



Wellness Coordinator training

January 25, 2023



Washington Wellness Team



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Meeting Agenda

1. Welcome and introductions
2. Overview of SmartHealth themes
3. What's new in the Wellness Coordinator channel
4. Insights dashboard training
5. Questions
6. Wrap up

Learning Objectives

Understand why and how to download, then utilize SmartHealth dashboard reports for your organization as one key part of ongoing improvement for your wellness program.

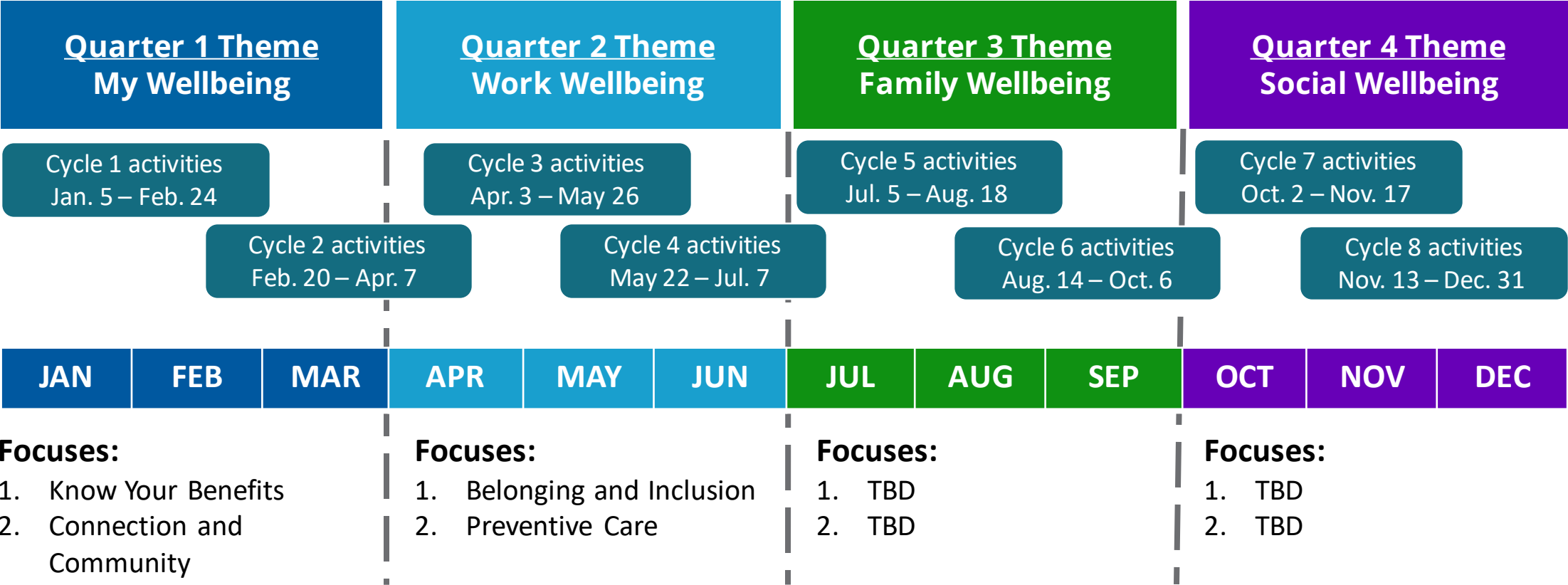


SmartHealth: Themes



SmartHealth 2023

2023 Annual Activities: Well-Being Assessment, Health Plan Partnerships, DPP, Tobacco Cessation



1

Quarterly Focus: My Wellbeing

JAN

FEB

MAR

APR

Cycle 1 activities: Jan. 5 – Feb. 24

Health Plan Activities + MyChoice Activities

1. Annual Eye/Vision Exam
2. Annual Dental Exam
3. Mail Order Rx
4. Quit Tobacco
5. Register Your Account
6. MY Sleep
7. MY Energy
8. MY Finances
9. MY Exercise & Fitness
10. MY Positivity

