



Level Up
Elevate your total wellbeing.

OHRM Office of Human
Resources Management



Wellness Champions Meeting

September 24, 2024

AGENDA

Welcome

Level Up Employee Wellness Program

Special Guests Presentations

Mix & Mingle

Well-Being Activity

Each of you
are Wellness
MVPs!

Cheers to
elevating the
total well-
being in the
County



THANK YOU

TEAM

YOU ALL ARE



AWESOME

Welcome NEW Wellness Champions

- David Barmer
- Scott Bibbins
- Victoria Blackwell
- Tiffany Brown-Cook
- Fernando Castro-Gomez
- Ayesah Chisam
- Autumn Francis
- Carlos Guillen
- Jasmin Hill
- Kiara Jones
- Christina Kirk
- Bobbi Makins
- Capt. Frederick Minor
- Jordan Oglesby
- Jalene Smith
- Shannon Thornton
- Jessica Weems

Introductions

“What is your passion for wellness?”

In a 30-second introduction, please tell us your:

- Name
- Agency
- Length of Service
- Passion for Wellness





Cheers to 5 Years!!!

A lot can happen in 5 years!!

- Wellness Champions Network
- Wellness care packages
- Calendars
- Virtual Zumba dance parties
- Online wellness challenges
- 3-day virtual wellness fair
- Educational webinars
- Cooking demos
- Family movie events at PGCC and AMC Magic Johnson Theatre
- Wellness Wednesday newsletters
- For You Friday newsletters
- Family Field Day & Wellness Expo at Montpelier Farms

WOW...and there's more!!

- Coffee & Chat
- BurnAlong
- Lessons Learned with former QB of Washington Commanders Alex Smith & Actress/Philanthropist Holly Robinson Peete
- Resiliency Day
- Summer of Wellness
- Self-Care September
- Omada Health
- Resiliency Roadshows

Wellness Champions



Wellness Champions Guide



DREAM
BIG

SET
GOALS

TAKE
ACTION

Wellness Champions Guide

- Roles & Responsibilities & Expectations
- Group Goals & Individual Goals
- Wellness Activities
- Rewards
- 5 Dimensions of Level Up
- Wellness Resources

Quintunya Chapman-Hamilton, CHES, NASM-CPT

Cigna Dedicated Wellbeing Strategist



September 23, 2024

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About Me



- **The University of Georgia—Athens, GA**

- > Bachelor of Science in Health Promotion
- > Master of Science in Community Nutrition
- > Minor in Exercise Sport & Science
- > Global Health Certificate
- > Student-Athlete—Track & Field, *Heptathlon*

GO DAWGS!

- **National Academy of Sport Science**

- > Certified Personal Trainer, 2018

- **National Commission for Health Education Credentialing**

- > Certified Health Education Specialist, 2016

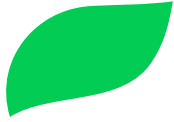
Cigna Dedicated Wellbeing Strategist

Dedicated health engagement resource right at your worksite.

- ❑ Culturally matched and highly customized to help meet your employee population needs
- ❑ Assists with the development or enhancement of a culture of worksite well-being
- ❑ Executes the appropriate delivery and coordination of client-specific well-being strategy
- ❑ Provides event scheduling, coordination, and community/vendor delivery
- ❑ Offering steerage into Cigna programs/services
- ❑ Customizes well-being communications
- ❑ Offers well-being seminars, stop-by-booths, health solution demonstrations, interactive display modules



Process



Plan Your Wellness Program

Learn & understand what your agency needs to plan an effective health activity with an agenda.



Reach out to Level Up

Approval is needed for any requested activity and/or expense—if you are unsure, ask.



Loop in DWBS

To finalize brainstorming, scheduling, or any assistance with your activity to make it happen.

[Wellness Program Agency Activity Application*](#)

Quote of the Day

Prince George's County is committed to investing in the health and well-being of the workforce.

- Preventive Health
- Behavioral Health
- Healthy Eating
- Physical Activity
- Financial Wellness

“You can’t know yourself, grow yourself, by yourself”

STAN RICHARDS, *REVERSING THE SELF-CARE STIGMA FOR MEN IN THE WORKPLACE*

Coaching Opportunities via your Cigna Medical Plan

Prince George's County Government



Cigna Medical- focus on health

- **Free In-network Preventive Care** – Coverage for wellness checkups, immunizations and preventive screenings*
- **Online Health Assessment** – Cigna’s easy-to-use, confidential health assessment gives you an overall health “score” and a personalized report
- **Online Coaching Programs** – Focusing on sleep, physical activity, nutrition and stress these programs offer encouragement and support you need to start making healthy lifestyle changes
- **Lifestyle Management Programs** – Helping you better manage stress, quit tobacco or lose weight
- **Healthy Babies®** – Healthy Babies is focused on providing up-do-date education for customers who are thinking of starting a family or are pregnant. Customers can download the Cigna Pregnancy app and access a wide array of curated content that has all been reviewed by Cigna's clinical team.
- **Cigna Healthy Rewards®** – Get discounts on health and wellness items like fitness club memberships and devices, vision and hearing care, yoga products and virtual workouts, weight management and nutrition, and more**

*Some preventive services may not be covered under your plan. For example, immunizations for travel are generally not covered. See your enrollment materials for details about the services covered under your plan. **Healthy Rewards is a discount program and is separate from your medical benefits. **A discount program is NOT insurance, and you must pay the entire discounted charge.**




Cigna Medical – support when you need it most

- **Health Information Line** – Get 24/7 support when you need help with things like your child's high fever or finding late-night medical treatment
- **Treatment Decision Support** – Help with managing your care, get information about a variety of treatment options and know what to expect if you need to spend time in the hospital or require surgery
- **Hospital Care Coordination** – Coordinating care if you are admitted to the hospital
- **Case Management** – Support in the event of a serious or catastrophic event, helping to coordinate care and tap into available resources to maximize your benefits and optimize your care
- **Chronic Condition Support** – A dedicated health advocate to help you manage your health condition, treatment options and self-care for conditions like diabetes, back pain, depression, arthritis, asthma or cardiac issues
- **Cancer Care Support** – Supporting you and your family from understanding the diagnosis and discussing treatment options to celebrating survivorship

Cigna Healthcare[®] Lifestyle Management Programs

Our health advocates provide personalized support to help you make lasting changes.

