

Summary of State of Nebraska Wellness Program

- Employees were offered a wellness website, Biometrics screening, HRA, health advisor, wellness challenges, health coaching.
- Two groups (participating – 6,593 and non-participating ~ 10,434).
- Confidentiality was stressed throughout the program.
- Employee & Spouse must complete biometrics, HRA and wellness program.
- Had wellness champions across the state.
- Had senior leadership support.
- Provided healthy food options.
- ROI was calculated using biometrics, HRA, medical claims, pharmacy claims, and wellness program data. Incentive costs were not factored into ROI. (calculated ROI was \$2.70 for every \$1.00).
- Sent 146,000 reminders to employees from April 2010 – April 2011 regarding wellness program.