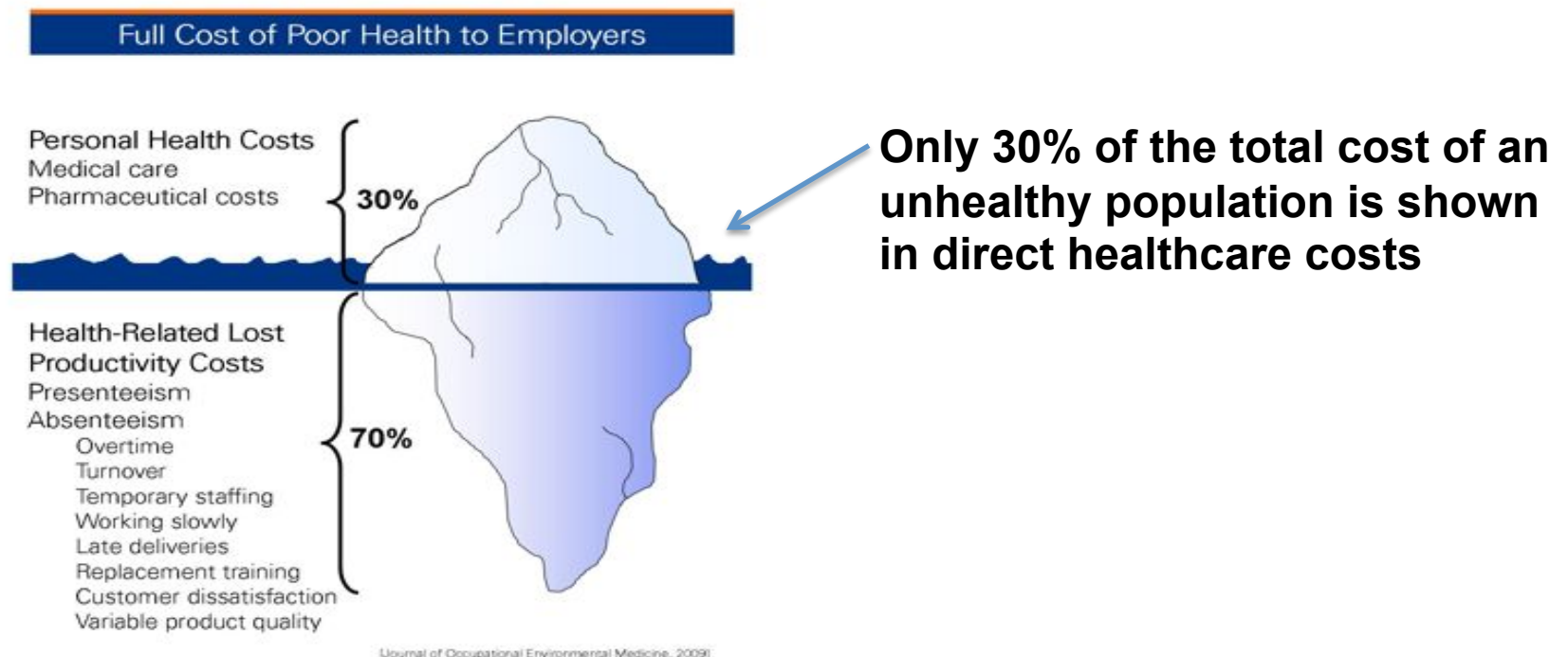




The Total Cost of an Unhealthy Population



Communication Occurs in Multiple Ways

Communication campaign may include;

- Onsite meetings by EH
- Webinars
- Posters
- Email campaigns
- Home mailings
- Flyers
- Payroll stuffers