- Weight management: Learn to manage your weight using a non-diet approach that helps you change habits, eat healthier and become more active
- Quit tobacco: Develop a personal quit plan to become — and stay — tobacco-free
- Reduce stress: Understand the sources of your stress and learn coping techniques to better manage it in all areas of your life

 Use an online or telephone coaching program (or both) for the support you need.



Behavioral Programs



Emotional health & well-being

Programs and digital tools, all at no additional cost to you.

Services to help manage life events:

- Up to three free sessions⁴ with a licensed clinician in our employee assistance program network.
- On-demand seminars, community resources and referrals on a range of topics.
- Virtual behavioral care allows you to speak with a counselor on your phone, tablet or home computer.

Find support for a range of topics, including:

- Anxiety, depression and stress management
- Parenting, relationships, child care and adoption
- Pet care, education, identify theft support
- Legal and financial consultation services⁵

Self-service digital tools and resources



iPrevail⁶ offered through Cigna provides on-demand coaching, personalized learning and caregiver support. Complete an assessment, receive a program tailored to your needs, and get connected to a peer coach.



Happify⁶ offered through Cigna is a self-directed program with activities, science-based games and guided meditations, designed to help reduce anxiety, stress and boost overall health.

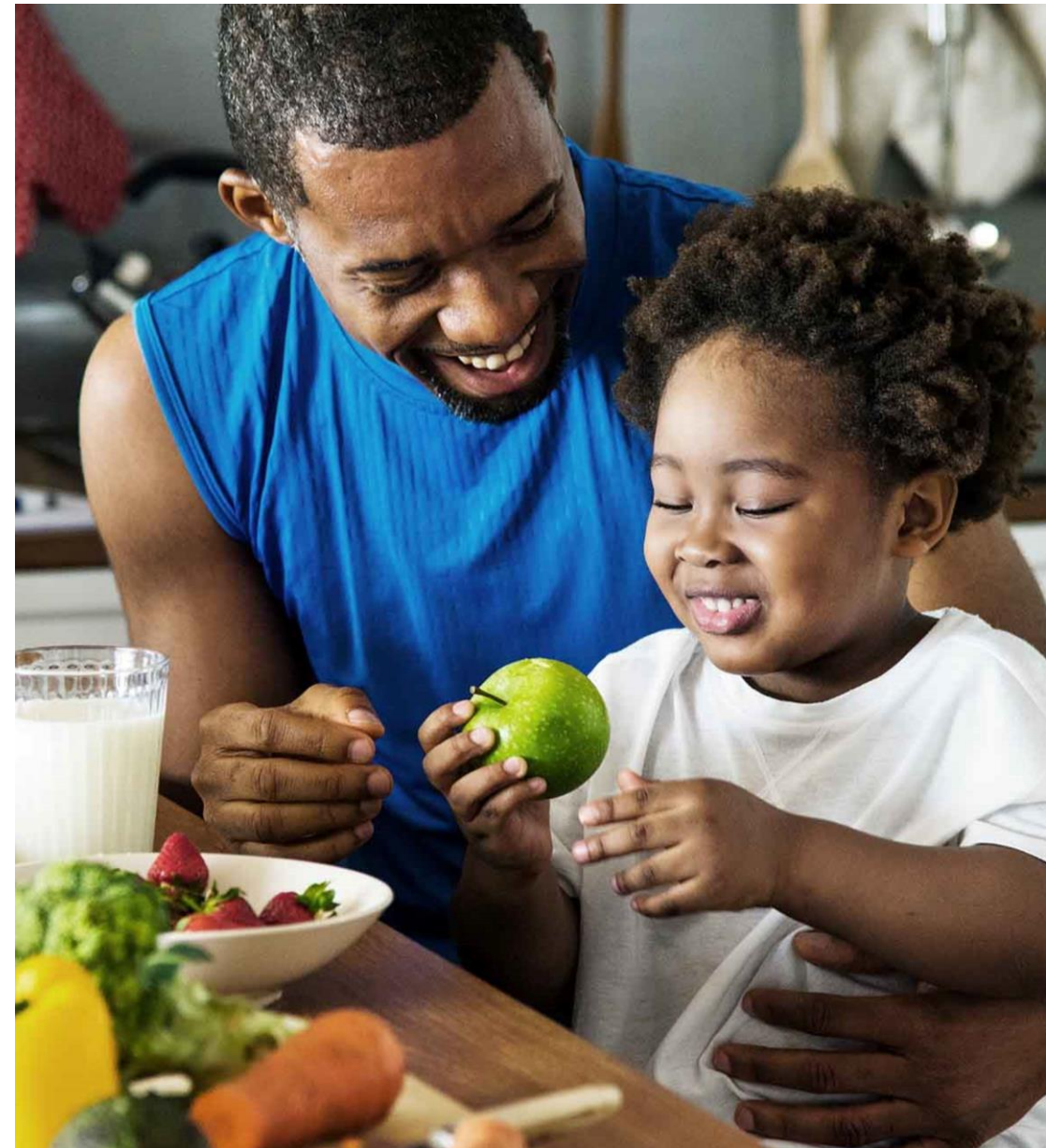
Additional Resources

- [Find a provider](#)
- [Managing Stress Toolkit](#)
- [Changing Lives by Integrating Mind and Body \(CLIMB\) mindfulness and stress management podcasts](#)
- [Veterans support](#)
- [Health Assistant](#) (under the Wellness tab)

Omada[®] For Cigna

Omada is a digital lifestyle change program focused on building healthy, long-lasting habits.