Cycle 2 activities: Feb. 20 – Apr. 7

Health Plan Activities + Wellness Activities

1. Create Accounts
2. Download Apps
3. Review Information
4. Complete KPWA Health Profile
5. KPNW Wellness Coaching
6. MY Sleep
7. MY Energy
8. MY Finances
9. MY Exercise & Fitness
10. MY Positivity

Level 1: Great Start
800 Points + WBA Completion

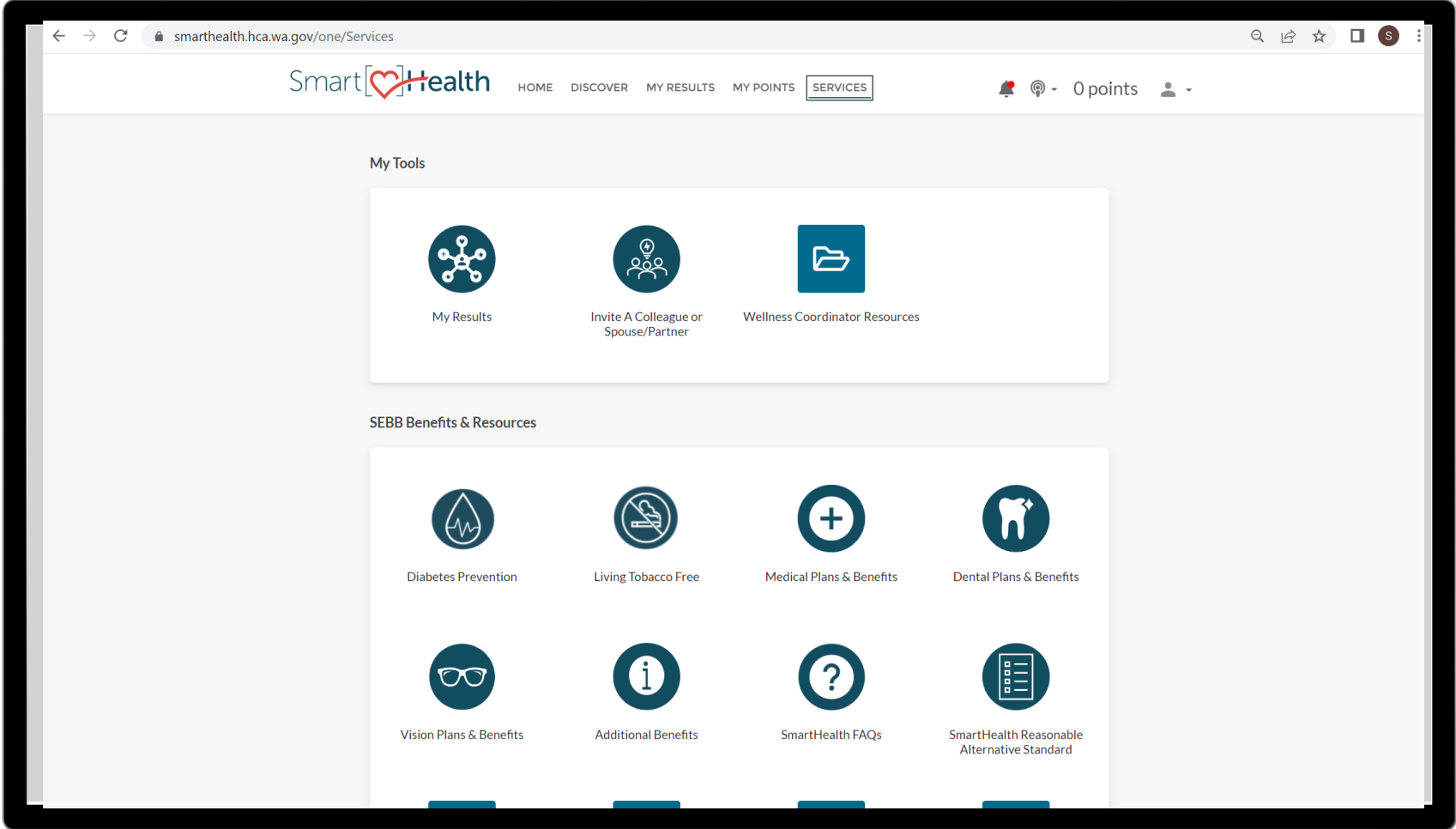
Level 2: Keep Going
2,000 Points

Level 3: Leading the Way
4,000 Points



SmartHealth: Wellness Coordinator channel





< Wellness Coordinator Resources

resources

