

A BETTER WAY to invest in employee health

Partnership in Health Report: Prevention and Lifestyle Risks

Created for ABC Company

Commercial | All Members

Measurement period: JUL-01-2012 through JUN-30-2013



Partnership in Health (PIH) reports



Your group at a glance

Member demographics	ABC Company	Kaiser Permanente adjusted regional average*	Comparison
Subscribers	11,671	-	-
Members	26,153	-	-
Average age	37.1	33.5	3.7 yrs older
Gender (% female)	52.2%	51.1%	1.2% pts higher
Average family size	2.2	1.9	0.3 higher
Enrollment Stability Index	93.4%	-	-

Period end enrolled members during measurement period (JUL-01-2012 through JUN-30-2013).

* The Kaiser Permanente regionally adjusted benchmark values are based on the weighted average of the purchaser's distribution of members across the Kaiser Permanente regions for the time period being measured.

Your results: overview

Measure	Description	Your Results, 2011 Q2	Your Results, 2013 Q2	Kaiser Permanente adjusted regional average	National Comparative Data
Weight (BMI)†	% of adult members who are overweight or obese	75.5%	74.1%	67.0%	68.7%**
Cholesterol‡	% of members borderline high or high total cholesterol	38.5%	37.0%	35.1%	N/A
Blood pressure‡	% of members with blood pressure >=140/90	11.7%	9.0%	7.6%	33.3%^
Smoking rates‡	% of members who smoke	12.5%	11.9%	11.3%	19.0%^^
Breast cancer screenings*‡	% of eligible population screened	84.3%	84.8%	83.9%	76.8%***
Cervical cancer screenings*‡	% of eligible population screened	85.4%	85.8%	86.3%	80.0%***
Colorectal cancer screenings*‡	% of eligible population screened	74.6%	77.7%	75.5%	71.9%***
Childhood immunization rates*‡	% of eligible population screened	90.7%	91.1%	89.1%	86.7%***
Childhood obesity‡	% of child members who are overweight or obese	32.6%	29.8%	31.7%	31.7%**

* Continuously enrolled members during measurement period.

† ISS (Insufficient Sample Size) will be displayed if eligible member population for the prevention measure is less than 30.

** *F as in Fat: How Obesity Threatens America's Future*, Trust for America's Health and the Robert Wood Johnson Foundation, 2013;

