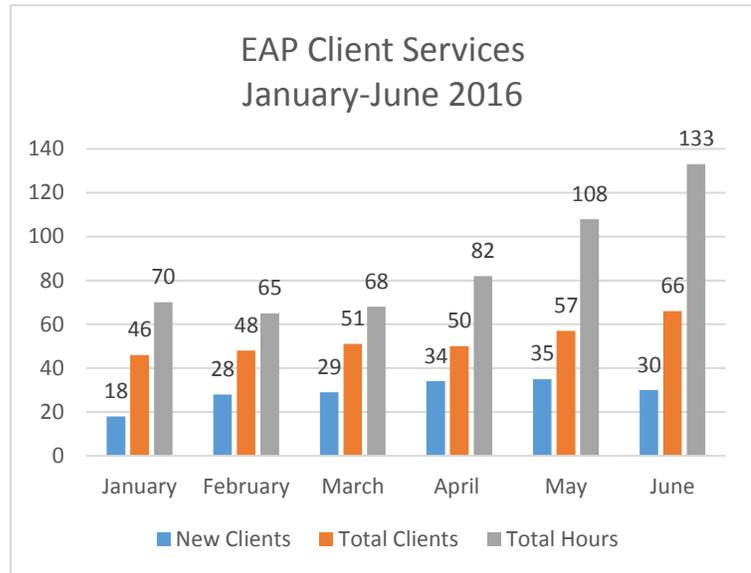


January-June 2016 Wellness Center Activities

Employee Assistance Program: Clinical Client Services (Counseling)

Highlights

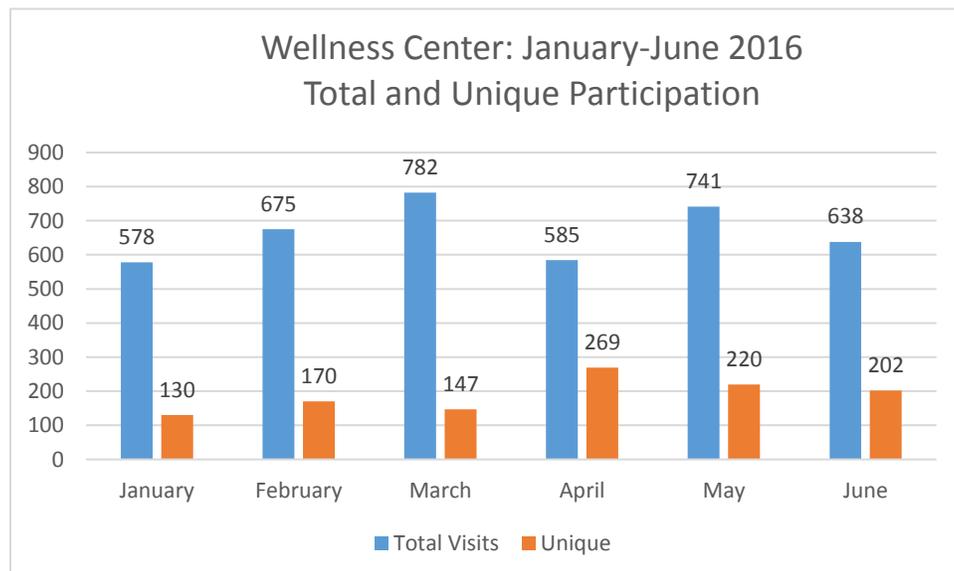
- Averaged 88 hours/month of counseling (increased from 75 hours in 2015).
- Averaged 29 new clients/month (increased from 24 in 2015).
- Averaged 53 clients (increased from 51 in 2015)