The following resources are available for you to promote wellness programs at your organization.

2023 Annual Resources

- 📁 Benefit Promotion
- 📁 Best Practices for Worksite Wellness
- 📁 Mental and Emotional Wellness
- 📁 Nutrition
- 📁 Physical Wellness

📄 Questions? Contact your Washington Wellness health promotion consultant.



Insights Dashboard Training



How to enhance your program using data

Measure program goals	Know your employees	Program guidance	Leadership Support	Be empowered
<ul style="list-style-type: none">✓ Registration✓ WBA completion✓ Participation✓ MAU	<ul style="list-style-type: none">✓ Well-being Assessment✓ Activity Participation	<ul style="list-style-type: none">✓ Resources and events to offer outside SmartHealth✓ Custom offerings within SmartHealth	<ul style="list-style-type: none">✓ Data to gain leadership buy in✓ Data to back up budget requests	<ul style="list-style-type: none">✓ Know that your well-being program is providing value and meeting the needs of your employees



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Username (Required)

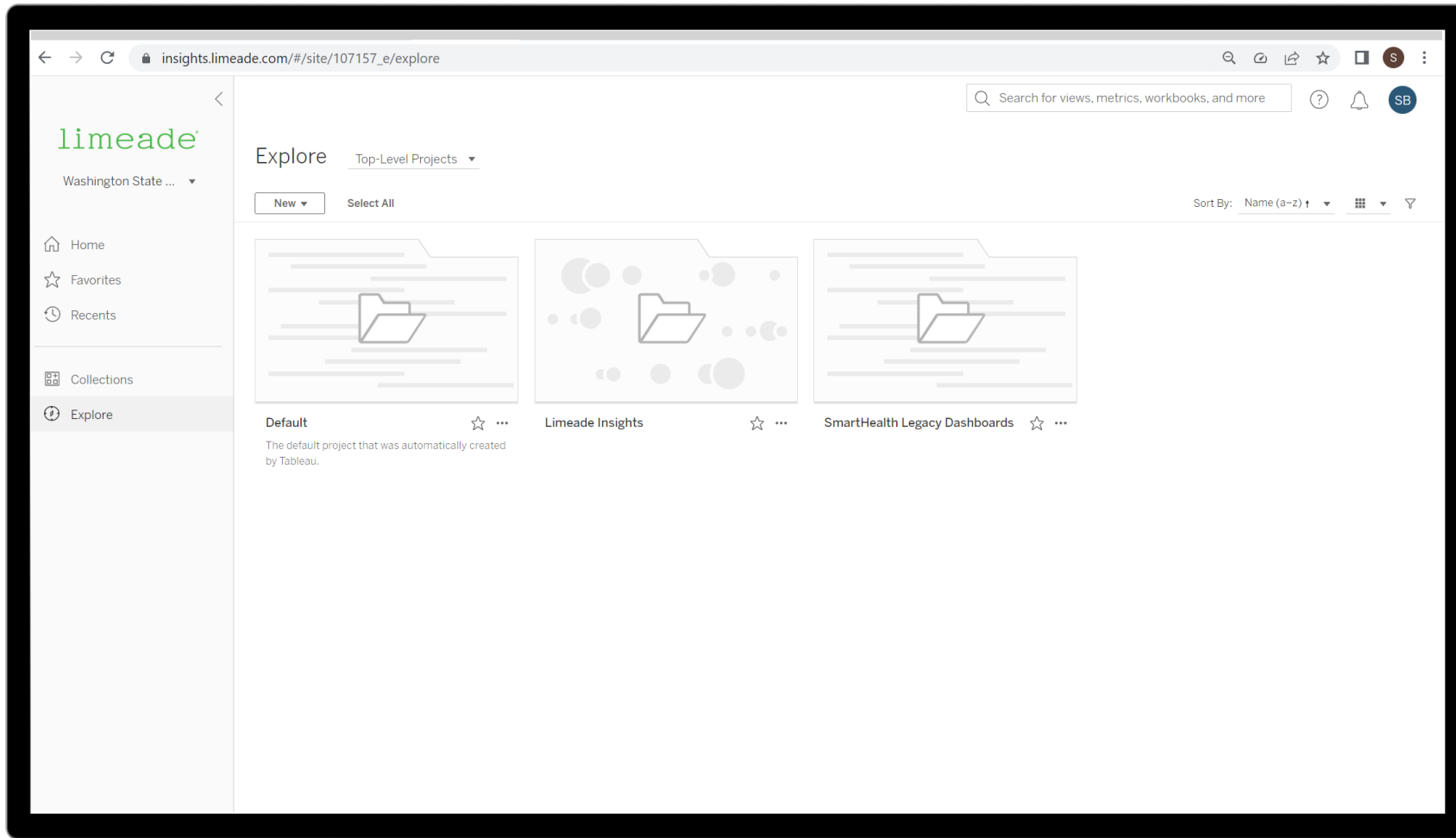
Password (Required)

