



Aggregate Summary of 2012 JourneyWell Health Assessment

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AWC Meeting
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Agenda

- Key findings
- Health assessment participation/results
- Custom questions and well-being module
- Program enrollment and outcomes
- New-aggregate summary dashboard
- Discussion

Key Findings

- Steady participation in health assessment during Open Enrollment.
- 2012-2013 program enrollment ~600 more than all of 2011-2012 program year. And most of all program years.
- Positive outcomes for those who complete the HA and I+ programs.

Who's taken the health assessment (HA)?

	2008	2009	2010	2011	2012
Completion rate	68%	68%	70%	69%	67%
Eligible individuals	49,745	50,098	49,850	48,600	49,462
Completers	33,751	34,182	35,080	33,648	33,328

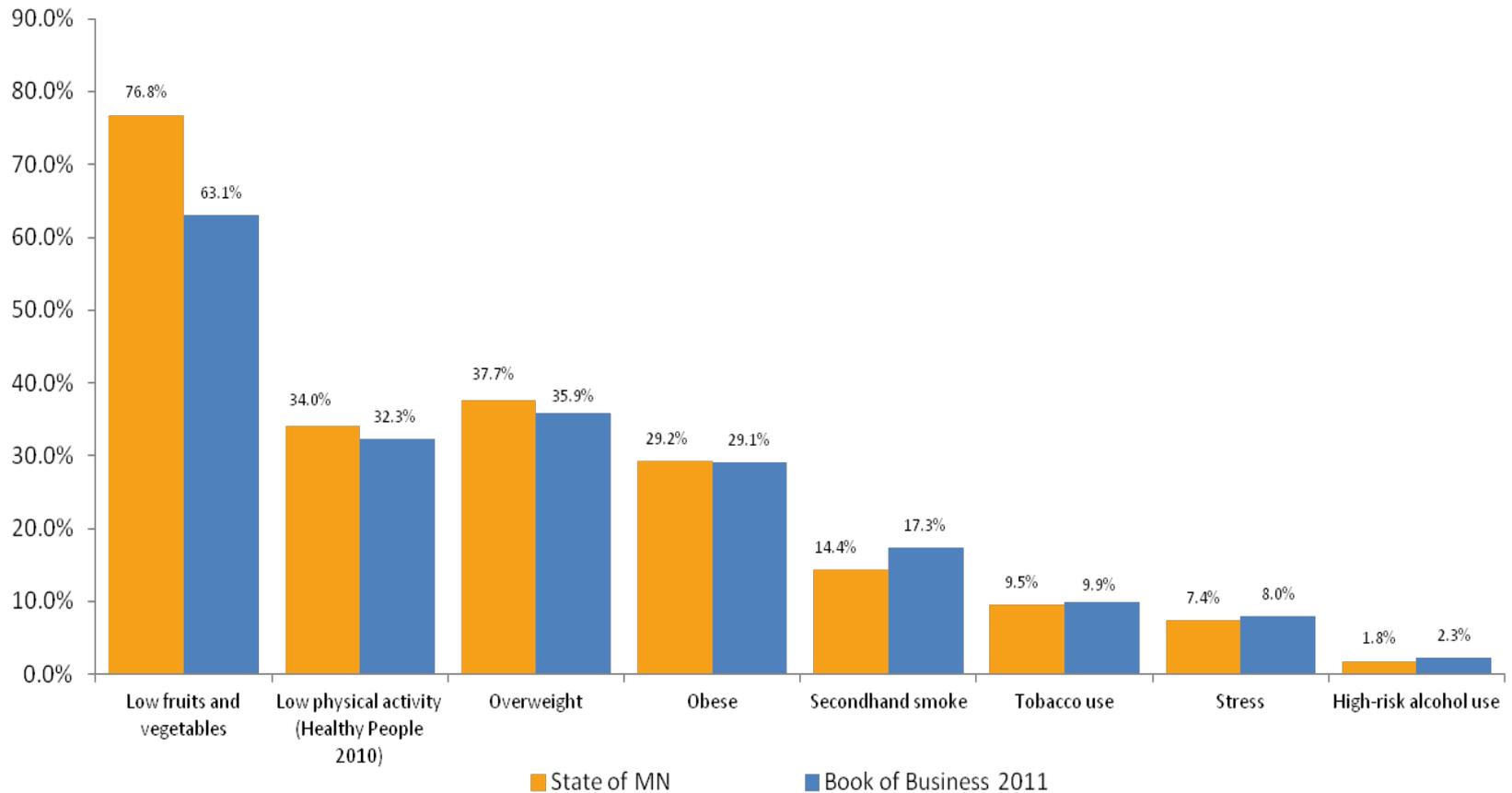
2012 participant characteristics

Age: 50-59 years (35.5%); 40-49 years (25.7%)

Gender: Female (55.9%); Male (44.1%)

Modifiable Health Risk Factors

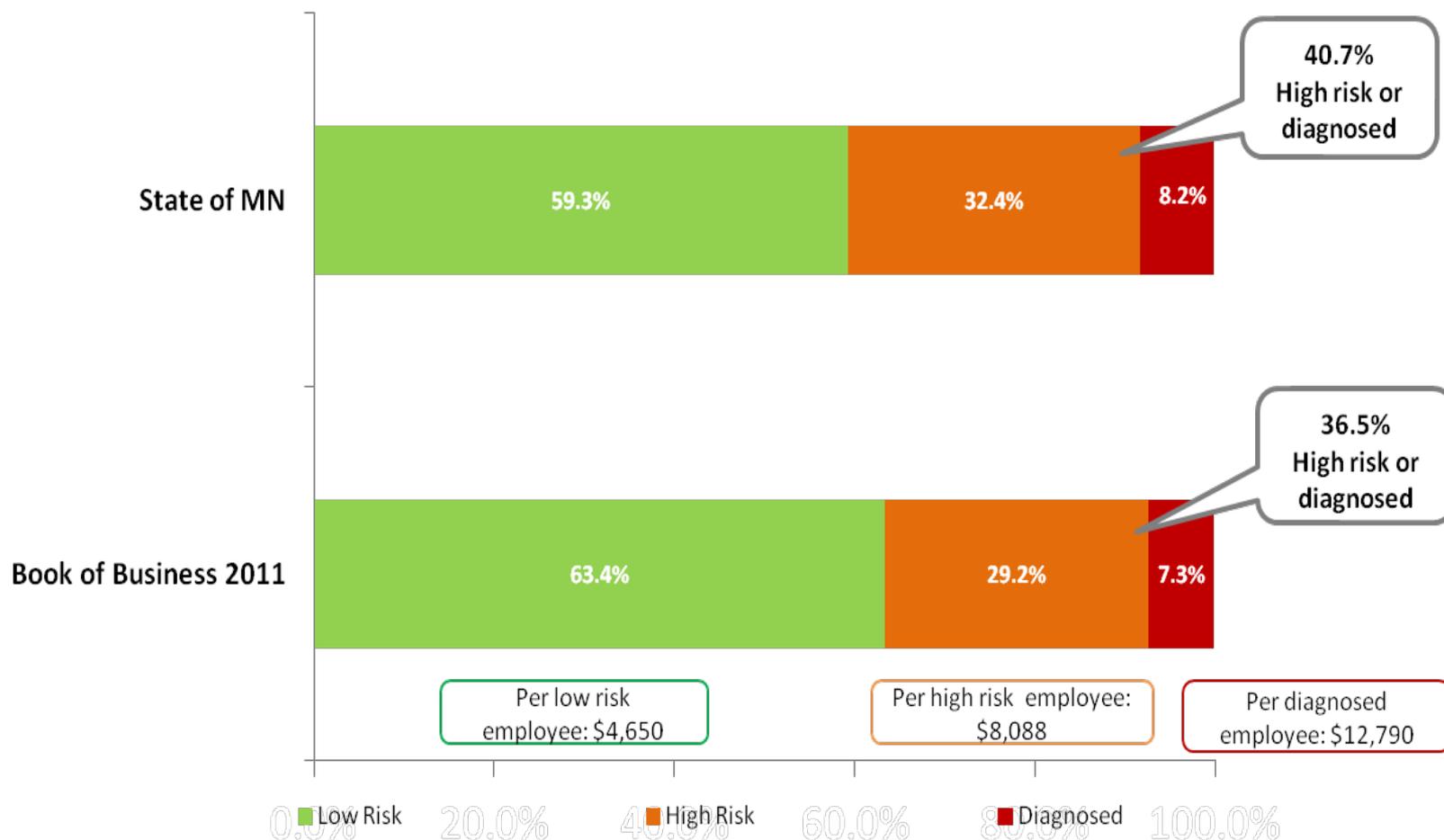
Modifiable health risk factors among all state of MN participants (n=33,543) in 2012