Wellness Center

Highlights

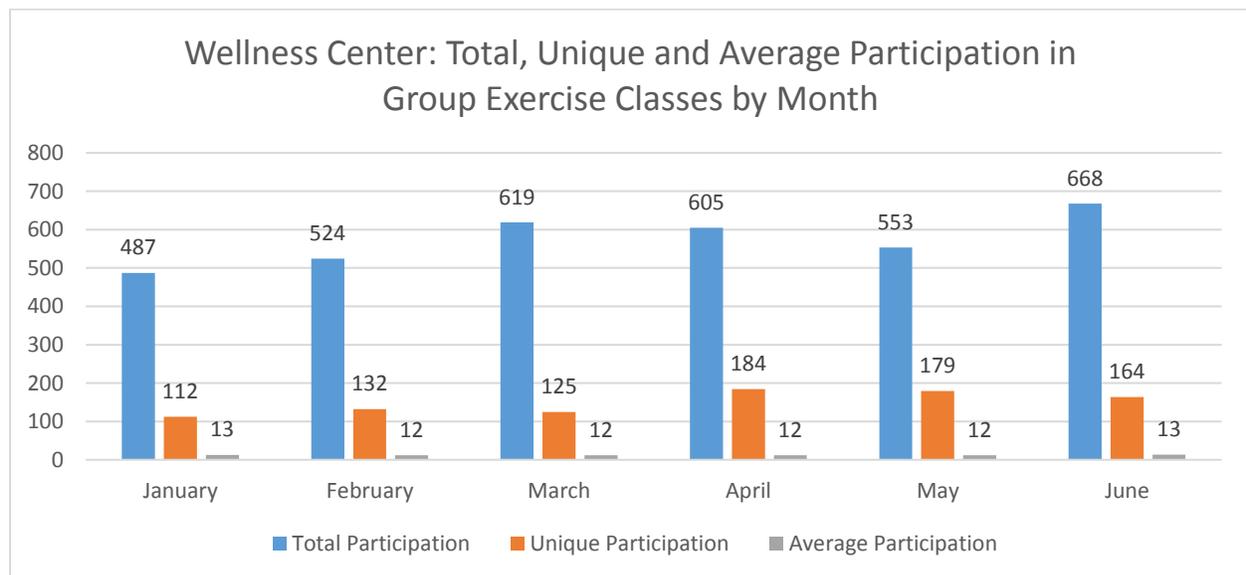
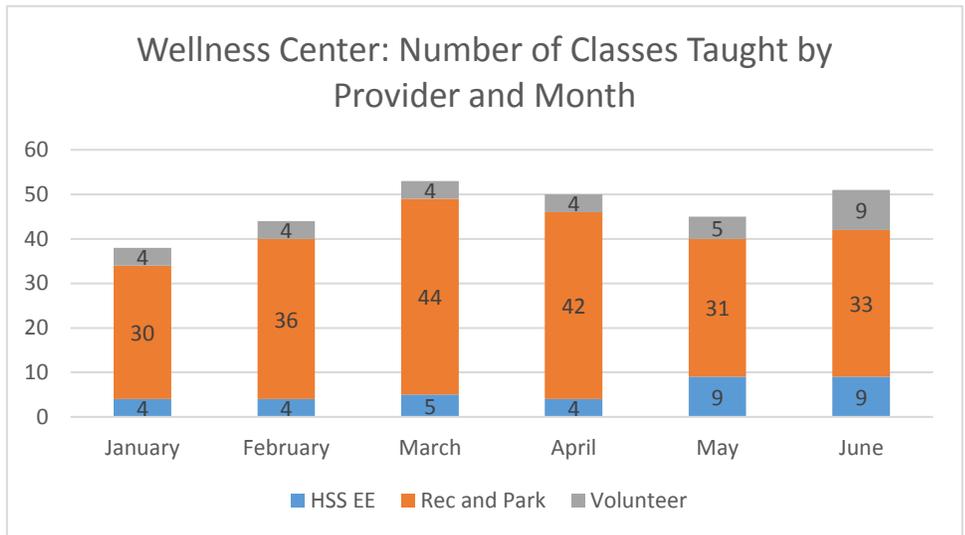
- 3999 visits between January-June (increased from 3133 in 2015)
- Averaged 667 visits/month (increased from 522 in 2015)
- Averaged 189 unique participants each month (increased from 136 in 2015)



Group Exercise at the Wellness Center

Highlights

- Averaged 47 classes/month (increased from 39 in 2015)
- 3421 visits were for group exercise between January and June (increased from 3143 in 2015)
- Averaged 576 visits/month (increased from 524 in 2015)
- Averaged 12 participants/class (decreased from 13 in 2015)
- Averaged 150 unique participants/month



Class Schedule Changes

- Zumba Monday 1:10 was added in February.
- Total Body Conditioning Thursday 1:10 was added in February.
- Yoga Wednesday 1:10 was added in June.
- Total Body Conditioning Monday 5:15 was canceled.

