



MBGH

Midwest Business Group on Health

The Source for Leading Health Benefits Professionals

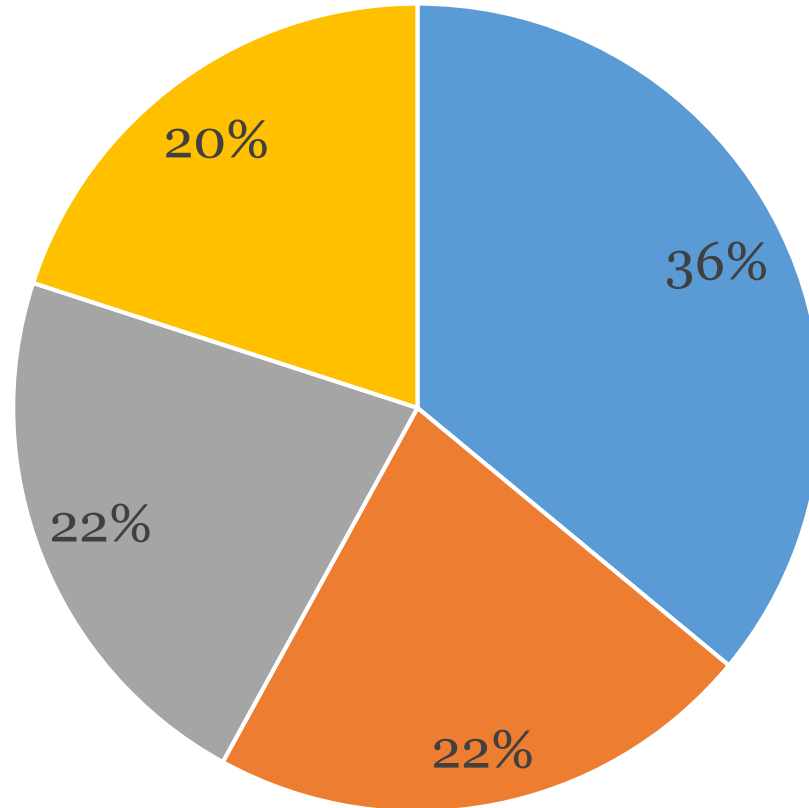
Employer Benchmarking Survey

Wellness Program Components and Vendor Assessment Review

January 2018

Survey Overview

45 employer respondents



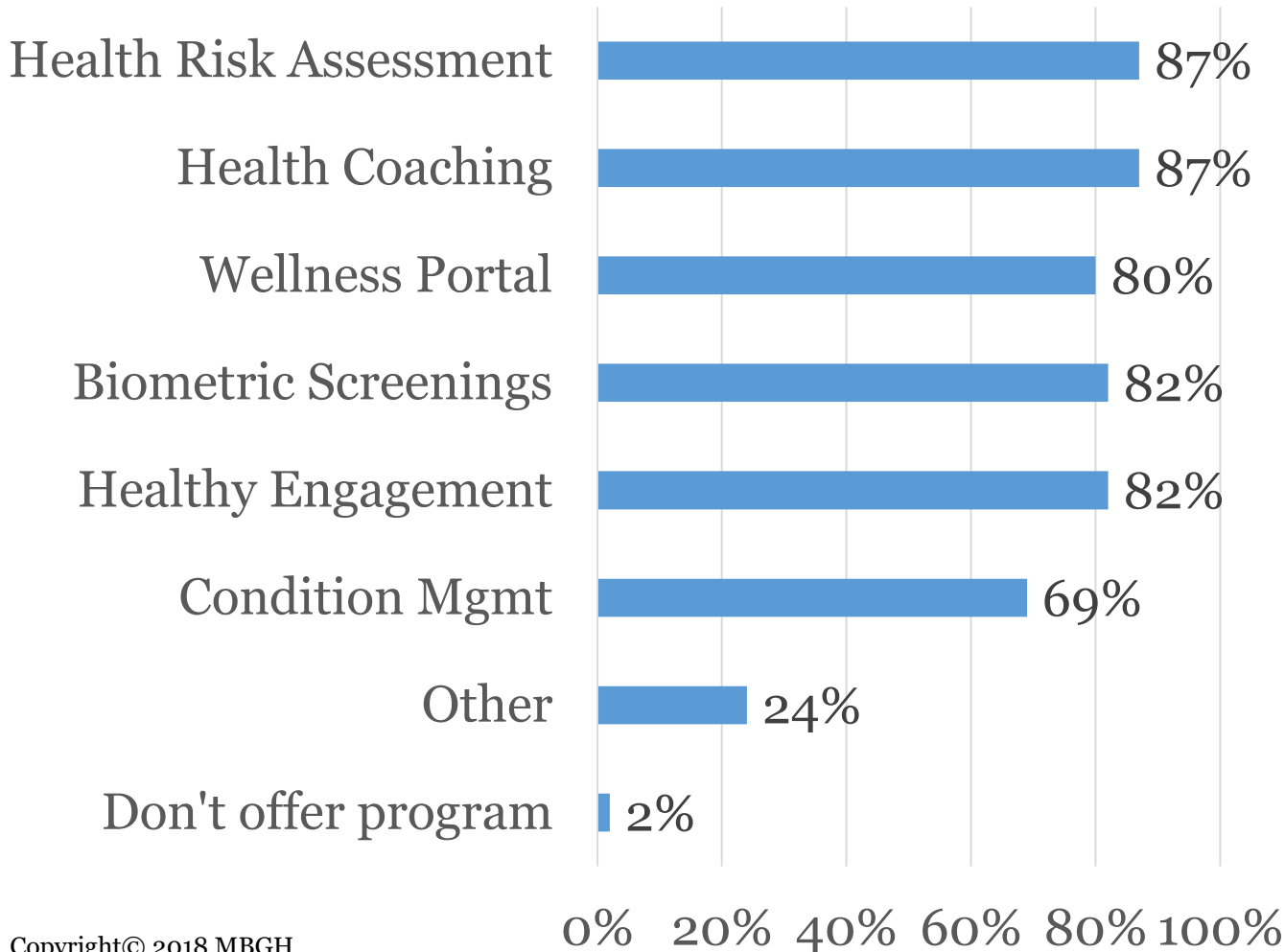
■ 1,001-5,000 ■ 10,001-25,000 ■ >25,000 ■ 5,001-10,000

Survey Overview

Key Highlights