Diabetes & Heart Disease

High Risk, Pre-Diagnosis

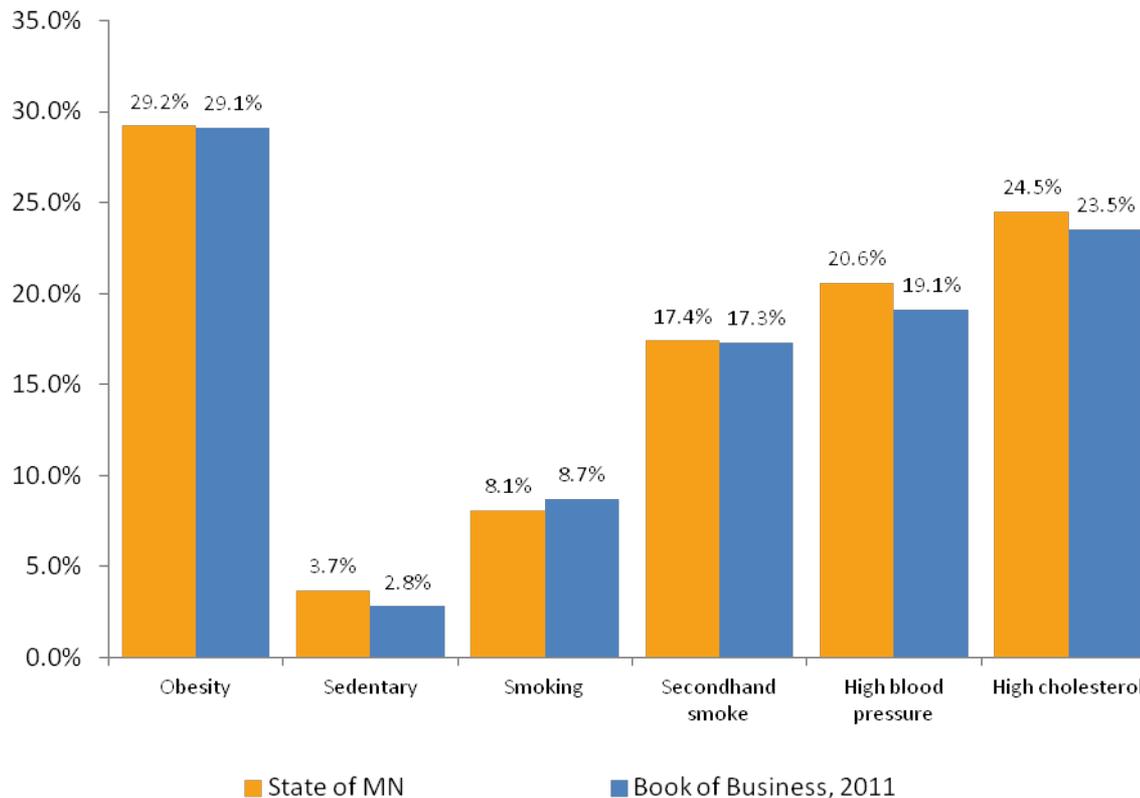
Risk status among all state of MN participants (n=33,543) in 2012



Claims cost estimates based on average total claim cost per employee for medical and pharmacy claims dollars extracted from 2010 HealthPartners member health assessment productivity and claim data.