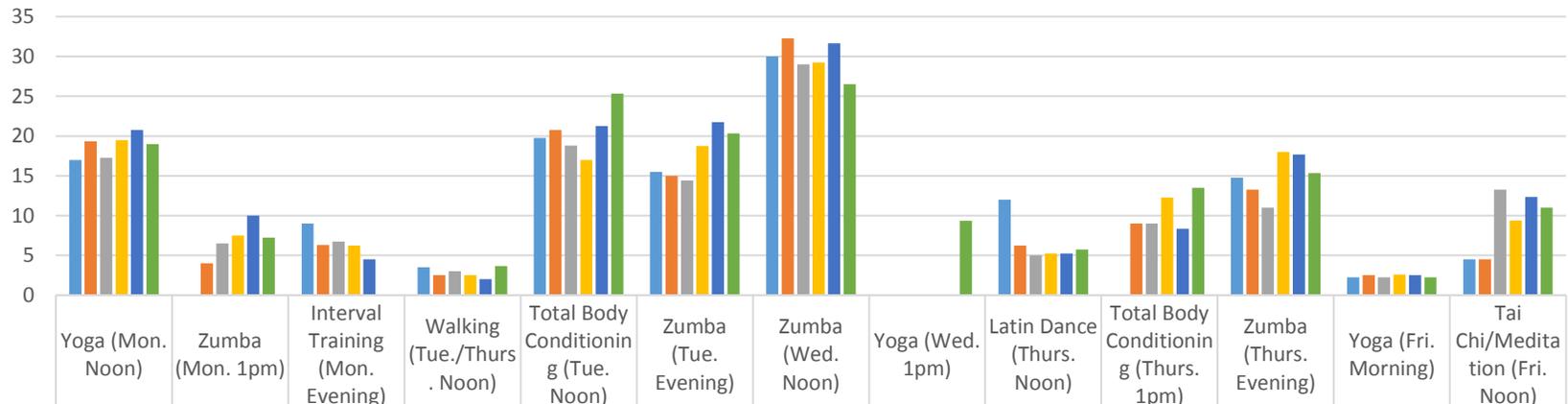
Classes with Increased Participation

- Tai Chi Friday 12:10 was added in January. Consistently offering the class has helped it gain traction.
- Total Body Conditioning (TBC) Tuesday Noon hit an all-time high in June. Participation in this class has been capped at 27 due to space limitations. The 1pm TBC class is the most attended 1pm class as well.
- The 1pm classes that were added averaged 9 participants each class.

Classes with Decreased Participation

- Latin Dance Thursday 12:10 has decreased since January and has a consistent group of 5-6 each class.
- Interval Training Monday Evening has been trending down and the instructor took leave of absence in June.

Wellness Center: Average Participation by Class



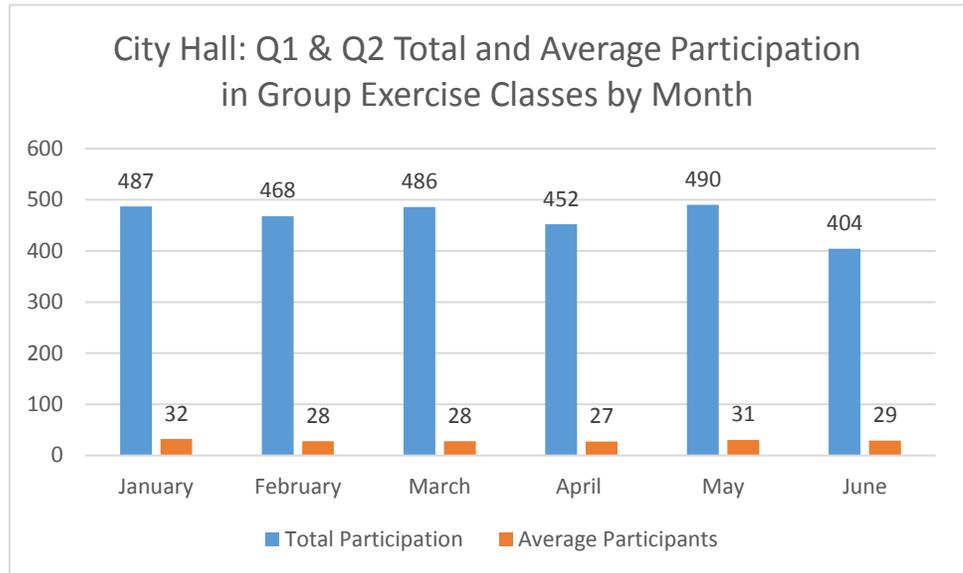
Month	Yoga (Mon. Noon)	Zumba (Mon. 1pm)	Interval Training (Mon. Evening)	Walking (Tue./Thurs. Noon)	Total Body Conditioning (Tue. Noon)	Zumba (Tue. Evening)	Zumba (Wed. Noon)	Yoga (Wed. 1pm)	Latin Dance (Thurs. Noon)	Total Body Conditioning (Thurs. 1pm)	Zumba (Thurs. Evening)	Yoga (Fri. Morning)	Tai Chi/Meditation (Fri. Noon)
January	17		9	4	20	16	30		12		15	2	5
February	19	4	6	3	21	15	32		6	9	13	3	5
March	17	7	7	3	19	14	29		5	9	11	2	13
April	20	8	6	3	17	19	29		5	12	18	3	9
May	21	10	5	2	21	22	32		5	8	18	3	12
June	19	7		4	25	20	27	9	6	14	15	2	11

