



WORLDWIDE
Wellness™

Program Results



Overall Stats

Logging: **March 6 - April 21, 2023**

Registered participants: **1922**

Evaluations submitted: **645**

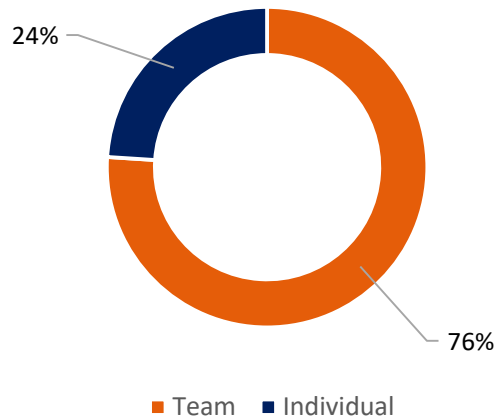
Evaluation submission percentage: **33.56%**

Participants on a team: **1461**

Participants with 1 or more Friends: **403**

Mobile App Downloads: **875**

Team/Individual Participation



Health Behaviors

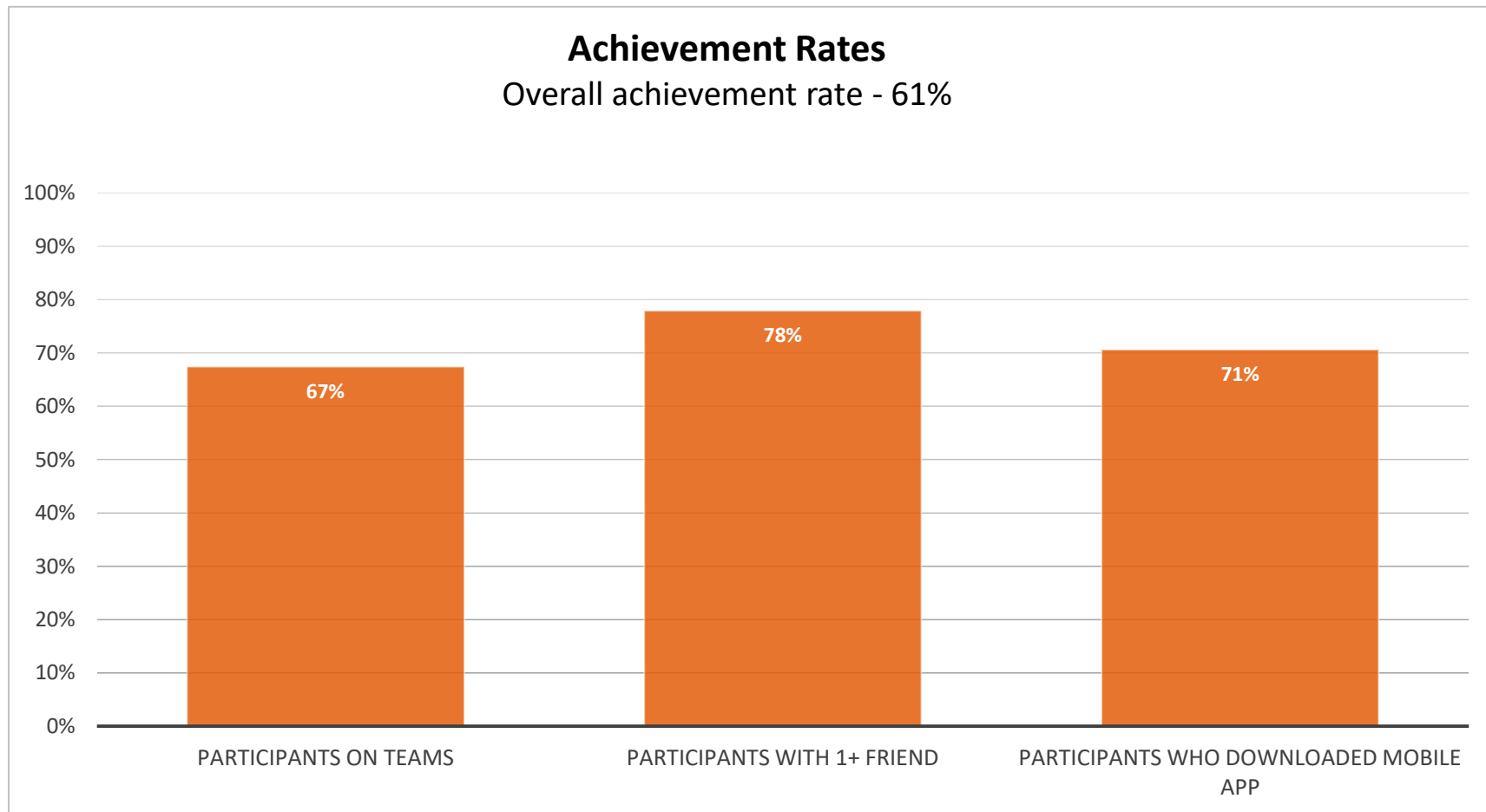
Behaviors and total times recorded

1. Physical Activity - 59,522
2. 1 Meaningful Connection - 43,860
3. 15-20 Minutes of Active Relaxation - 43694

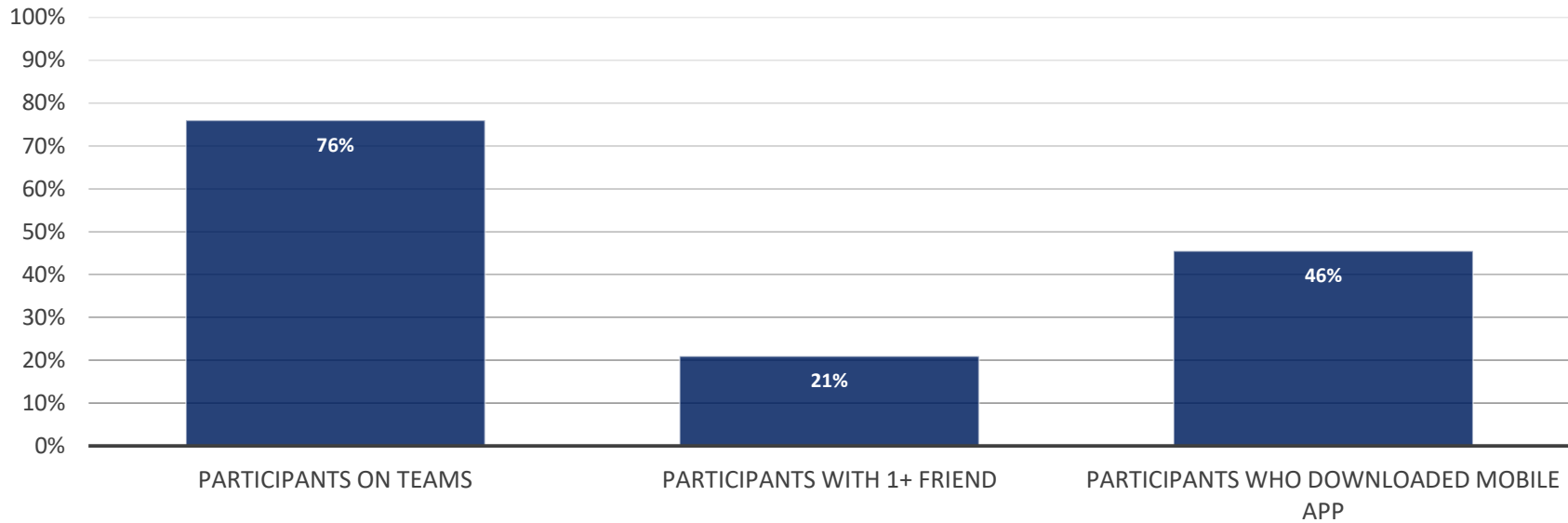
Program Goal and Achievement Rates

Goal is to earn 150 points by recording physical activity, plus meaningful connections and active relaxation.