Diabetes & Heart Disease High Risk, Pre-Diagnosis

Diabetes & heart disease risk status among all state of MN participants (n=33,543) in 2012



- Each of these health risk factors *can be modified*
- Addressing these key factors can lower risk for developing diabetes and heart disease

Readiness to Change

Readiness to Change (RTC) among state of Minnesota Participants 2012*

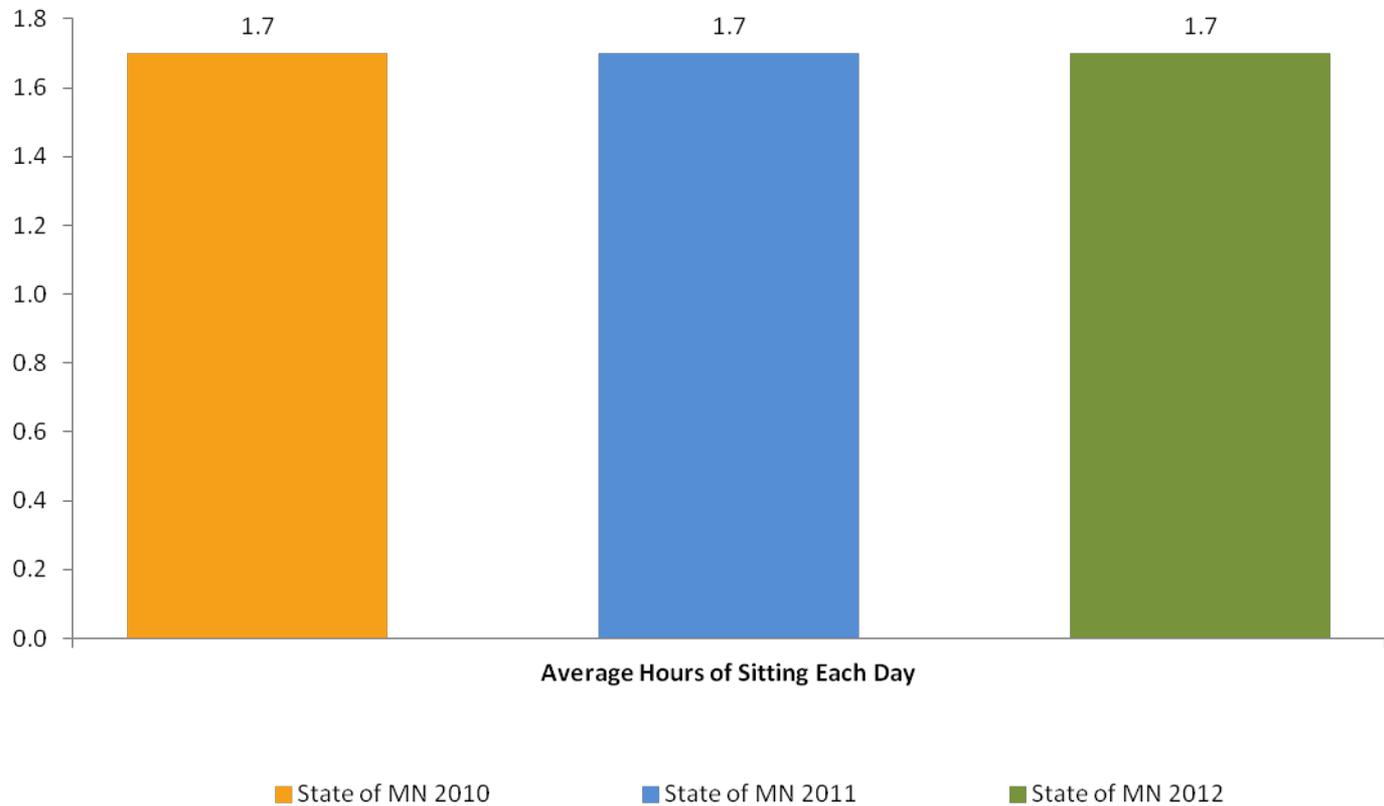
Health Risk Factors	RTC among Participants with Risk Factor**	RTC among All Participants (n = 33,543)
Poor nutrition quality	57.3% (n = 29,018)	49.6%
Low physical activity	66.4% (n = 18,541)	36.7%
Overweight or obese	64.9% (n = 22,354)	43.3%
Tobacco use	50.0% (n = 3,197)	4.8%
Stress	80.0% (n = 2,487)	5.9%
Back pain	47.4% (n = 13,800)	19.5%
Alcohol use	7.3% (n = 19,277)	4.2%

*Participants who are ready to change are a) Seriously thinking about making changes, or b) Have made changes within the past six months.