- Designed to help you lose weight, gain energy and reduce the risks of type 2 diabetes and heart disease
 - Surrounds you with the tools and support you need to make lasting, meaningful changes to the way you eat, move, sleep and manage stress — one small step at a time
 - Teaches healthy habits — guided by interactive online lessons and support groups, professional health coaching and a digitally connected scale
 - Receive the program at no additional cost if you or your covered adult dependents are enrolled in the company medical plan offered through Cigna, are at risk for type 2 diabetes or heart disease, and are accepted into the program
1. The Omada[®] program is administered by Omada Health, Inc., an independent third-party service provider. Cigna does not endorse or guarantee the products or services of any third parties and assumes no liability with respect to any such products or services.



Your Personal Health Team

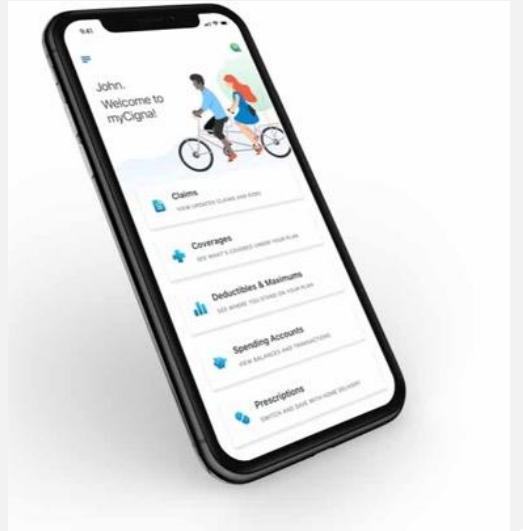


When it comes to feeling better about your health, everyone has different needs. That's why we provide a designated personal team of health advocates to listen and help you find solutions.

- Address chronic conditions like diabetes, back pain, depression, arthritis, asthma or cardiac issues
- Partner one-on-one with a health advocate and take a more active role in your health
- Find help managing your care and get information about a variety of treatment options
- Get 24/7 support when you need help with things like your child's high fever or finding late-night medical treatment
- Know what to expect if you need to spend time in the hospital or require surgery
- Get answers to questions about your health plan

Your online home for assessment tools, plan management and much more:

- Find in-network doctors, dentists and medical services
- View, print and email ID cards
- Review your coverage
- Manage and track claims, account balances and deductibles
- Compare cost and quality information for doctors and hospitals
- Access a variety of health and wellness tools and resources
- Receive alerts when new plan documents are available
- Manage your home delivery prescription orders or talk with a pharmacist
- Use the Price a Medication feature to explore medication costs²



 Download the **myCigna[®]** app and access your account.¹

For illustrative purposes only.

1. App/online store terms and mobile phone carrier/data charges apply. Actual myCigna[®] features may vary depending on your plan and individual security profile.

2. Prices shown on myCigna[®] are not guaranteed and coverage is subject to your plan terms and conditions. Visit myCigna[®] for more information.

Cigna Healthy Rewards® Program¹

Get discounts on the health products and programs you use every day, including:



Weight management and nutrition



Alternative medicine



Vision and hearing care



Fitness memberships and devices



Yoga products and virtual workouts

1. **Healthy Rewards programs are NOT insurance.** Rather, these programs give a discount on the cost of certain goods and services. The customer must pay the entire discounted cost. Some Healthy Rewards programs are not available in all states and programs may be discontinued at any time. Participating providers are solely responsible for their goods and services.



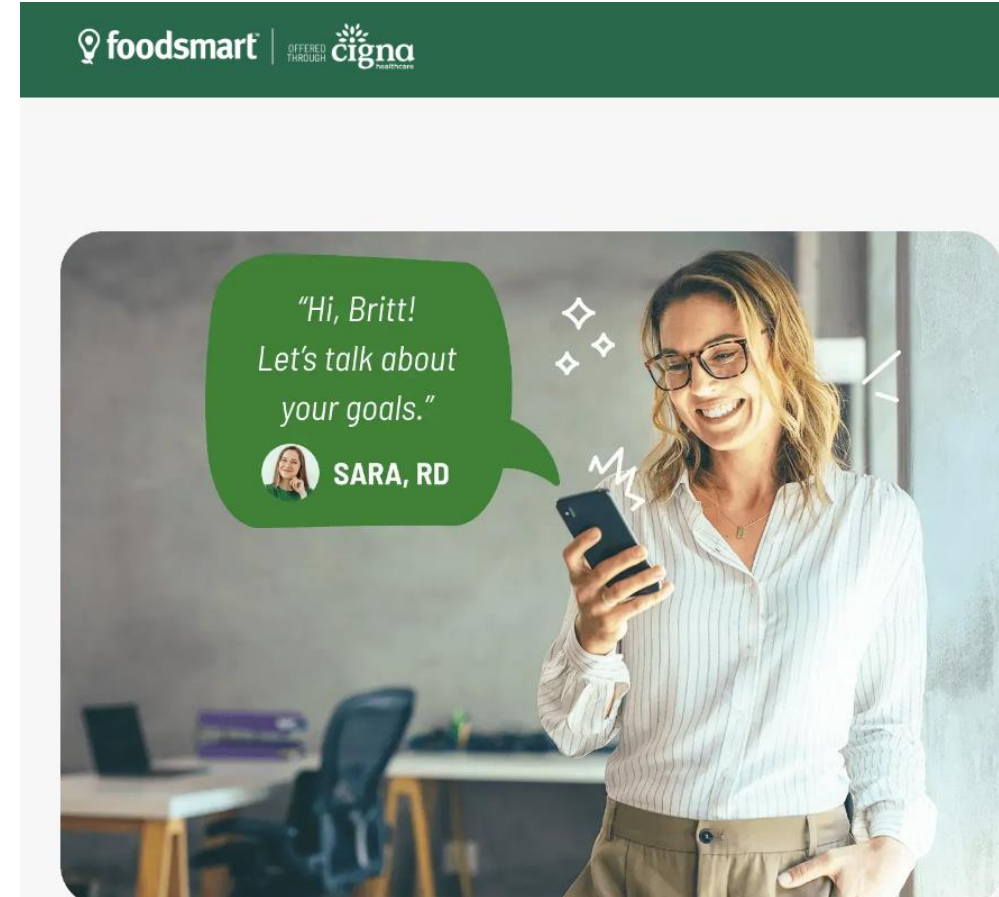
Talk with a Dietician

How does Foodsmart work?