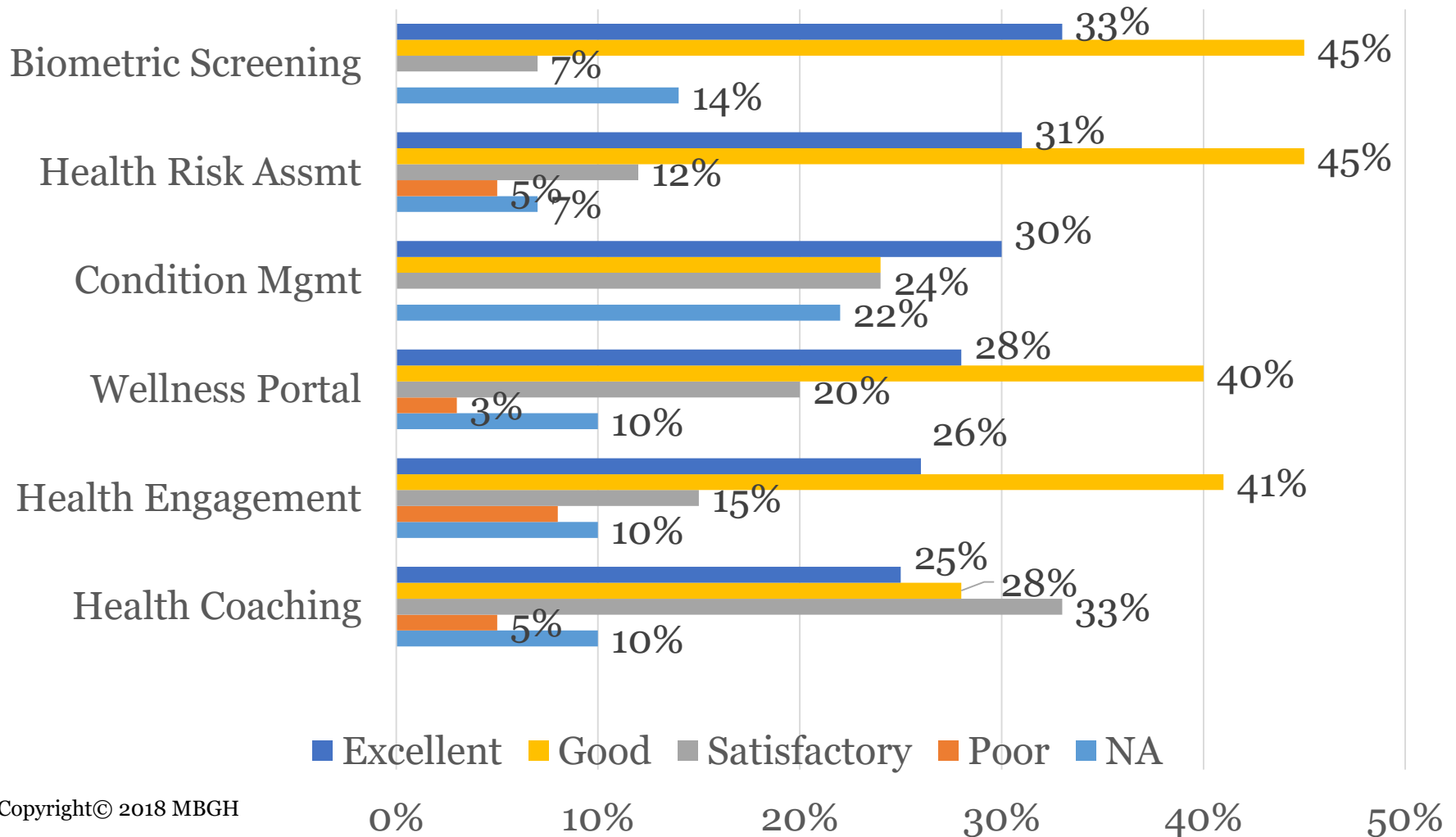
- Top 3 wellness/health care cost containment areas for 2018:
 - Diabetes
 - Musculoskeletal
 - Engagement
- 85% want to learn about legislative impacts to incentives for 2019 wellness programs before making program changes
- 54% were happy with their current wellness vendor but interested in conducting a “market check” to see if better options are available