■ January ■ February ■ March ■ April ■ May ■ June

Group Exercise at City Hall

City Hall

- Averaged 16 classes/month (increased from 15 in 2015)
- 2787 visits were for group exercise between January and June (increased from 2222 in 2015)
- Averaged 465 visits/month (increased from 370 in 2015)
- Averaged 29 participants/class (increased from 24 in 2015)

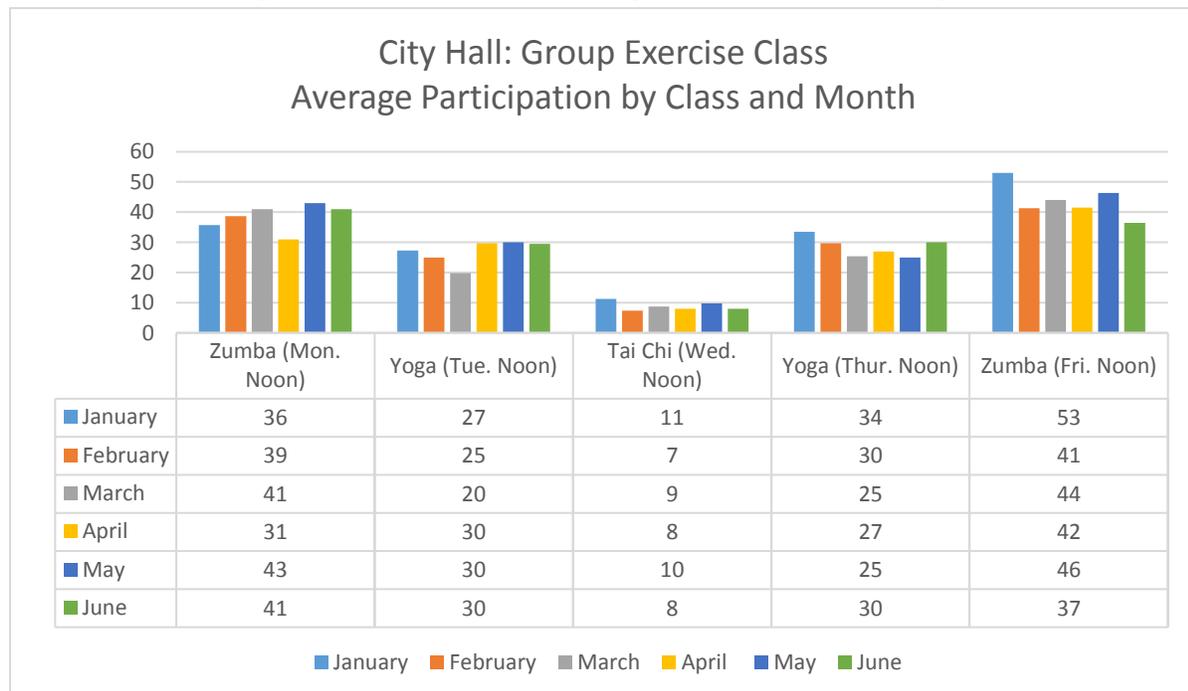


Classes with Increased Participation

- Zumba Monday 12:10 has increased participation near the end of Q2.
- Yoga Tuesday Noon has increased consistent participation in Q2 compared to Q1.