With your Cigna Healthcare plan, you have access to Foodsmart nutrition support and counseling including one-on-one dietitian support, personalized meal plans, condition-specific nutrition, and ongoing support.

A Foodsmart dietitian — your personal nutrition coach — will help you create a personalized plan to reach your health goals and give you tools that make it easier to prepare nutritious meals for your family.

<https://foodsmart.com/members/cigna-healthcare>



Questions?



Prince Georges County Government

Wellness Champions Meeting

September 24, 2024

Prince Georges County Government: Workforce Health Team



Alex Long serves as a Workforce Health Consultant for the Mid-Atlantic States region of Kaiser Permanente, where she focuses on supporting employer groups in the development and implementation of wellbeing initiatives. Alex strongly believes in the positive role a workplace can play in the health of both KP members and society and feels privileged to serve the Prince Georges County Government wellness team!

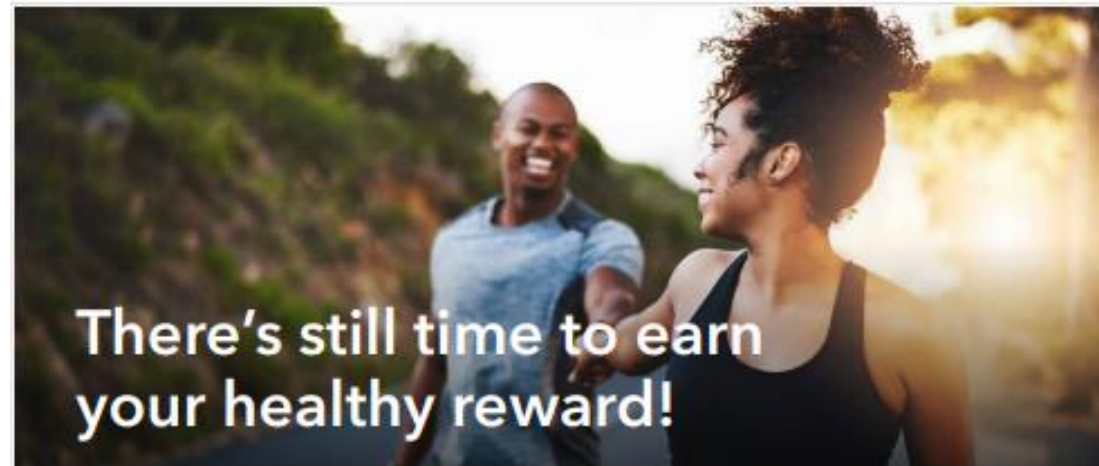


Tiara serves as the Sr. Workforce Health Associate for the Mid-Atlantic States region for Kaiser Permanente. She has been with the company for 6 years. Her role supports private, public, and federal accounts. She coordinates and monitors strategic customer engagement programs. She is passionate about improving the health and wellbeing of individuals/ organizations through innovative and effective solutions.

Workforce Health + Level Up

- Regular meetings to discuss strategy, best practices, resources, etc.
- Regular review of population health data to inform programming
- Leverage additional support – Omada, Burnalong, HES challenges, etc.
- Aligned collaborative efforts within Kaiser Permanente – Account Management team

PGCG HEP Program



Complete these Healthy Rewards activities by **December 31, 2024**, and earn a \$50 reward card.



Join today

- Visit kp.org/engage and sign on with your kp.org user ID and password.¹
- Accept the Wellness Program Agreement to be eligible to earn rewards.
- Visit the website often to view and track the status of your activities.



Here's what to do

- Get 4 biometric screenings: blood glucose, blood pressure, body mass index (BMI), and total cholesterol.
- Take your Total Health Assessment at kp.org/tha.



Enjoy your reward

- Complete all your activities by **December 31, 2024**.
- Earn a \$50 Visa gift card for completing activities.

Start now. Sign on at kp.org/engage.

Workforce Health Open Webinar Series

- Open to members and non-members
- Each series has one webinar a month
- Mindful Monday's
 - Addresses mindfulness or stress related topic
- Well-being Wednesday's
 - Presentation corresponds with our KP monthly health topics

Stay balanced with Mindful Mondays

Mindful Mondays are a series of monthly classes designed to help you combat stress and build resilience while navigating the challenges of COVID-19.



Managing Stress in Times of Change

Review the body's response to change and uncertainty. Learn ways to cope and how to activate relaxation.

Guided Meditation for Health and Happiness

Join us for a mindful meditation session where we tune into the peace and healing of an instructor guided meditation. Our focus will be to bring our bodies to a deep state of relaxation and healing using all of our senses. No previous meditation experience necessary.

Physical and Emotional Impact of Stress

Learn what stress is and how it impacts your physical and mental health while learning how to manage stress more skillfully.

Managing Stress in Times of Change	Guided Meditation for Health and Happiness	Physical and Emotional Impact of Stress
Monday, April 12 12 - 1 p.m. ET	Monday, May 10 12 - 1 p.m. ET	Monday, June 14 12 - 1 p.m. ET
REGISTER TODAY	REGISTER TODAY	REGISTER TODAY

Kaiser Foundation Health Plan of the Mid-Atlantic States, Inc.
2101 E. Jefferson St., Rockville, MD 20852 202WFO305 MAS 4/1/21-6/30/21

Stay healthy with Well-Being Wednesdays

Well-Being Wednesdays are a series of monthly health education classes designed to help you build your overall physical and emotional well-being while navigating the challenges of COVID-19.



Stress Management

Join this introductory webinar to learn how to identify, manage, and prevent stress. Learn how to prevent stress using relaxation, breathing, and exercise.

