



Case Study

Municipality / Government

The Client

A municipality located in Merrill, WI with about 500 participate each year. Spouses were included if they were on the medical plan.

The Problem

A High health care costs motivated them to intervene with wellness initiatives in 2011.

The Process

A 2011-2012 was a participatory wellness program (complete the Biometrics & HRA) to earn the Wellness Rate. Beginning in 2013-2014, participants had to meet a WellCentive Score of 70 or improve by 5 points over last year's score. From 2016-present day, a tobacco piece has been added. Tobacco users enroll in coaching to earn the Wellness Rate (Score of 70 or higher or improve by 5 points is still in place).

Anyone not meeting the standard of 70 or higher or no improvement have the opportunity to complete a Road to Wellness program to remain compliant.

Tobacco users complete the Tobacco Cessation module along with 6 telephonic coaching sessions.

The Results

- Tobacco use is declining. (Graph A) See Total Significant Lifestyle Comparison chart on page 2.
- Wellcentive scores are improving. (Graph B) See Average WellCentive Scores chart on page 2.
- Blood Chemistries improved across the board. (Graph C) See Significantly High Abnormal Comparison- Blood Chemistries on page 2.

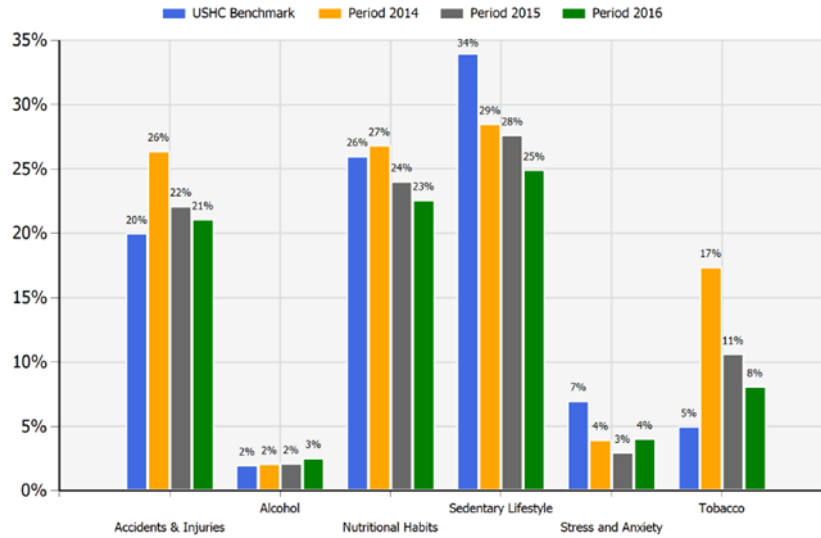
“...participants had to meet a WellCentive Score of 70 or improve by 5 points over last year's score.”





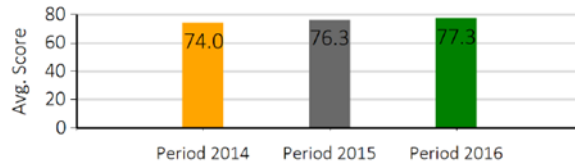
GRAPH A

Total Significant Risk Lifestyle Comparison



GRAPH B

Average Wellcentives Scores



GRAPH C

Significantly High Abnormal Comparison - Blood Chemistries

