior survey indications for sustained health improvement (71%).

A participant is someone who earned an incentive
Par = wellness program participant(s)
Non-Par = member(s) non participating in wellness program
pmpm = per member per month

*Prior participation and health metrics are as reported in 2019 for June 2018 – May 2019

Wellness: Measurement Year May 2020



Wellness Culture / Member Feedback:

61% of **516** survey respondents indicated the Wellness program helped them to maintain health improvements for **6+ months.**

This is a **3%** decrease over prior survey.

A participant is someone who earned an incentive
 Par = wellness program participant(s)
 Non-Par = member(s) non participating in wellness program
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