Taking Care of YourSELF

Four ways to care for yourSELF: sleep, exercise, love, and food. You'll learn how daily practice of simple strategies supports improved health and wellbeing.



Men's Health Issues

Men face risks of heart disease, prostate cancer, and diabetes. Here you will learn the risk factors and the simple lifestyle changes that can help you or a loved one avoid chronic disease.

Stress Management	Taking Care of YourSELF	Men's Health Issues
Wednesday, April 28 12 - 1 p.m. ET	Wednesday, May 26 12 - 1 p.m. ET	Wednesday, June 30 12 - 1 p.m. ET
REGISTER TODAY	REGISTER TODAY	REGISTER TODAY

Kaiser Foundation Health Plan of the Mid-Atlantic States, Inc.
2101 E. Jefferson St., Rockville, MD 20852 202WFO306 MAS 4/1/21-6/30/21

Compassionate Leadership Training



Compassionate Leadership Skills

In Business

Train the Trainer

Employees have been dealing with increasing levels of stress in and out of the workplace. This discussion will go over the impact of stress and vicarious/secondary trauma in workplace environments with a focus on how you can take actionable steps to manage your risk. As a leader we have to recognize the power you have over making positive changes to improve the wellbeing of your team while also making yourself a priority.



no cost



open to managers/leaders



lead time based on presenter availability



onsite or virtual

Self-Care Apps

Digital mental health support — praised by professionals and users alike.



Build mental resilience, reduce stress, and experience better sleep alongside 70 million other active users.*



The Headspace app offers 1-on-1 support for many common challenges — from anxiety, stress, and low mood to issues with work, relationships, and more.

kp.org/selfcareapps



no cost to members



all devices



self-care and wellness resources



KAISER PERMANENTE®



Wellness Coaching by Phone

Convenient, support from a specially trained health professional.

Many areas of focus

Whether you want less stress or better sleep, wellness coaches can help. They can set up an action plan to keep you motivated toward your health goals.

Convenient scheduling

Phone sessions are available 7 days a week and typically last 20 minutes.

Dedicated support

The same coach will get to know you over multiple sessions — providing tailored guidance at whatever time and frequency works best.

Real people, real results

Wellness coaching has helped thousands of Kaiser Permanente members reach their health and wellness goals.¹

80%

increased physical activity

80%

ate healthier

79%

reduced their stress

65%

quit tobacco

64%

achieved or maintained
a healthy weight

Source: Kaiser Permanente internal data
¹After 2 or more sessions with a coach.

kp.org/coaching

1-800-777-7904



no cost to members



by phone



self-care and wellness resources



KAISER PERMANENTE®

Try the kp.org member experience demo

Health care shouldn't be complicated. Kaiser Permanente's online platform gives our members the power to manage their care, see their plan information, pay bills, and much more — all in one place.

Select one of the kp.org member experience demos below to explore how we bring convenient, high-quality care to your employees anytime, anywhere^{1,2,3}.

New member welcome

A step-by-step guide to getting started as a new member:

- ✓ Choose a personal doctor
- ✓ Choose a doctor for a family member
- ✓ Transfer prescriptions
- ✓ Schedule first appointment

Try the new member welcome

Current member experience⁴

Members have all the tools they need to manage their care online:

- ✓ Schedule an appointment
- ✓ Message your doctor
- ✓ View medical records
- ✓ Pay bills
- ✓ Get care now

Try the current member experience

Total Health Assessment & Healthy Lifestyle Programs

Online health guidance and action items to help build and reach health goals.

Health assessment

A quick, 10-minute survey will help us assess your health and medical history.

Goal setting

Based on your answers, we'll help you choose some goals to focus on, like improving your mood, keeping stress in check, and sleeping better.

Activity recommendations

We'll help you form better habits by suggesting activities you can fit into your daily or weekly routine.



no cost to members



all devices



self-care and wellness resources



KAISER PERMANENTE®

kp.org/tha

kp.org/healthylifestyles

Health Classes

Virtual and on-demand health education classes empower you to take small steps toward healthy changes.

Class Topics Include:

- Chronic conditions
- Dignified journeys
- Fitness
- Mental health
- Nutrition
- Physical therapy
- Prenatal care



kp.org/classes



no cost to members



all devices



self-care and wellness resources



KAISER PERMANENTE®

Gym & Fitness Discounts

ClassPass

- Discounted access to over 30,000 gyms and fitness studios worldwide
- 4,000+ on-demand video workouts at no-cost

Active & Fit Direct

- Gym discount program \$28 enrollment fee and \$28 monthly fee for standard gyms (over 11,000 participating gyms)
- Up to 25% off a contracted providers regular rates for acupuncture, chiropractic care, and message therapy.

ChooseHealthy

- Reduced rates on a variety of fitness, health, and wellness products:
 - Activity trackers
 - Workout apparel
 - Exercise equipment

kp.org/exercise



no/low cost to members



all devices



facility discounts



self-care and wellness resources



KAISER PERMANENTE®

Q & A



YOUR EMPLOYEE ASSISTANCE PROGRAM

*Understanding
your program
benefits:
Employee Assistance
Program (EAP)*



WHAT IS AN EMPLOYEE ASSISTANCE PROGRAM (EAP)?

At times we all experience challenges at work or at home that affect our well-being and make it difficult to concentrate on our daily tasks.

EAP Services are:

- Confidential & Private
- Professional and Licensed Providers
- Focus on Work and Family Concerns
- Available 24 hours a day/7 days a week/365 days a year
- Prepaid by Employer
- Available to all employees and household members



YOUR EMPLOYEE ASSISTANCE PROGRAM

WHAT ARE EAP BENEFITS?