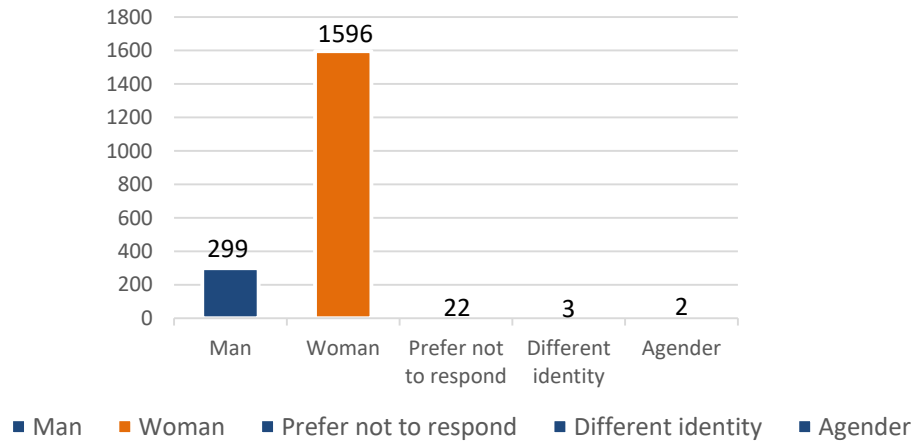
Achievement rates show the percentage of participants who met the program goal. The group with the most success meeting the goal is participants with 1 or more Friends.