Sign In

[Forgot your password?](#)

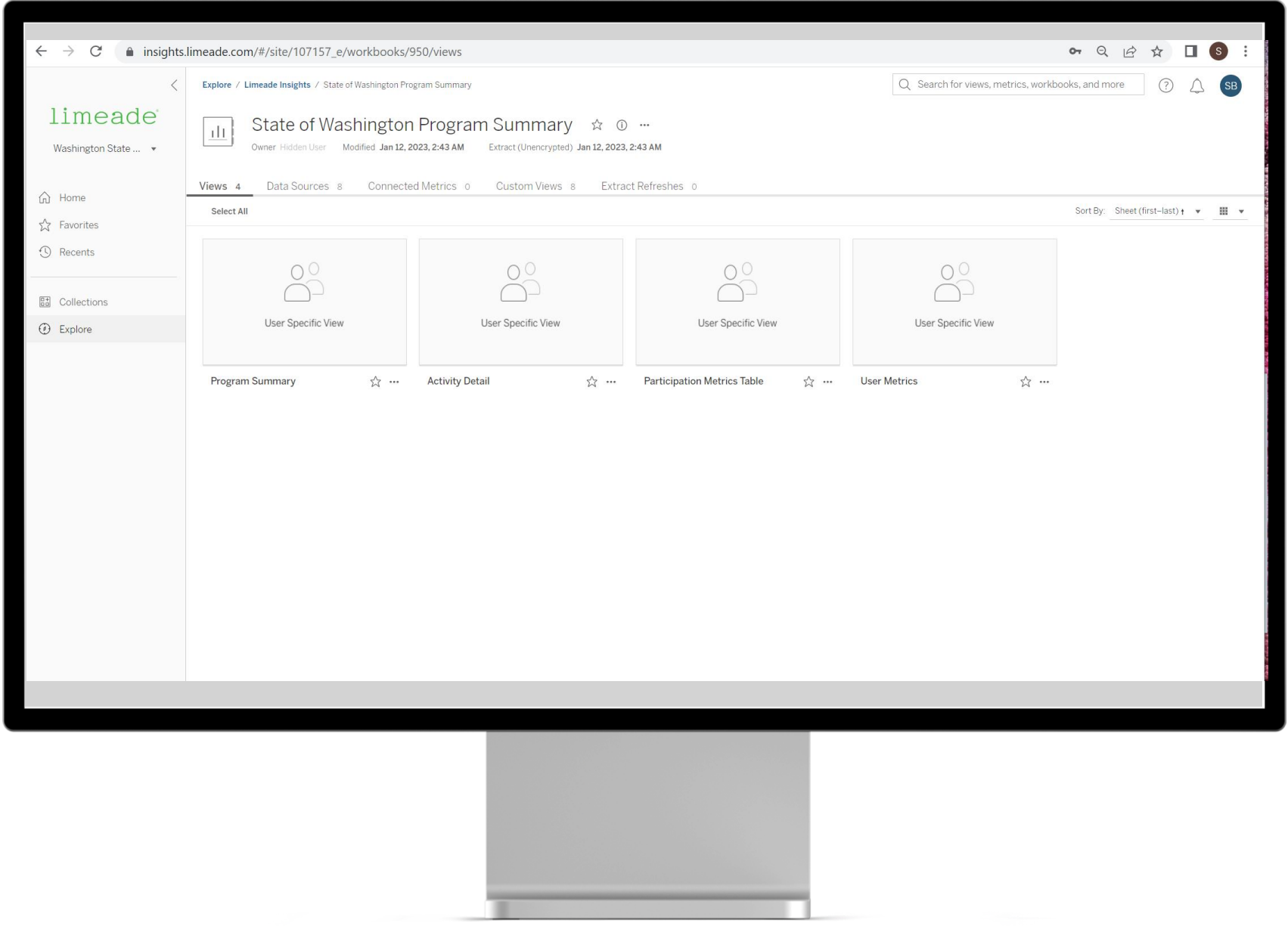
<https://insights.limeade.com>

For access, reach out to your
Washington Wellness Consultant.