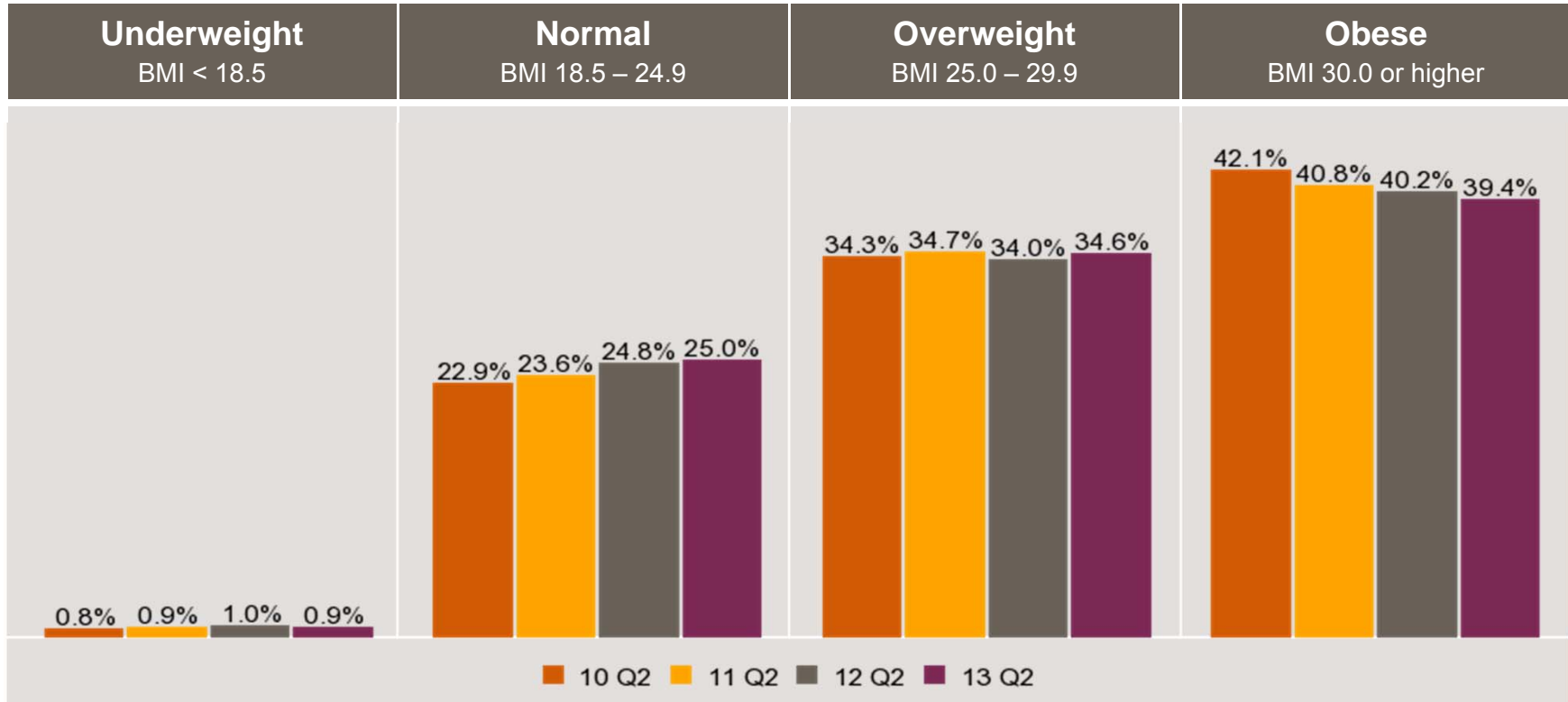
^"Statistical Fact Sheet 2013 Update: High Blood Pressure," American Heart Association, heart.org, accessed September 9, 2013;

^^"Smoking & Tobacco Use Fast Facts," Centers for Disease Control and Prevention, cdc.gov, accessed September 6, 2013;

***Kaiser Permanente 2012 HEDIS® scores (90th percentile). Benchmarks provided by the National Committee for Quality Assurance (NCQA) Quality Compass® and represent all non-PPO lines of business. Kaiser Permanente combined region scores were provided by the Kaiser Permanente Department of Care and Service Quality. The source for data contained in this publication is Quality Compass 2012 and is used with the permission of NCQA. Quality Compass 2012 includes certain CAHPS® data. Any data display, analysis, interpretation, or conclusion based on these data is solely that of the authors, and NCQA specifically disclaims responsibility for any such display, analysis, interpretation, or conclusion. Quality Compass® and HEDIS® are registered trademarks of NCQA. CAHPS® is a registered trademark of the Agency for Healthcare Research and Quality.

Your results: adult weight

69.1% of your member population was measured in the last 12 months



74.1% of your 2013 Q2 adult member population is overweight or obese

Ages 21 to 74. Excludes members who utilized maternity services.

The customer values will be displayed as 0% if the eligible member population for the metric is less than 30.