- ✓ Short Term Counseling (8 sessions of counseling per issue per year)
- ✓ Work Life Information & Resources
 - Child & Eldercare
 - Educational
 - Health & Wellness
 - Daily Living
 - Legal Consultations
 - Identity Theft Services
 - Financial Consultations
- ✓ Wellness Coaching
- ✓ Website



YOUR EMPLOYEE ASSISTANCE PROGRAM

TYPICAL CONCERNS

- Relationships
- Emotional Health and Well Being
- Stress Management
- Substances
- Job Related
- Child or Family



YOUR EMPLOYEE ASSISTANCE PROGRAM

OVERVIEW OF EAP SHORT TERM COUNSELING

- ✓ Assessment of the issue by Master's level counselors 24/7.
- ✓ Referrals for short term counseling will be provided within 2 business days
- ✓ Short term solution focused counseling
- ✓ Referral (if appropriate) to community based resources
- ✓ Follow-up

WORKLIFE BENEFITS

Balancing the competing demands of work and family life can be a very difficult and frustrating task.

Work-Life Services include:

- ✓ Consultation with a Work-Life professional
- ✓ Referral to local providers and national services
- ✓ Comprehensive resource library of materials

CHILD CARE RESOURCE AND REFERRAL

- Day Care Centers
- Family Day Care Homes
- Back-Up Care
- Sick Child Care
- Nanny Agencies
- Lactation Support
- Summer Camps
- Adoption
- Public and Private Schools
- Tutors



YOUR EMPLOYEE ASSISTANCE PROGRAM

ELDER CARE RESOURCE AND REFERRAL

- Assisted Living Facilities
- Nursing Homes
- Adult Day Care Programs
- Caregiver Support
- Retirement Communities
- Elder Hostels
- Meals On Wheels Programs
- Home Safety
- Elder Driving
- Geriatric Care Managers
- Hospice



YOUR EMPLOYEE ASSISTANCE PROGRAM

DAILY LIVING RESOURCE AND REFERRAL

- ✓ Pet Sitters
- ✓ Apartment Rentals
- ✓ Relocation Support
- ✓ Caterers
- ✓ Consumer Information
- ✓ Travel Information
- ✓ Wedding Planners
- ✓ Home Helpers
- ✓ Plumbers
- ✓ *and much more*

- 
- ☒ email Tom to reschedule
 - ☒ lunch w/ Sonya
 - ☐ conference call @ 2PM
 - ☐ pickup prescription
 - ☐ take kids to soccer
 - ☐ pack for trip

LEGAL ASSIST

Legal Assist provides access to qualified legal advice and counsel, either by phone or in person, as determined by your need.

- Consultations are free, half-hour phone or in-person sessions with an attorney qualified to handle your issue.
- There is no limit to the number of times you can use the service for different issues.
- Coverage is available in all 50 states.
- You receive a 25% discount from your referred in-person attorney's hourly fee if you require his or her representation.
- Telephonic attorneys cannot self-refer, so you are assured unbiased advice.
- Valuable legal resources can be located online at www.inova.org/eap

FINANCIAL ASSIST

Financial Assist provides access, by phone, to qualified financial advisors to help you with your needs.



- Counselors address issues via a toll-free information line, and follow up by mailing supporting educational materials
- Additionally, advisors are available without an appointment Monday through Friday, or through pre-scheduled Saturday sessions
- Advice is objective and pressure-free
- All counselors are knowledgeable in a wide range of financial topics
- Financial resources can be located online at www.inova.org/eap

Wellness Coaching

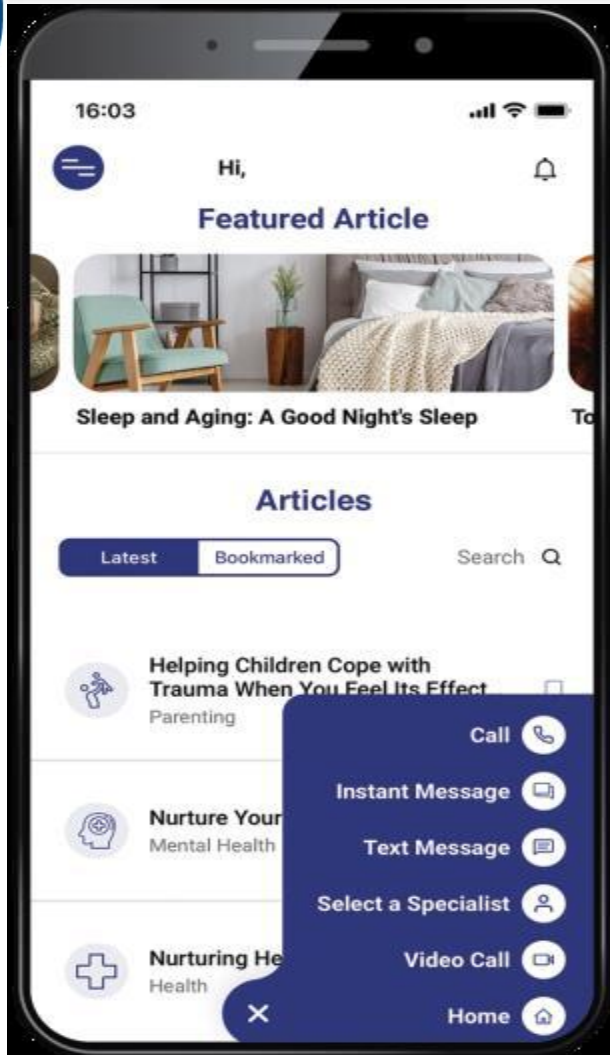
- ✓ Support to manage stress, improve self-care and eat and sleep well
- ✓ Health Coaching offers one-on-one telephonic or virtual coaching sessions by certified health coaches who specialize in exercise physiology, dietetics, public health and so much more.
- ✓ Inova Well is here to support you on your journey to achieve your personal health and wellness goals by providing individualized, goal-oriented guidance, wellness education, strategy development and encouragement.
- ✓ Common wellness plans include:
 - ✓ Weight management and nutrition education
 - ✓ Sleep health and self-care
 - ✓ How to get started or stay on track with physical activity and exercise
 - ✓ Lifestyle management of chronic conditions (e.g., asthma, diabetes, cardiovascular disease, etc.)