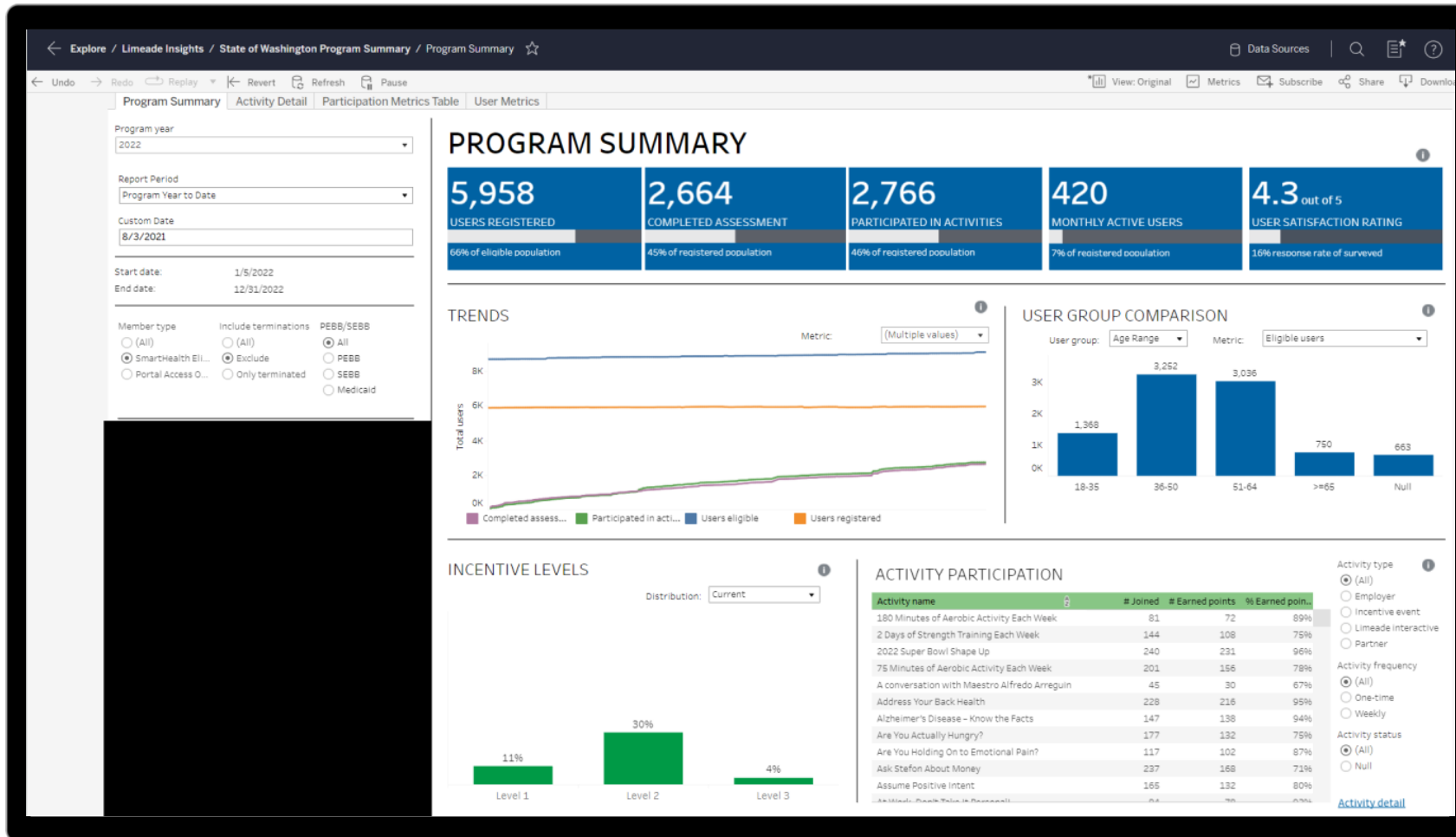


Select “Explore” followed by
“Limeade Insights”

You can save “Limeade Insights by
selecting the star icon.



Insights has a few dashboards, but the main one you will utilize is Program Summary.



You are targeted to your specific organization.

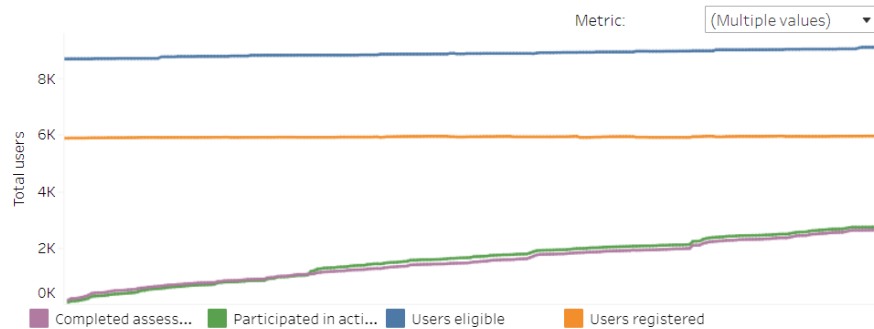
Things to note:

- Program Year
- Member Type

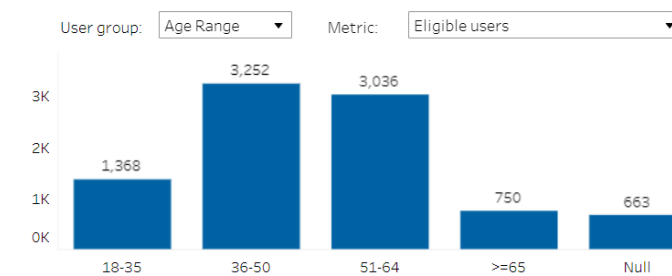
PROGRAM SUMMARY



TRENDS



USER GROUP COMPARISON



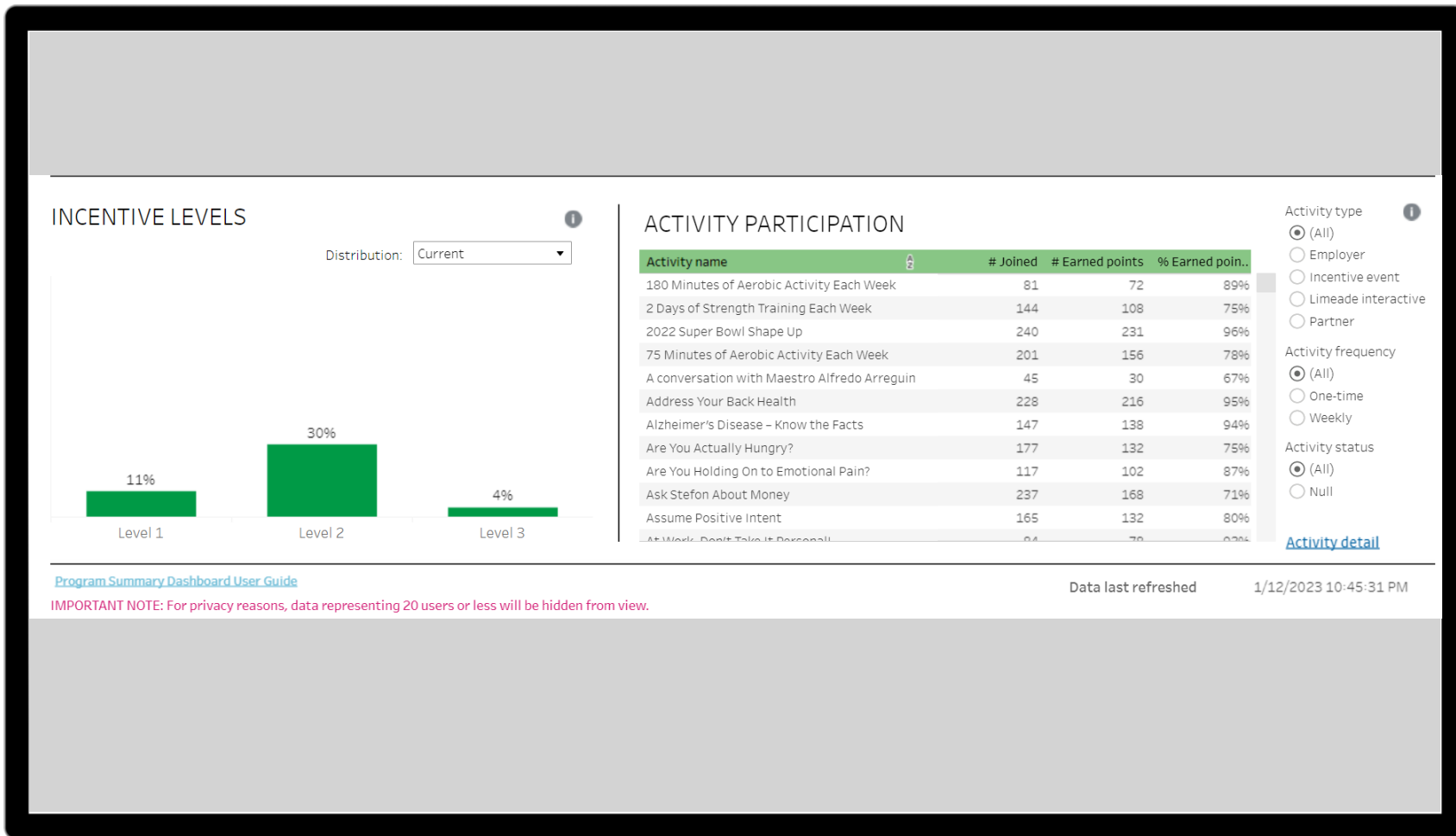
Trends Chart

Things to ask yourself when looking at the trends chart:

- Did you have a promotional event or communication?
- What has occurred in the organization lately?