Current program components available to employees

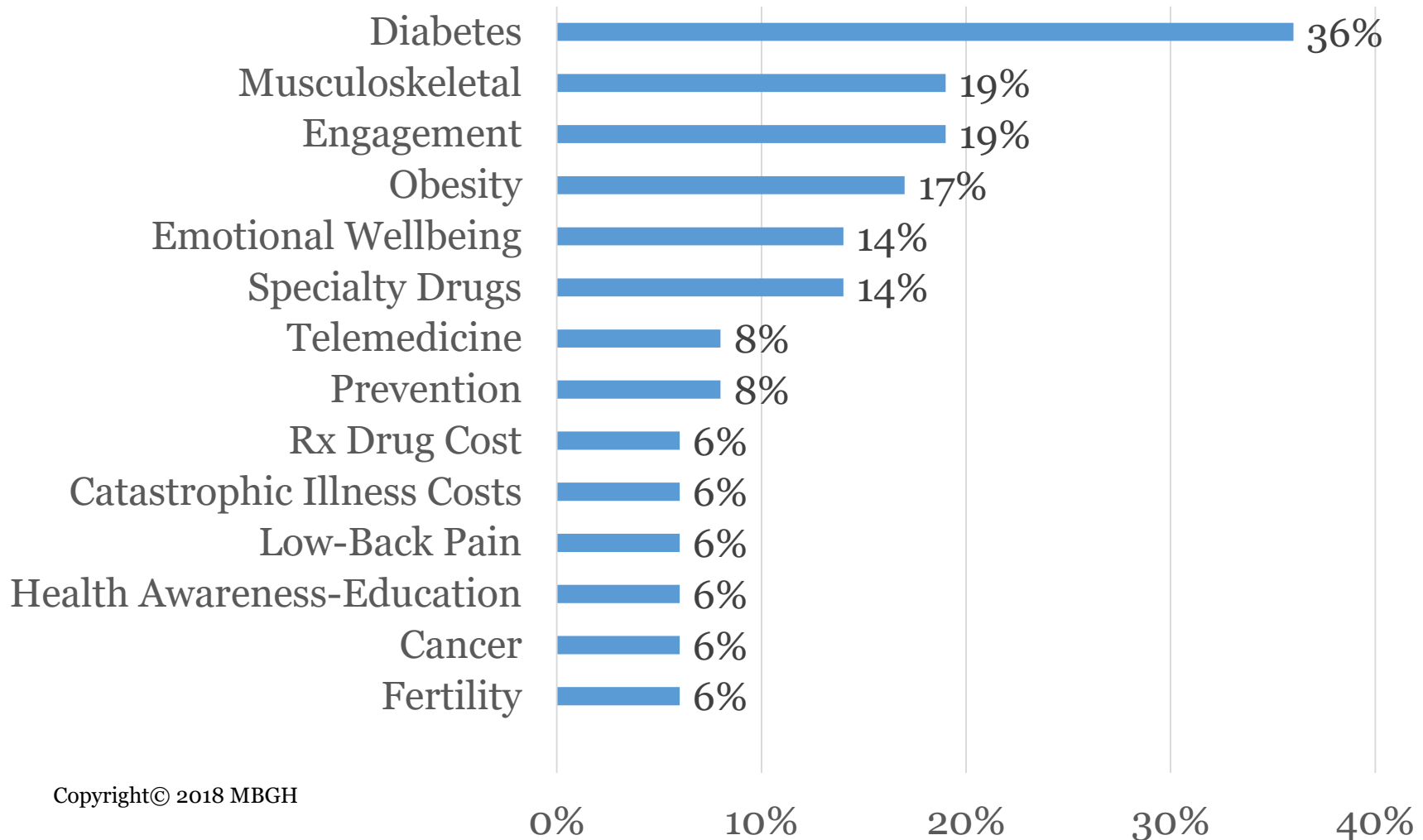


- Physical therapy
- Fitness center
- Guided meditation
- Tobacco cessation
- Nutrition education
