

Attachment A: 2023 Member Engagement in Wellness and Disease Management Services Administered by WebMD

Table 1: Coaching Calls

Coaching Program	# of Calls/Sessions
Lifestyle Management (nutrition, exercise, stress, blood pressure, tobacco cessation, etc.)	15,127
Condition Management Calls (asthma, COPD, CAD, CHF, diabetes)	6,921
Positively Me Weight Management	1,209
Total	23,257

Table 2: Screenings and Flu Vaccine Participants

Service	# of Participants
Biometric screenings (onsite)	2,696
Self-collection screening	2,320
Flu vaccine	2,431
Total	7,447

Table 3: Portal Activities Participants

Activity	# of Participants
Health assessment	55,384
Daily Habits (self-directed coaching)	2,762
meQuilibrium (stress management and resilience building app)	1,003
Rethink Your Drink challenge	3,809
Invitational steps challenge	1,099
Stressless challenge	615
Total	64,677

Table 4: Dedicated Well-being Staff (DWS) Services Engagements

DWS Service	# of Participant Engagements
Diabetes Prevention Program	765
Champion toolkits downloaded	489
Wellness champion support (consultations, meetings, awards, etc.)	681
Presentations and events	5,872
Well Wisconsin video listens	2,372
Well Wisconsin Radio podcast listens	68,274
Total	78,453