Classes with Decreased Participation between January and June

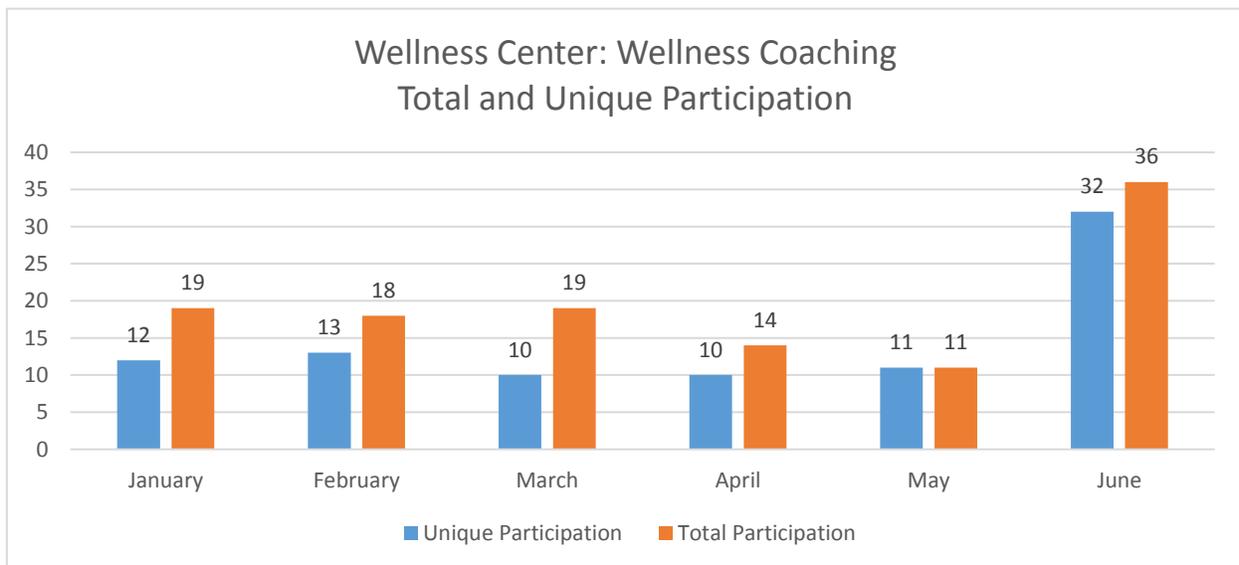
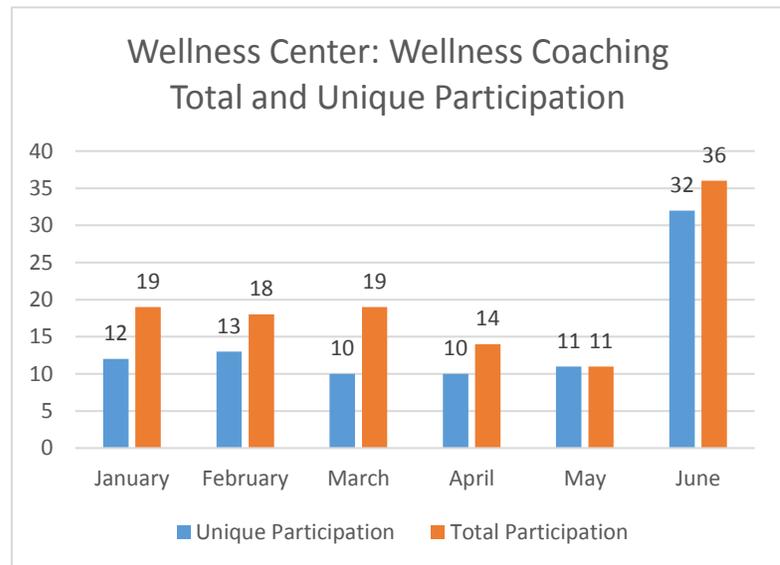
- Tai Chi Tuesday 12:10 has decreased since January.
- Yoga Thursday 12:10 has increased in June after a consistent decrease each month.
- Zumba Friday 12:10 has experienced a large decrease since January.