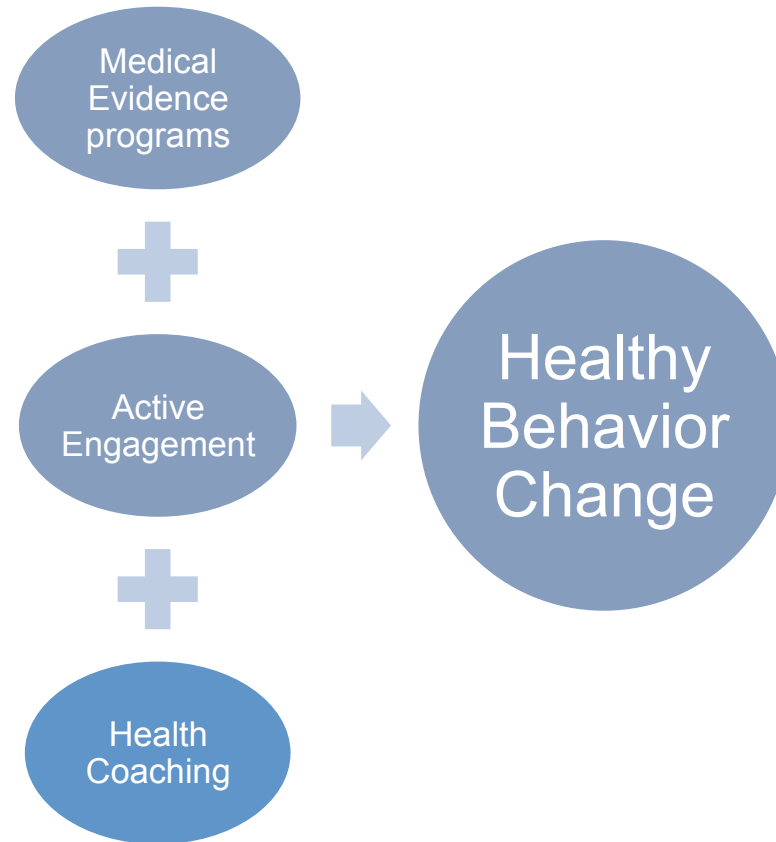


Behavior Defines Health Status



2010 World Economic Forum

EngagementHealth Changes Behaviors



EH Engage Program

- ✓ **Open to all employees & spouses (excluding children), regardless of health status**
- ✓ **Participation based, no results required**
- ✓ **52 weeks in length**
- ✓ **All aspects available in English and Spanish**
- ✓ **Requires ~4 hours per year time commitment**



Registration is Simple and Convenient

Participants have two options for registration:

- **Online** - www.engagementhealth.net
- **By Phone** - (888) ENG – HLTH (1-888-364-4584)

Participants choose their own times for:

- Health Screen
- Health coaching calls



Healthy Behaviors Assessment

Administration:

- Online
- Paper Copy

About 50 questions:

- Results available online immediately
- Results are for informational purposes only
- Reviewed with Health Coach

HEALTH RISK MEASURE	HIGH RISK CRITERIA
BODY WEIGHT	BMI >27.5
STRESS	HIGH
SAFETY BELT USE	USING SAFETY BELT <100% OF THE TIME
PHYSICAL ACTIVITY	<ONE TIME A WEEK
BLOOD PRESSURE	SYSTOLIC >139 OR DIASTOLIC>89 mmHg
LIFE SATISFACTION	PARTLY OR NOT SATISFIED
SMOKING	CURRENT SMOKER
PERCEPTION OF HEALTH	FAIR OR POOR
ILLNESS DAYS	>5 DAYS LAST YEAR
EXISTING MEDICAL PROBLEM	HEART DISEASE, CANCER, DIABETES, STROKE
CHOLESTEROL	>240mg/dl (TC); <40 mg/dl (HDL) m; <50 mg/dl (HDL)f; >160mg/dl (LDL)
ALCOHOL	MORE THAN 14 DRINKS /WEEK

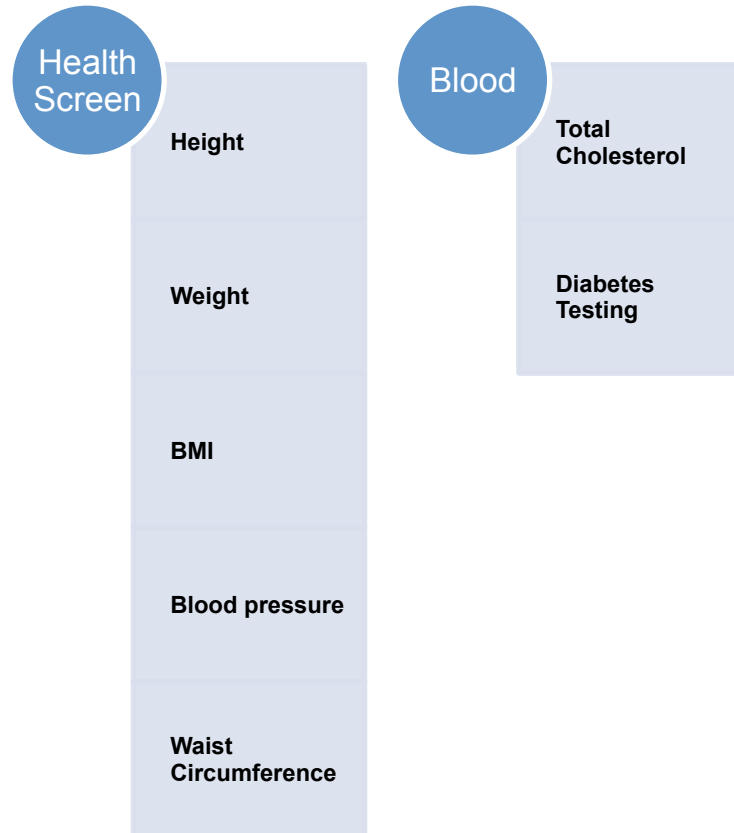
Onsite Screening is Quick and Confidential