Adult weight: member engagement



Clinical intervention strategy

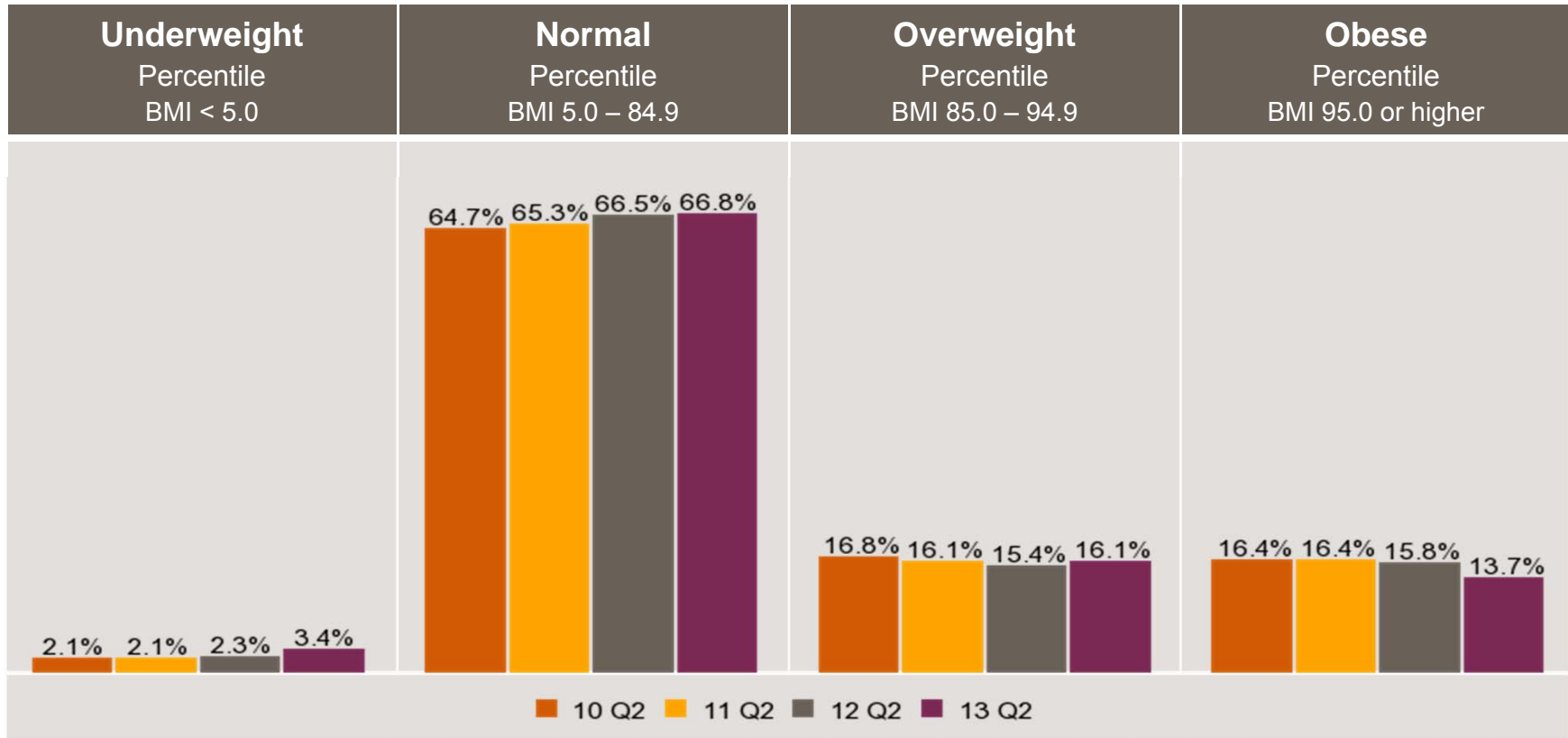
- Body mass index (BMI) recorded, based on height and weight measurements
- Exercise as vital sign (physical activity) recorded
- Medical care team discusses weight-loss options and resources with patients

Available tools and services

- Online BMI calculator
- Food and activity diary
- Online healthy lifestyle program
- Weight-management and exercise classes
- Fitness club (preferred rates)
- Calorie counts posted at our hospital cafeterias (first major health care system in U.S. to do so)
- Fitness videos
- Weight-loss podcast
- Wellness Coaching by Phone
- kp.org/weight

Your results: childhood weight

62.6% of your member population was measured in the last 12 months



29.8% of your 2013 Q2 childhood member population is overweight or obese

Total percentage of members ages 2 to 20. Excludes members who utilized maternity services.
The customer values will be displayed as 0% if the eligible member population for the metric is less than 30.