**Number of participants who indicated each health risk factor are shown in parenthesis.

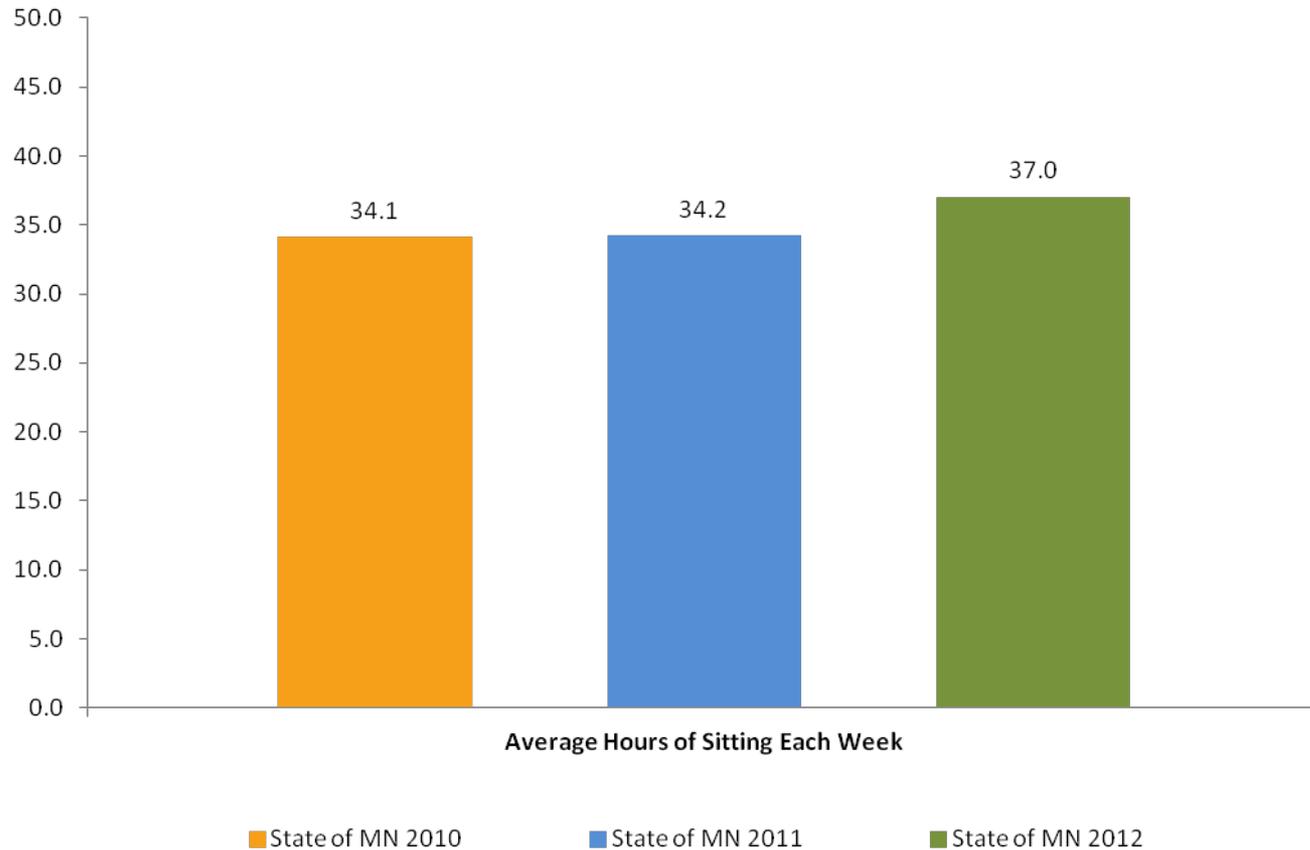
Custom Question: Sitting Behavior

In a usual day, what is the longest period of time that you sit at work without getting up to move (uninterrupted hours per day)?