User Group Comparison

- Use the drop-down menus to look at specific data sets.



Incentive Levels

Current is a look at where in incentives users are (user only shows up in one level)

Cumulative looks at what incentives have been earned in the year (user can be in all three levels)

Activity Participation

This table shows what activities your employees are participating in.

insights.limeade.com/#site/107157_e/views/StateofWashingtonProgramSummary/ActivityDetail?iid=2

Explore / Limeade Insights / State of Washington Program Summary / Activity Detail

Program Year: 2022

Start date: 1/5/2022
End date: 12/31/2022

Member type: (All) SmartHealth Eligible Portal Access Only

Include terminations: (All) Exclude Only terminated

Activity status: Null
Activity type: (All)

Team activity: (All)
Activity frequency: (All)

Use group: Bargaining unit

ACTIVITY DETAIL

Activity type	Team activity	Integration partner	Activity name	Activity start	# Joined	# Earned points	% Earned points	Point value
Employer	No	Limeade	2 Days of Streng...	4/6/2022	144	108	75.0%	25
			2nd MD is here t...	4/8/2022				50
			75 Minutes of	4/6/2022	201	156	77.6%	25
			180 Minutes of	4/6/2022	81	72	88.9%	25
			2022 Super	1/24/2022	240	231	96.3%	200
			"Lenguaje and	9/12/2022				100
			A conversation	9/19/2022	45	30	66.7%	100
			Address Your Ba...	4/6/2022	228	216	94.7%	25
			Alzheimer's Dise...	6/1/2022	147	138	93.9%	50
			Are You Actually...	4/5/2022	177	132	74.6%	50
			Are You Holding...	4/5/2022	117	102	87.2%	25
			Assume Positive	7/5/2022	165	132	80.0%	150
			At Work, Don't T...	4/6/2022	84	78	92.9%	25
			Attend a Team-B...	4/6/2022	156	147	94.2%	25
			Autism Apprecia...	4/1/2022	135	126	93.3%	50
			Avoid Added Sug...	4/6/2022	93	51	54.8%	25
			Avoid Impulsive	4/6/2022	96	51	53.1%	25
			Be a Positive Voi...	1/21/2022	207	189	91.3%	50
			Be a Supportive	4/6/2022	57	54	94.7%	25
			Be Smart with Y...	4/6/2022	162	147	90.7%	25
			Be True to You	10/3/2022	423	405	95.7%	50
			Became a	4/6/2022	60	48	80.0%	25
			Beginning a Yog...	10/3/2022	132	66	50.0%	50
			Brain Health is I...	5/23/2022	48	39	81.3%	100
			Breathe Easy we...	8/1/2022	57	33	57.9%	100
			Bring Your Lunch...	4/6/2022	384	378	98.4%	25
			BUILD Spotlight	1/31/2022	120	114	95.0%	100
			Calm - Digital To...	4/8/2022				100
			Cancer Screenin...	4/8/2022				100
			Carb Swap	4/6/2022	135	111	82.2%	25
			Career	8/22/2022	180	174	96.7%	100
			Celebrate 50 Yea...	10/3/2022	30	27	90.0%	100
			Celebrate Ameri...	1/31/2022	243	225	92.6%	100
			Celebrate Junet...	6/1/2022	237	210	88.6%	100
			Celebrating Our...	6/3/2022	51	36	70.6%	100
			Check your credi...	11/1/2022	378	363	96.0%	50
			Chiropractic, Ac...	4/8/2022	36	33	91.7%	50

IMPORTANT NOTE: For privacy reasons, data representing 20 users or less will be hidden from view.

Data last refreshed: 1/11/2023 11:45:33 PM

Activity Detail

Ensure the program year is selected to the correct year you want to see.

All activities offered will be visible including metrics for those who started the activity (# Joined) and those who completed the activity (# Earned Points).



Questions?

Contact Washington Wellness

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Thank you!

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