- Emotional & Financial wellbeing
- Mindfulness
- Legal counseling
- Stress/resiliency

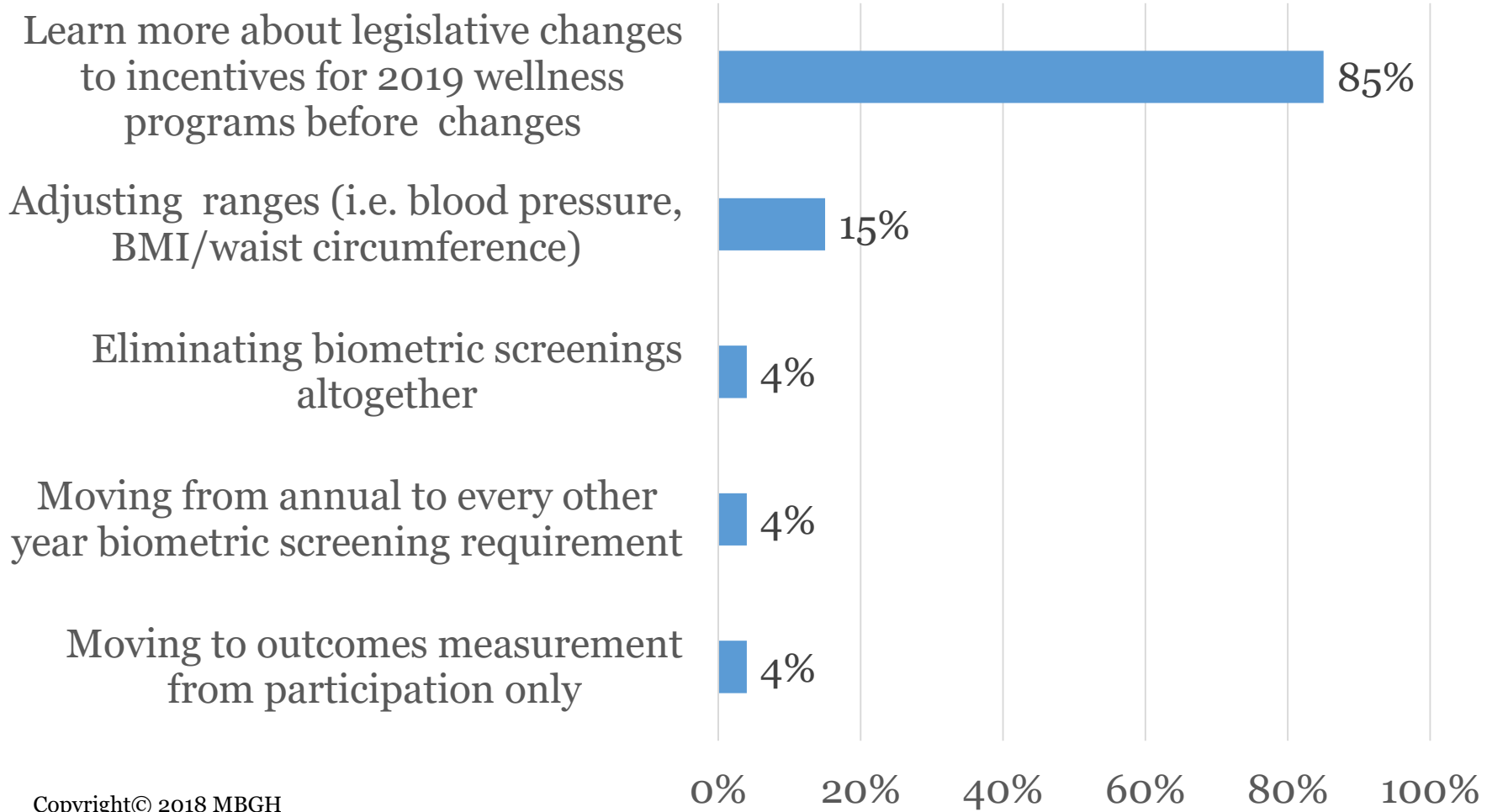
Overall experience with wellness providers