Wellness Coaching

Highlights

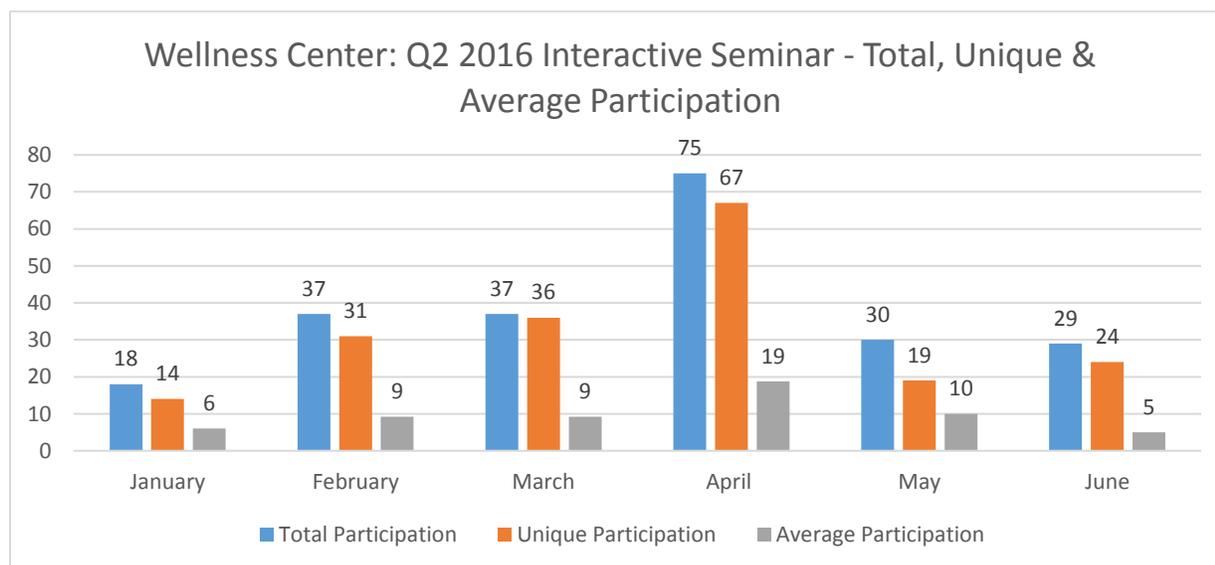
- The small group coaching pilot started in June has increased the number of individuals participating in coaching.
- Average 32% of appointments were scheduled (compared to 39% in 2015).
- 117 visits were for coaching between January and June, with 94 visits for one-on-one coaching and 23 visits for small-group coaching in June (decreased from 122 in 2015)
- Averaged 20 visits/month for coaching (same as in 2015)
- Averaged 15 unique participants (same as in 2015)



Interactive Seminars and Series

Highlights

- 24 seminars (decreased from 30 in 2015)
- 226 visits were for seminars (decreased from 383 in 2015)
- Averaged 32 unique participants each month (decreased from 42 in 2015)
- Averaged 9 participants/seminar (decreased from 13 in 2015)
- Average satisfaction score of 4.43 (88%)
- The two Retirement seminars had the most participation with 33 and 21 participants.
- Kitchen Medicine had 20 attendees and Savvy Grocery Shopping had 17 attendees.
- Heart of the Matter (4.76), Cube Moves (4.72), Managing Emotions (4.67), Why Eat Breakfast (4.66), and Kitchen Medicine (4.65) had the highest satisfaction scores.