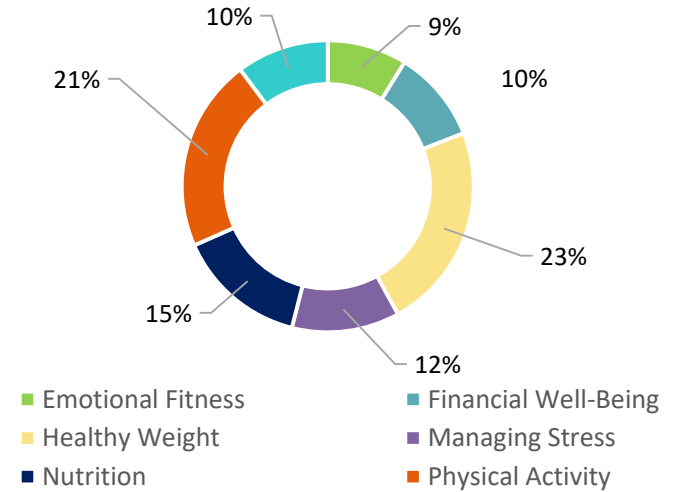
Feature Utilization



Gender Ratio

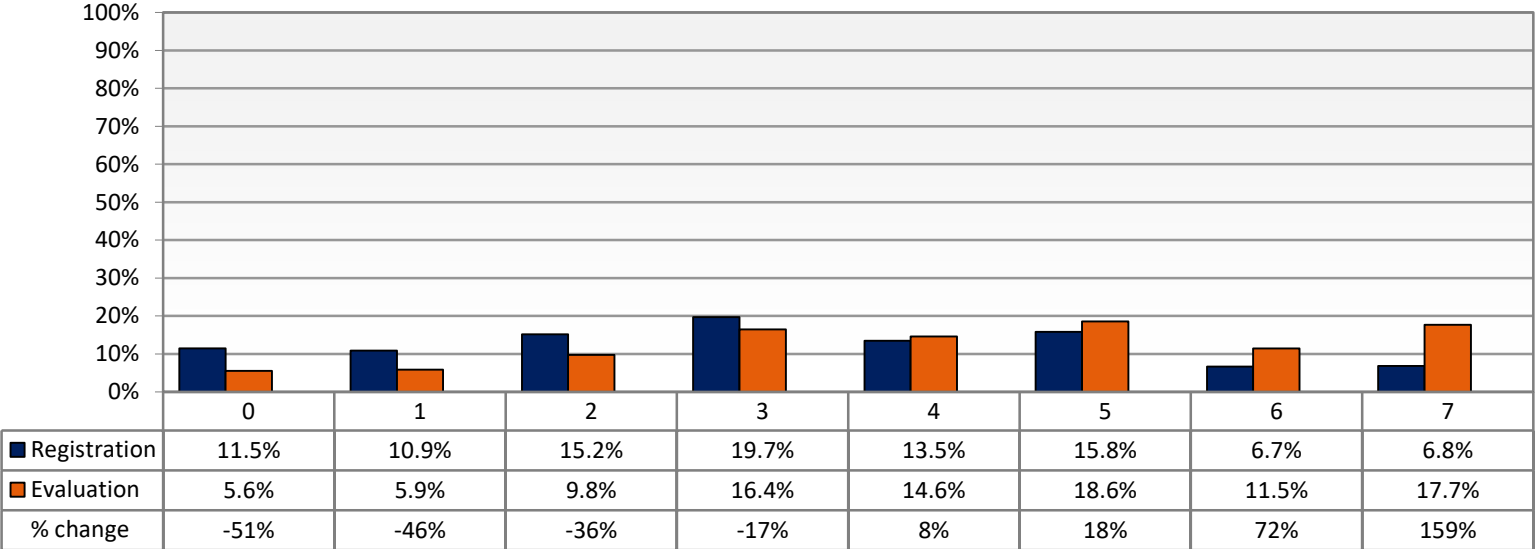


Future Campaign Topics

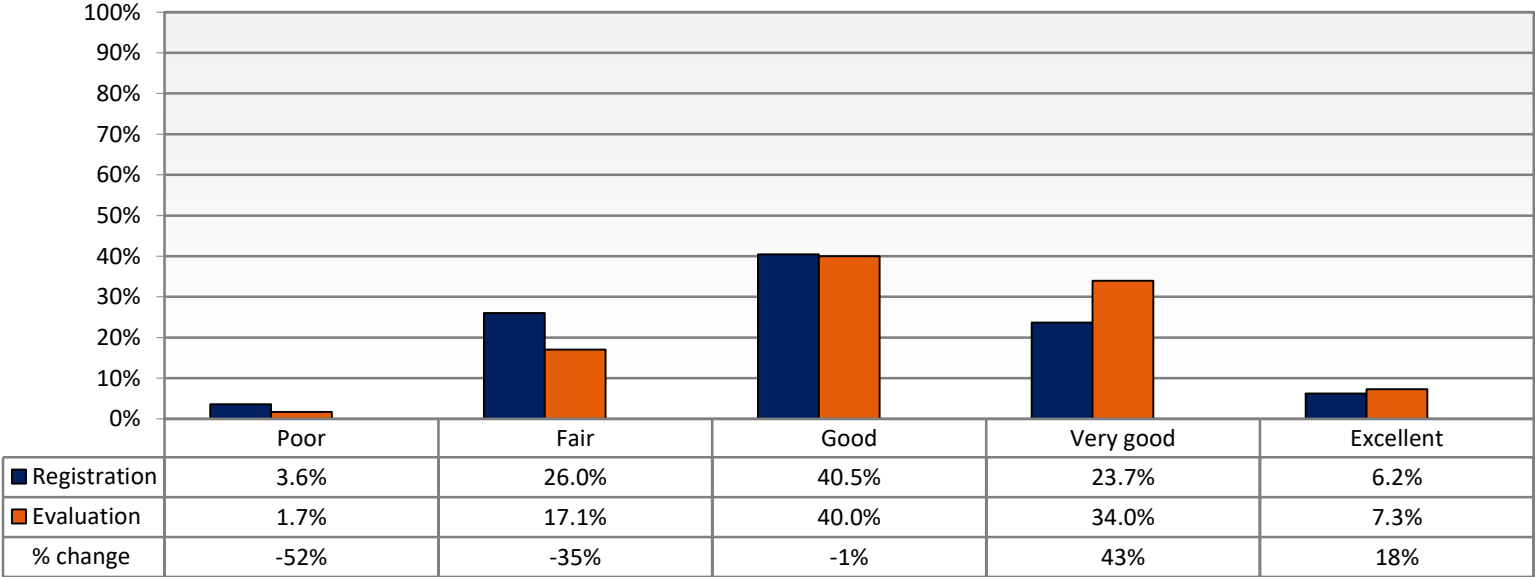


The following data is based on participants who completed the *Worldwide Wellness* End of Program evaluation.