Custom Question: Sitting Behavior

In a usual week, how much total time do you spend sitting (total hours per week)?



Health and Well-being Module

Question	2011 Response	2012 Response
In general, how satisfied are you with your life?	Ave. response – 8.0	Ave. response – 7.9
In general, how happy are you?	Ave. response – 8.0	Ave. response – 7.7
In general, how happy are your close friends and relatives?	Ave. response – 7.8	Ave. response – 7.7
When you need advice or support, is there someone you can turn to?	Yes – 96.1% No – 2.0% I don't know – 1.9%	Yes – 96.3% No – 1.9% I don't know – 1.8%
How well are you able to manage your finances so that you feel in control of your financial situation?	Ave. response - 8.1	Ave. response - 8.2
Do you participate in a financial savings plan that automatically puts money from your paycheck into a savings account?	Yes – 87.8% No – 11.5% I don't know – 0.7%	Yes – 88.5% No – 10.9% I don't know – 0.6%
How often do you donate money to a good cause?	Often – 37.4% Sometimes – 49.4% Rarely – 11.3% Never – 1.8%	Often – 36.9% Sometimes – 49.5% Rarely – 11.9% Never – 1.7%
In general, how enjoyable and fulfilling is your main job or daily work?	Ave. response - 7.3	Ave. response - 7.3
How safe do you feel in your neighborhood?	Ave. response - 8.9	Ave. response – 9.0
How many hours each year do you volunteer for activities in your community?	I volunteer – 63.4% (75.3 hrs) I do not volunteer – 36.6%	I volunteer – 64.2% (66.3 hrs) I do not volunteer – 35.8%

Program Enrollment (by Program Year)

	Program	2008	2009	2010	2011	2012*
Online Programs	10,000 Steps	1,494	1,954	2,017	1,552	1,869
	Stress eProgram	348	468	375	290	524
	Weight eProgram	1,167	1,207	995	727	1,172
Phone Coaching Programs	Back to Health	8	23	39	125	40
	Balancing Stress for Healthy Living	36	50	105	195	113
	Get Moving, Get Fit	53	81	202	257	202
	Healthy Choices, Healthy Baby	--	--	0	0	0
	Healthy Eating, Healthy Life	83	93	240	312	214
	Healthy Lifestyles, Healthy Weight	597	478	987	1,374	576
	Partners in Quitting	31	49	129	107	47
	Solutions for High Blood Pressure	25	34	62	80	27
	Solutions for High Cholesterol	75	90	156	152	53
Virtual Coaching	Life in Balance	NA	NA	NA	NA	452
	Live Life Well	NA	NA	NA	NA	666
	Quit for Good	NA	NA	NA	NA	106
	Total Enrollment	3,920	4,528	5,307	5,171	6,061

*November 1, 2012- January 31, 2013

Program Outcomes

Assumptions

- This analysis is intended to demonstrate the health improvement impact of well-being program participation at the State of Minnesota over time
- The analysis reflects participants who minimally took the health assessment in all three of the following program years 2009-10; 2010-11; 2011-12. For ease of interpretation, program years are noted using the latter year of the program cycle (“2010”;“2011”;“2012”)