WEBSITE

- ✓ Regularly updated information and links
- ✓ Monthly online seminars and skill builders
- ✓ Downloadable articles and tip sheets
- ✓ Self-search provider databases for education resources, pet sitters, attorneys, financial advisors, volunteer opportunities, and legal and medical encyclopedias
- ✓ Legal documents
- ✓ Financial and daily living calculators
- ✓ Savings Center providing 25% to 70% discounts on name-brand merchandise
- ✓ Spanish-language content
- ✓ Visit our website to see all this and more

iConnectYou App - YOUR EAP ON THE GO



iConnectYou is an app that instantly connects you with professionals for instant support and help finding resources for you and those in your household.

To access iConnectYou app:

iPhones: download the app from the App Store

Android: download the app from Google Play

****You will need to use the iConnectYou Code below when registering.**

iConnectYou Code: 195146

YOUR EMPLOYEE ASSISTANCE PROGRAM



*Call the toll-free number if you need assistance
or if you have any questions about your
EAP benefits.*

*Toll Free: 800-346-0110
TTD/TTY: 877-845-6465*

Website: www.inova.org/eap

Username: Prince

Password: George

iConnectYou Code: 195146



Omada Health + PCGC

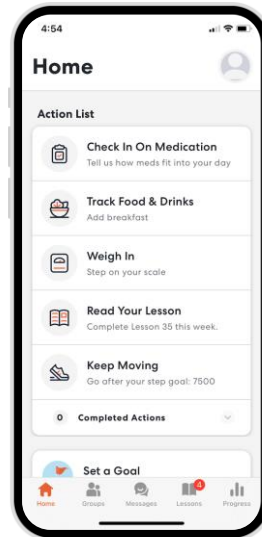
→ September 2024

The Virtual-First provider obsessed with elevating employee health and experience



Health Coach

Care Team



Mobile App + Web Portal



Connected Devices + Program Tools

All with
Behavioral Health Support



PGCG Enrollments All Time

1159

Applications
submitted

902

Applications
accepted

831

Enrollments

Early Engagement Trends | Prevention Programs



The power of behavior change:

Early engagement (month 1-3) is a strong indicator of success in the program, including improved clinical outcomes at month 6.

92% of PGCG participants are actively engaged with the program, completing an average of **15** weekly activities.

Program Utilization

LOGIN **85%**
of members

SCALE **83%**
of members

LESSON **66%**
of members

MEAL TRACKING **64%**
of members

58%
of PGCG members
message their
Care Team on a
weekly basis.



Impact & Outcomes | Prevention

Total
Weight Loss

3,540

pounds

Time in Program	Average Weight Loss	% Achieving 5% Weight Loss
Month 1	0.8%	1.3%
Month 6	1.8%	18%
Month 12	1.9%	20%
Month 24	2.5%	28%



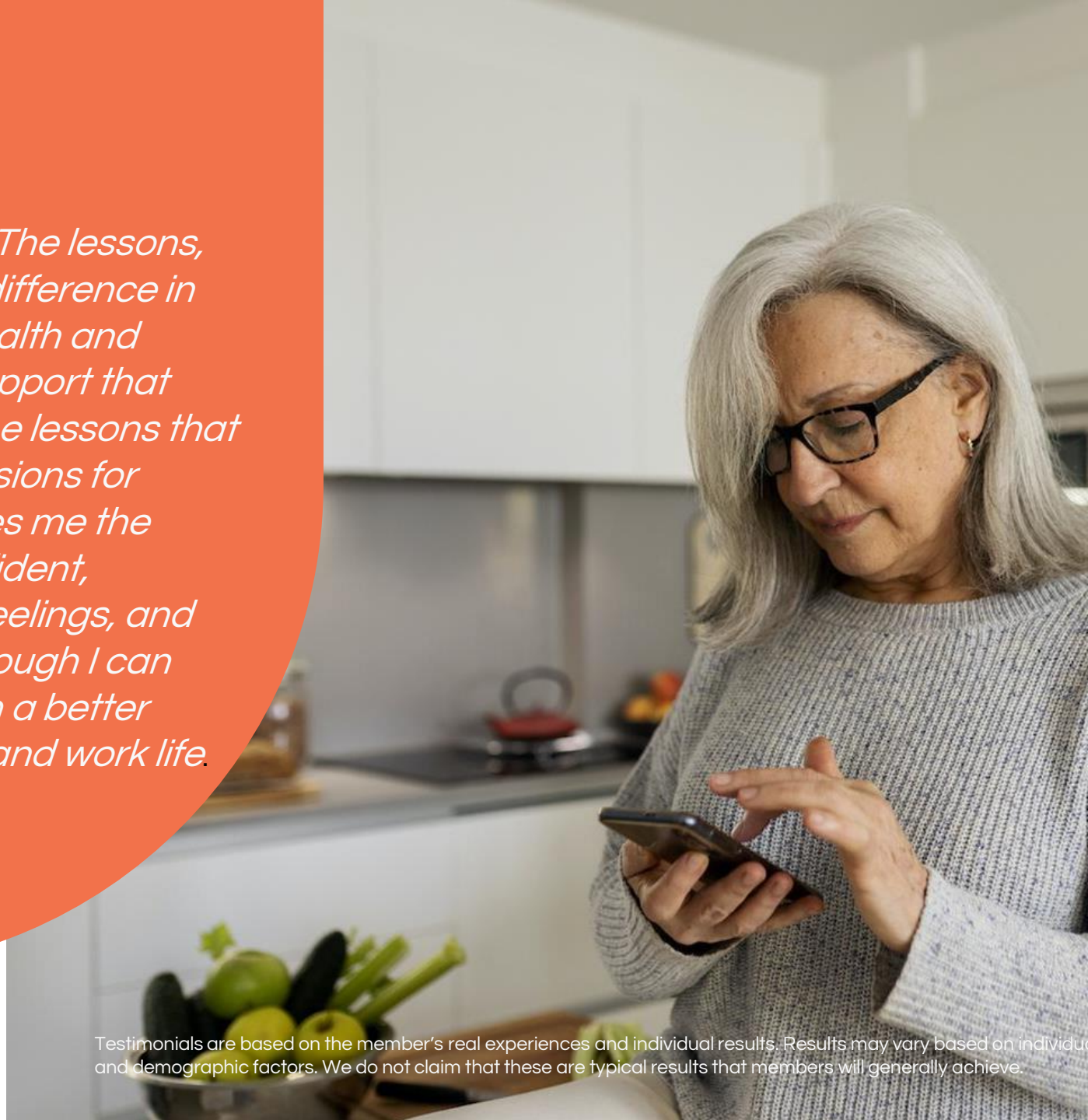
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My overall experience has been wonderful so far. The lessons, the coaching, and group support really makes a difference in my wellness journey especially focusing on my health and weight management. Weekly check-ins, group support that helps motivate and keep you accountable, and the lessons that help teach and guide you in making the best decisions for yourself. Focusing on my wellness and health gives me the opportunity to be a better human. I am more confident, motivated, and accountable for my actions and feelings, and with the support I receive from Omada I feel as though I can make progressions at my own pace. When you're in a better headspace it reflects in all aspects of your home and work life.