Top wellness or cost containment focus areas for 2018



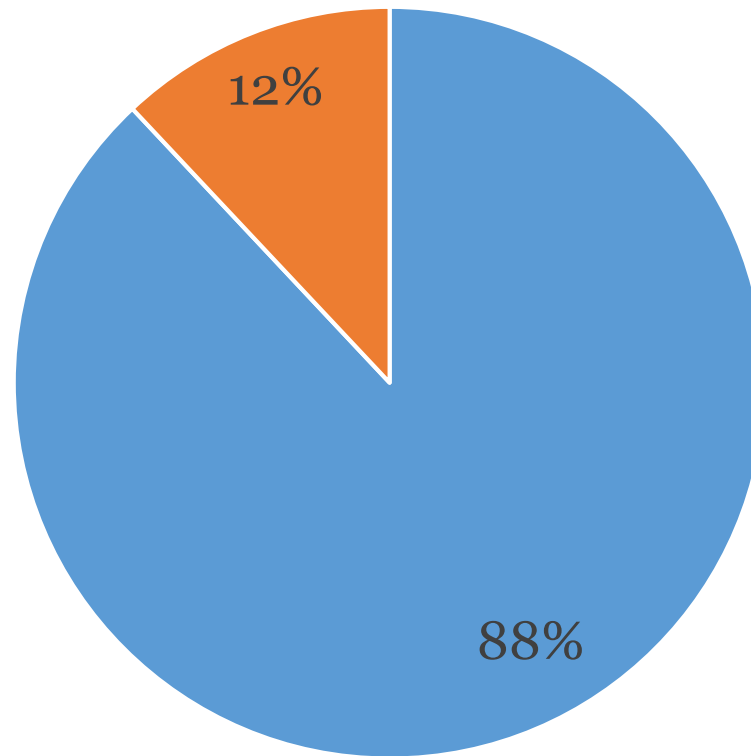
Wellness program changes under consideration



May consider dropping unsuccessful wellness services



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■ No ■ Yes

What you told us about your current wellness program vendors



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- **53%** - We're happy with our current wellness vendor, but would be interested in a "market check" to see if a better option is available
- **18%** - We're happy with our current vendor and not looking to switch
- **16%** - We don't have an organized wellness program (or use a basic option in our health plan) and need to implement a more robust, 3rd party vendor offering
- **13%** - We have a primary wellness vendor and are happy with the service, but need to add a specialized "point solution" (ex: a diabetes management or tobacco cessation program) to enhance our current offering
- **8%** - We have a wellness vendor currently, but are having issues and need to select a new vendor
- **3%** - Wellness/well-being is not a focus area for us in 2018

Questions?



Contact Judy Hearn, Director of Strategic Initiatives

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