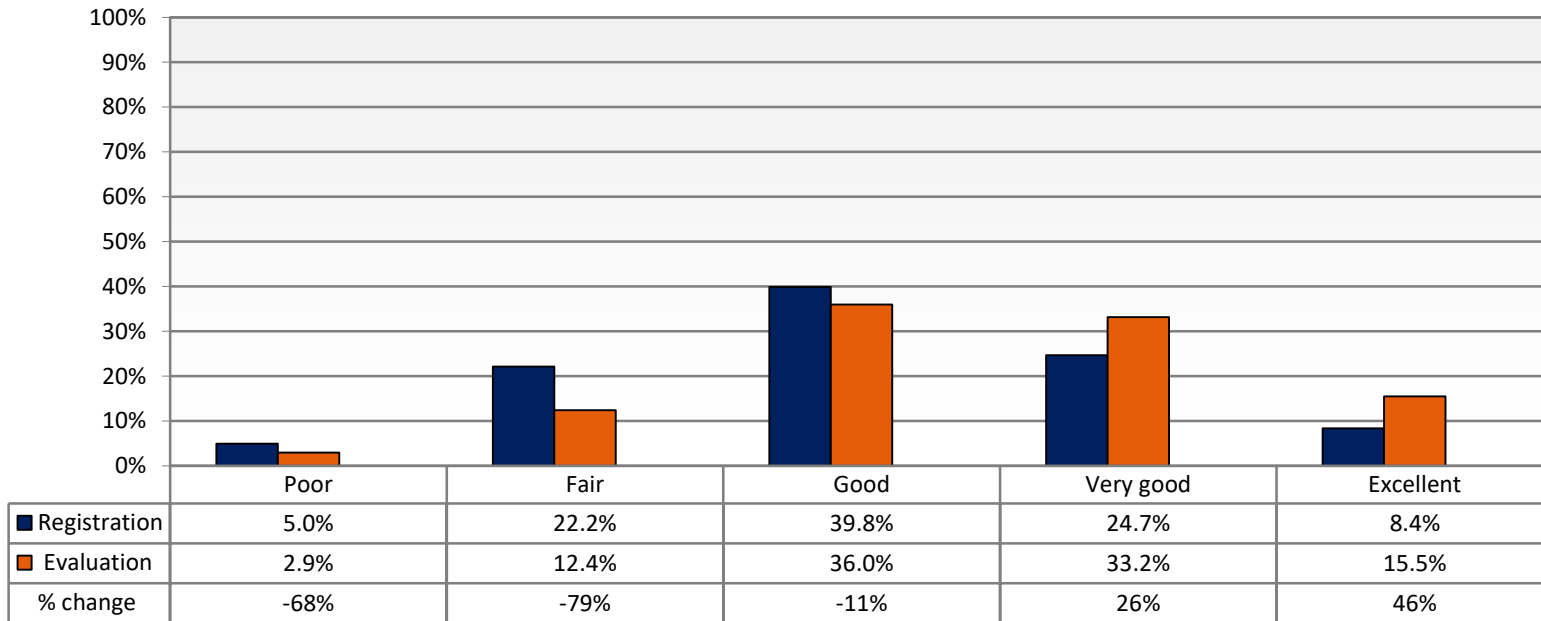
Average number of days a week you are physically active:



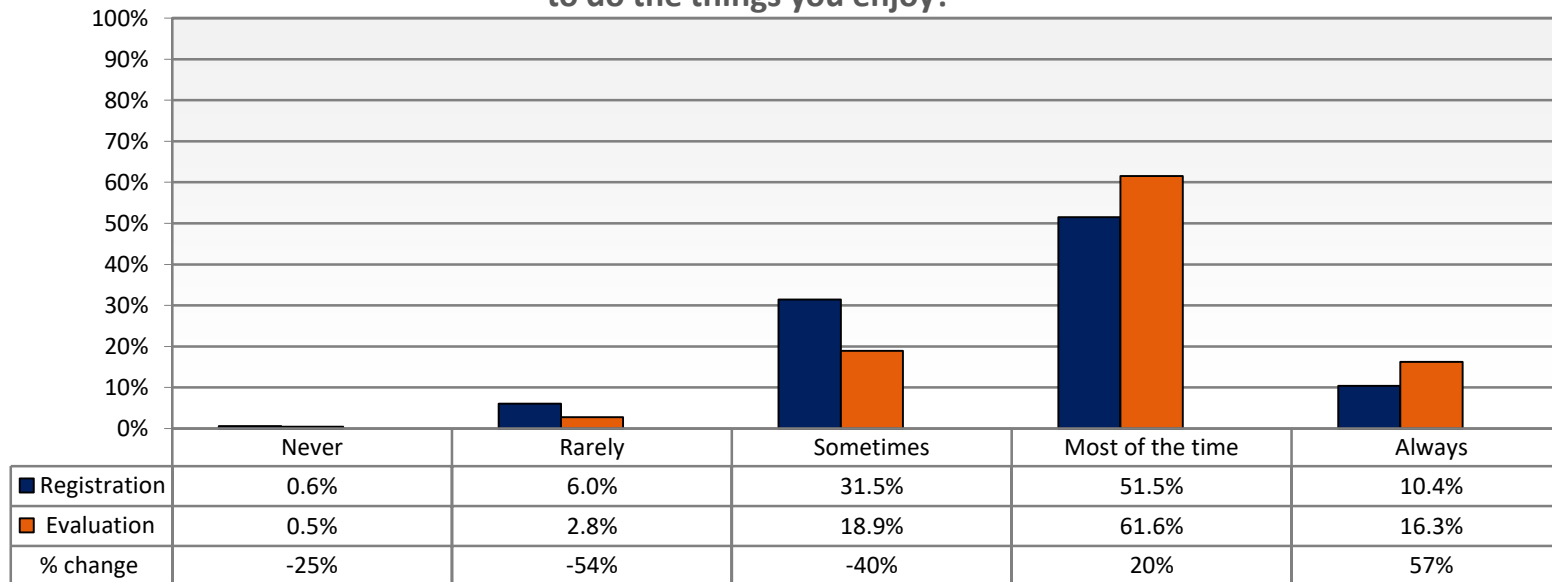
How would you rate your ability to cope with daily stress?



How would you rate the overall frequency and quality of your social connections?



In the last month, how often did you have enough energy to do the things you enjoy?



What participants liked most:

"Reading the participants' Wellness Wall posts with lots of interesting information and motivation."

"It kept me very active, since I have a competitive soul, this type of challenge is something that I love. It helped me to continue to be engaged with a healthy lifestyle."

"This was my first time participating in a team. I organized the team and enjoyed interacting with them on the wall and in our own Teams chat."

"I LOVED that it was a **wellness** challenge and not a weight challenge. The wellness challenge concentrated on and cared about the participants' total well-being as a person (mind, body, soul, finances, etc.). I enjoyed reading the wellness wall and the tips of the day articles (helpful information, recipes, and resources we can use after the challenge is over)."

"I like the activity log to keep track of my daily activities, as well as the badges that I earn as I hit certain milestones in the program."

"Just knowing that I was in friendly competition with others really encouraged me to consistently walk and move each day which led to a better mood and feeling better overall."



Success Stories:

"I enjoyed this program because it came at a time where I was just trying to get back at exercising daily. It helped me to get focused and to stay focused. I even encouraged someone out side of work to start trying to do 10K steps a day." - **Floyd Boykin**

"The team that walks together talks together. We got together every weekend to get our steps together, and I really enjoyed the time I spend with my team. We walked through Forest Park and neighborhoods around both campuses, giving us a greater appreciation for the beauty that surrounds us." -**Brian Sullivan**

"This challenge helped me with starting my exercise program at Planet Fitness. I enjoyed encouraging others along with being encouraged. This challenge was motivating." - **Maureen Kleekamp**

"This challenge was a great way to get back into a cycle of working out after starting a new job in a new city. I lost six pounds in five weeks and this program was the beginning of my healthy attitude." - **Devin Dikec**