PGCG (KP) Member



Testimonials are based on the member's real experiences and individual results. Results may vary based on individual and demographic factors. We do not claim that these are typical results that members will generally achieve.



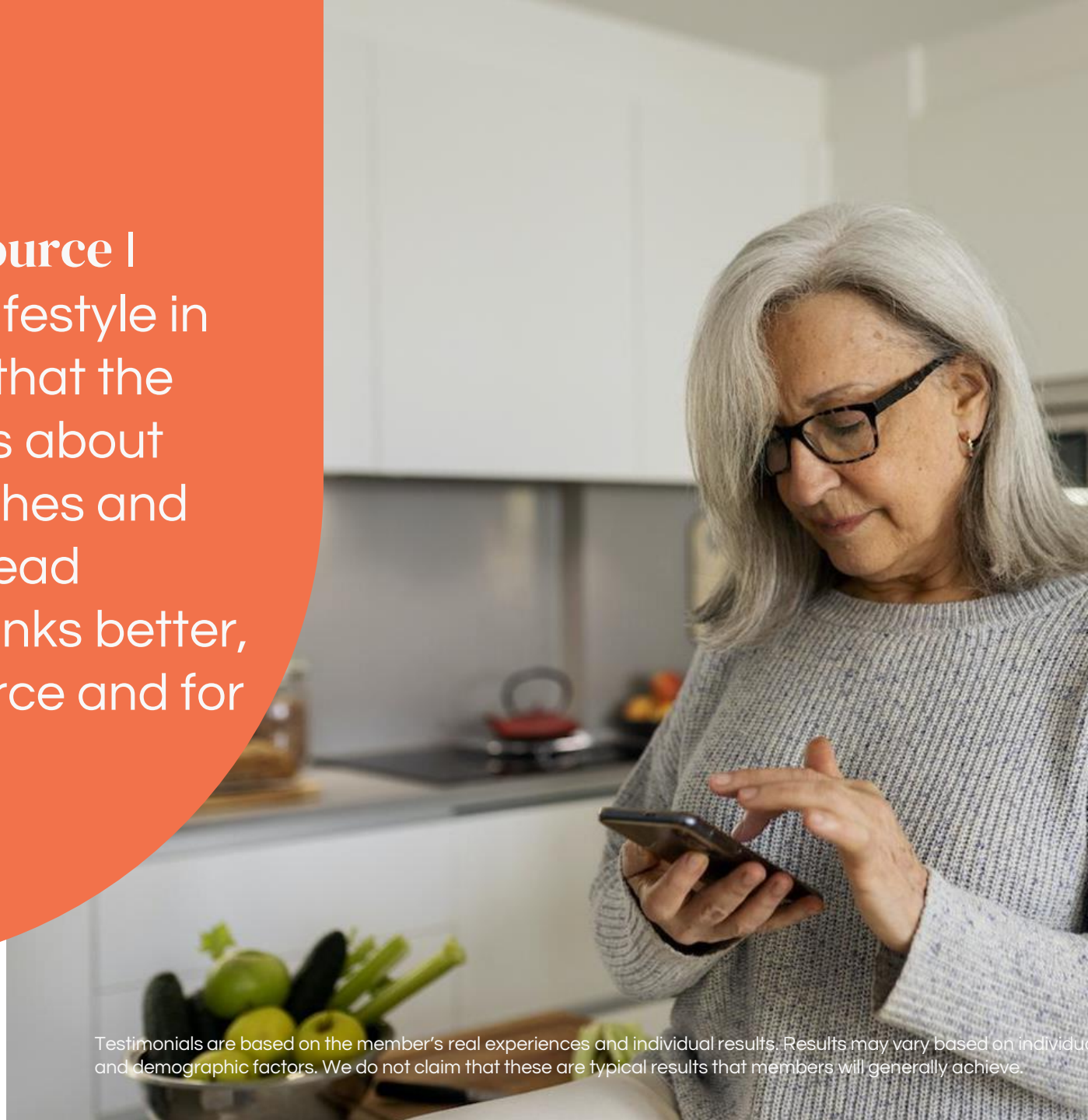
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This has been **the most valuable resource** I have had to help me live a healthier lifestyle in terms of weight management. I love that the program doesn't have any strict rules about dieting or my weight, rather the coaches and the program is teaching me how to read ingredients labels, how to pick my drinks better, etc.. thank you for offering this resource and for free!

PGCG (Cigna) Member



Testimonials are based on the member's real experiences and individual results. Results may vary based on individual and demographic factors. We do not claim that these are typical results that members will generally achieve.



**Thank
you.**



Thank You!

We appreciate each of you! Stay tuned for the next Wellness Champions meeting.

Stay tuned—we will send out a meeting invitation for **January 2025**.