Month	Topic	Presenter	Participation	Satisfaction Score	Percent Satisfied
January	Why Eat Breakfast?	KP	8	4.66	93
	Get Moving	KP	5	4.30	86
	Healthy Habits	KP	5	4.60	92
February	Stress Management for the Heart	EAP	5	4.32	86
	Heart of the Matter	KP	7	4.76	92
	Retirement Readiness	Prudential	21	4.37	87
	Fitting Fitness at Work	KP	4	4.47	89
March	Market Volatility	Prudential	4	4.25	85
	Getting Healthy Sleep	KP	15	4.28	86
	Stress and Nutrition	EAP	3	4.40	88
	Food Demo	KP	15	4.35	87
April	Kitchen Medicine	KP	20	4.65	93
	Retirement	Prudential	33	4.01	76
	Savvy Grocery Shopping	KP	17	4.26	81
	Cube Moves	KP	5	4.72	94
May	Importance of Strength Training	KP	14	4.35	87
	Five Bucket Principles	UHC	8	4.26	83
	Stress Management	EAP	8	3.88	78
June	Managing Emotions	EAP	3	4.67	93
	Stress Management	EAP	1	4.50	90
	Healthy Food on a Budget	UHC	7	4.57	91
	Meal Planning	KP	3	4.53	91
	Plant Based Eating	KP	6	4.60	92
	Five Ingredients Cooking	KP	9	4.56	91

Status on Progress toward 2016 Goals

1. Increase the annual visits to 9000.
 - 3999 visits in Q1 & Q2 is 44% toward the goal of 9000 (6% behind).
2. Increase the unique participants to 975.
 - 574 unique participants in Q1 is 59% toward the goal (slightly ahead).
3. Increase the percentage of visits for activities other than group exercise to 25%.
 - 86% of visits are from group exercise (11% behind).

Status on Progress toward 2016 Recommendations

Group Exercise

1. Pilot 1:00 classes to accommodate more participants during the lunch hour (many 12:00 classes are reaching capacity).
 - The two new classes at 1:10 attracted new members and helped accommodate growing class size. In late Q2, Yoga was also added at 1:10.
 - The noontime Zumba and Total Body Conditioning classes are close to capacity and the 1:10 additions do not seem to be alleviating this challenge completely.
2. Focus promotional efforts on classes that serve those new to exercise or those who need modification as well as on classes that address strength and flexibility.
 - A primary objective behind the Move More, Feel Better week of activities planned for early August is to provide more opportunities to teach members about strength and stretching. Sessions include: Free Weight Demonstrations, Ball Demonstrations, Strength Training Basics, Stretching & Relaxation for the Workstation, Exercises for the Workstation, and Move More, Feel Better.

Seminars

1. Offer regular mental well-being seminars through the expanded EAP.
2. Offer seminars for managers to help improve well-being in the workplace.
 - This activity has not begun.
3. Pursue relationships with non-profit organizations to provide seminars.
 - This activity has not begun.

Open Wellness Center Use

1. Promote Wellness Center use on break times and from 1:00-2:00.
 - With the growing group exercise class size and diversity, the 1:00 timeframe has largely been consumed by group exercise classes.
 - The Move More, Feel Better week activities in August will promote 10:00 and 3:00 breaks as an opportunity to learn about Breathing Techniques, Meditation Made Easy, and Stretch it Out. Additionally, demonstrations of exercise equipment at 11:30 will facilitate use of the facility during Open Hours.

Wellness Coaching

1. Promote coaching as a compliment to challenges and seminars.
 - Coaching as part of a New Year's Resolution promotion was successful in attracting participants, but they didn't convert to consistent participation.
 - Coaching was heavily promoted as a compliment to the Colorful Choices challenge, however participation did not increase.

2. Have the coach facilitate group sessions on specific topics.
 - This pilot started in June and resulted in an increased number of participants in coaching overall.

Special Events/Programs

1. Host three large-scale events that are highly promoted in the Civic Center area to attract new users.
 - We hosted a biometric screening in March. However, participants were not tracked uniquely to know if new individuals came to the Wellness Center for the first time.
2. Offer at least five activities, such as donation drives and awareness-raising activities.
 - Heart health was promoted in February through a Wear Red event.
 - A Shoe Drive was scheduled for April.
3. Explore offering Open Houses and tours regularly.
 - Tours will be a component of the Move More, Feel Better agenda in August.
4. Host the Getting in Balance study.
 - The Getting in Balance study recruitment took place in February and participants in the in-person group meeting regularly at the Wellness Center.

General

1. Increase opportunities for member feedback.
 - EAP created a ongoing online client satisfaction survey.
 - A survey of retirees who attend the RECCSF is planned to determine the types and times of classes they would like at the Wellness Center.
2. Explore participant tracking and scheduling software options.
 - This activity has not begun.