- **Flexible Screening Options**

- ✓ Onsite at CCCCCD locations
- ✓ Doctor fax form

- **Finger stick**

- **Results review with health professional onsite**



Four Required Health Coaching Calls per Year

First Quarter call:

- Health Behaviors Assessment
- Health Screen / Biometric Data
- Targeted Risk Program Selection
- Set Health goals

Quarterly calls 2,3,& 4:

- Program progress
- Preventative Care Counseling
- Dental care
- Age appropriate services (mammograms)
- Disease management referrals

***Unlimited inbound calls**



Everyone Chooses One Program Per Year



Steps



Diabetes



Nutrition



Stress



Tobacco



Cholesterol



Blood Pressure



Fitness

Engagement is Easy and Convenient

Healthy Behavior Reinforcement:

•Regular Reporting:

Kiosk	Mobile reporting
Online	Touchtone telephone

•Engagement frequency:

- 4 weeks per month
- Individual reminders via email, text, voice
- ~4 minutes per week

•Health awareness data recorded:

Weight	Steps
Blood pressure	Nutrition log



Each Participant has their Own Health Dashboard

EngagementHealth[®]
IMPROVING WELLNESS[™]

Welcome : Holly Rita / LambdaJade305

[En Español](#) [Log Out](#)

Prevention Profile

Overview **Weekly Reporting** [What do I do next?](#)

Weekly Reporting: If you have access to an EngagementHealth kiosk, please use that. For members who do not have access to a kiosk, you may either report on line by clicking [here](#) or you may call - (888) ENG-HEALTH (364-4584)

My EngagementHealth Programs

Plan Year: Jan 2012 to Dec 2012
[Core Prevention Program](#) You have completed all program steps

[Weight Challenge](#) Team Rank: [1st Place](#) My Points Earned This Year: [600.28](#) My Team Points Earned This Year: [379.30](#)

[Exercise](#) Next Step: [Member Satisfaction Survey - By Aug 31 2012](#)

My Health Data [BMI](#) [Blood Pressure](#) [Steps](#) [Cholesterol](#)

[Print](#)

Date	Height	Weight	BMI	Systolic	Diastolic	Pulse	Weekly Steps	Avg Daily Calories Burned	HDL	LDL	Total Cholesterol	Triglyceride	HGA1C (%)	Circu
Oct 19, 2012	5'5.0"	142.9	23.8	109	72	76	83,065	2075						
Oct 8, 2012	5'5.0"	143.2	23.8				100,695	2116						
Oct 2, 2012	5'5.0"	143.8	23.9	124	75	75	101,390	2121						
Sep 25, 2012	5'5.0"	140.0	23.3				68,000	1645						
Sep 12, 2012	5'5.0"	140.0	23.3	101	70	80	84,500	2062						
Sep 6, 2012	5'5.0"	142.9	23.8				97,546	2145						
Aug 30, 2012	5'5.0"	141.7	23.6	119	66	77	110,263	2193						
Aug 28, 2012	5'5.0"	140.0	23.3	106	64	74	76,499	2017						
Aug 22, 2012	5'5.0"	140.7	23.4				0	1645						
Aug 8, 2012	5'5.0"	140.1	23.3	109	64	68	94,143	2080						
Jul 31, 2012	5'5.0"	141.6	23.6	113	72	67	98,753	2034						

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Multiple Member Resources

All members have access to:

- Online Personal Health Dashboard
- Live Telephone Support
- Email Support
- 28-day Meal Planner
- Monthly e-Newsletter & recipe
- Health Education Materials



Privacy is a Primary Concern

- Your personal health information is private
- EngagementHealth does not share personal information with your employer
- McAfee secure web site
- EngagementHealth follows HIPPA guidelines