Program Design

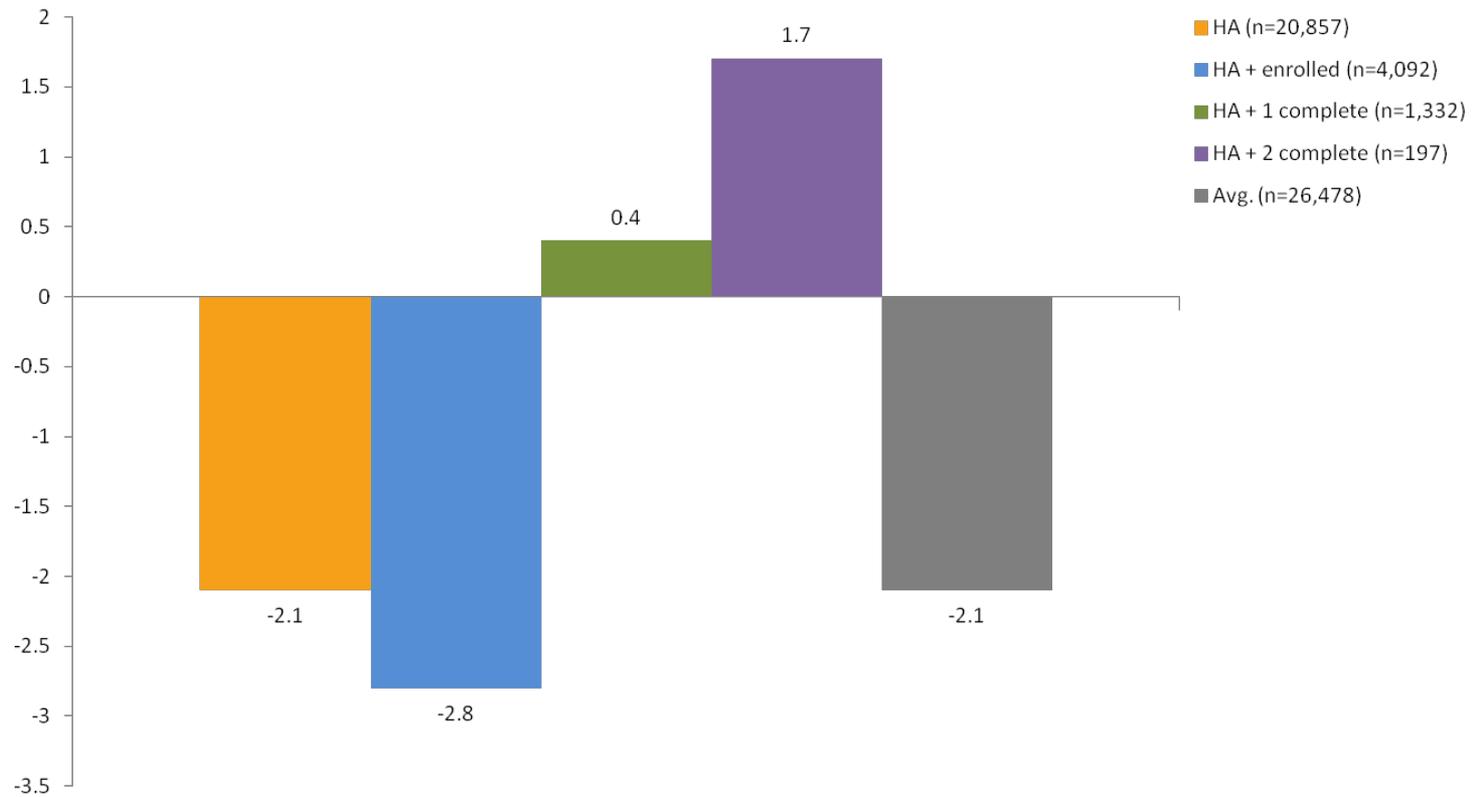
- Employees who completed the health assessment and agreed to a follow-up call with a JourneyWell health coach during the state of Minnesota’s Open Enrollment received a \$5 reduction in office visit co-pays in 2012. No incentive tied to program participation or completion.

Participation	Cohort Size (n)	Notes
HA	20,857	All State of MN participants who completed only the HA in 3 program years spanning 2010-2012
HA + Enrolled	4,092	All State of MN participants who completed the HA in 3 program years spanning 2010-2012 <u>and enrolled in a program (but did not complete)</u> in at least one of the two intermediate program years
HA + 1 complete	1,332	All State of MN participants who completed the HA in 3 program years spanning 2010-2012 <u>and completed only one program</u> in the two intermediate program years
HA + 2 complete	197	All State of MN participants who completed the HA in 3 program years spanning 2010-2012 <u>and completed one or more program in both intermediate program years</u>
Average	26,478	Average score across all of the groups above

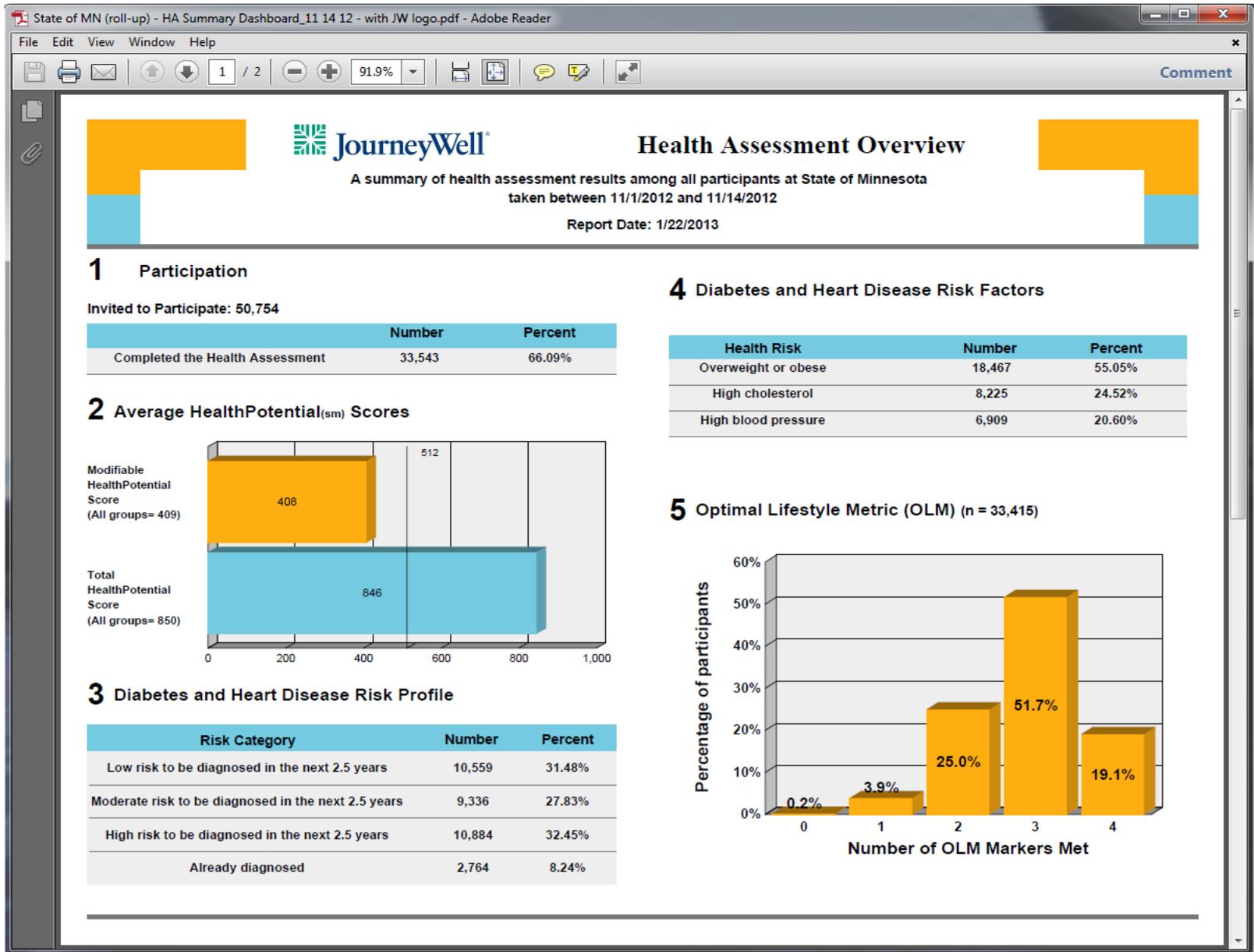
Program Outcomes

Modifiable HealthPotential Score

(Point Change 2010-2012)



Aggregate Dashboard



Discussion