Childhood weight: member engagement



Clinical intervention strategy

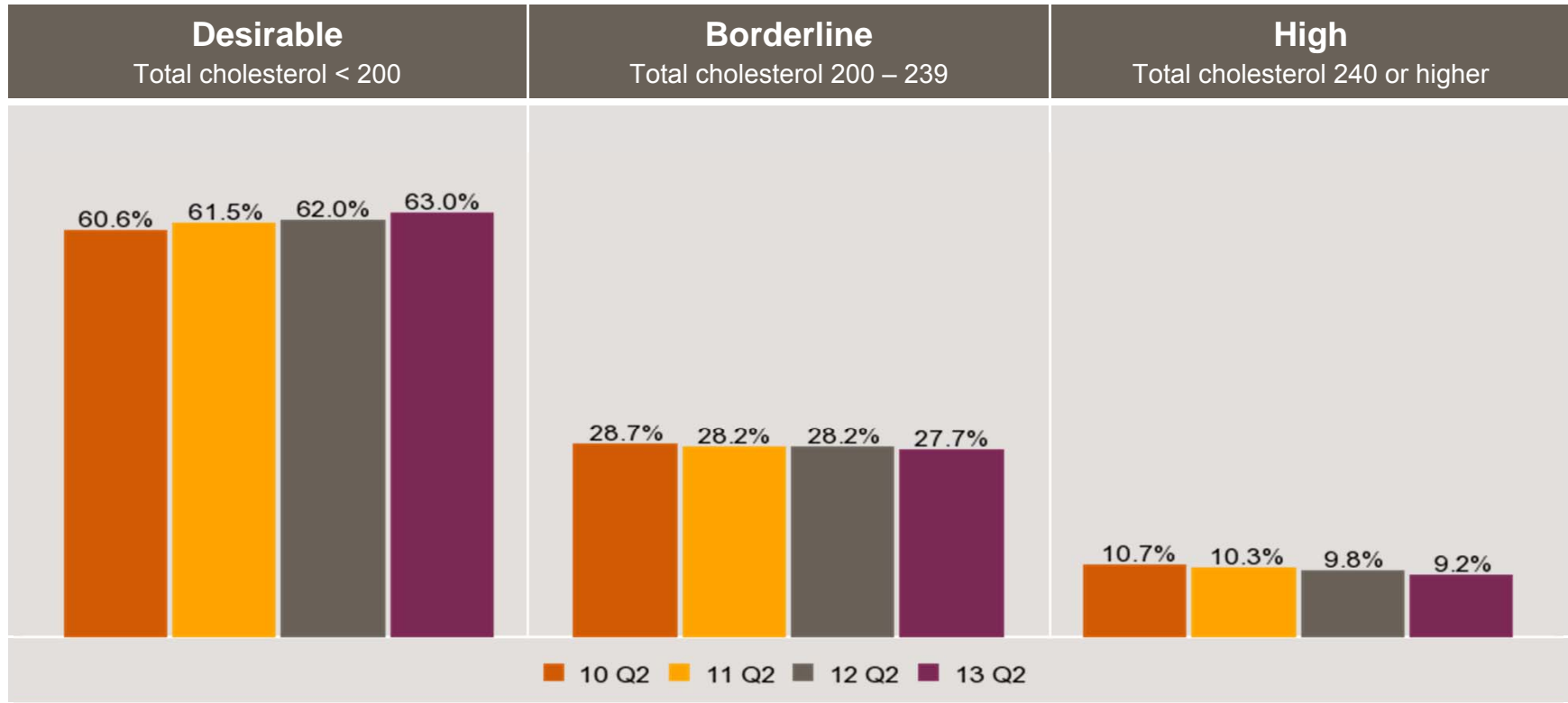
- BMI recorded (based on height/weight measurements)
- Importance of physical activity discussed at well-child checks
- Medical care team discusses weight-loss options with family and encourages them to use available tools and services together

Available tools and services

- Thriving Schools
- *The Incredible Adventures of the Amazing Food Detective* online game
- Educational theater
- *The Weight of the Nation for Kids* (documentary series) and supporting educational materials
- Weight-management and exercise classes
- Calorie counts posted at our hospital cafeterias (first major health care system in U.S. to do so)

Your results: cholesterol

67.3% of your member population was measured for cholesterol in the last 5 years



37.0% of your 2013 Q2 member population has borderline to high total cholesterol

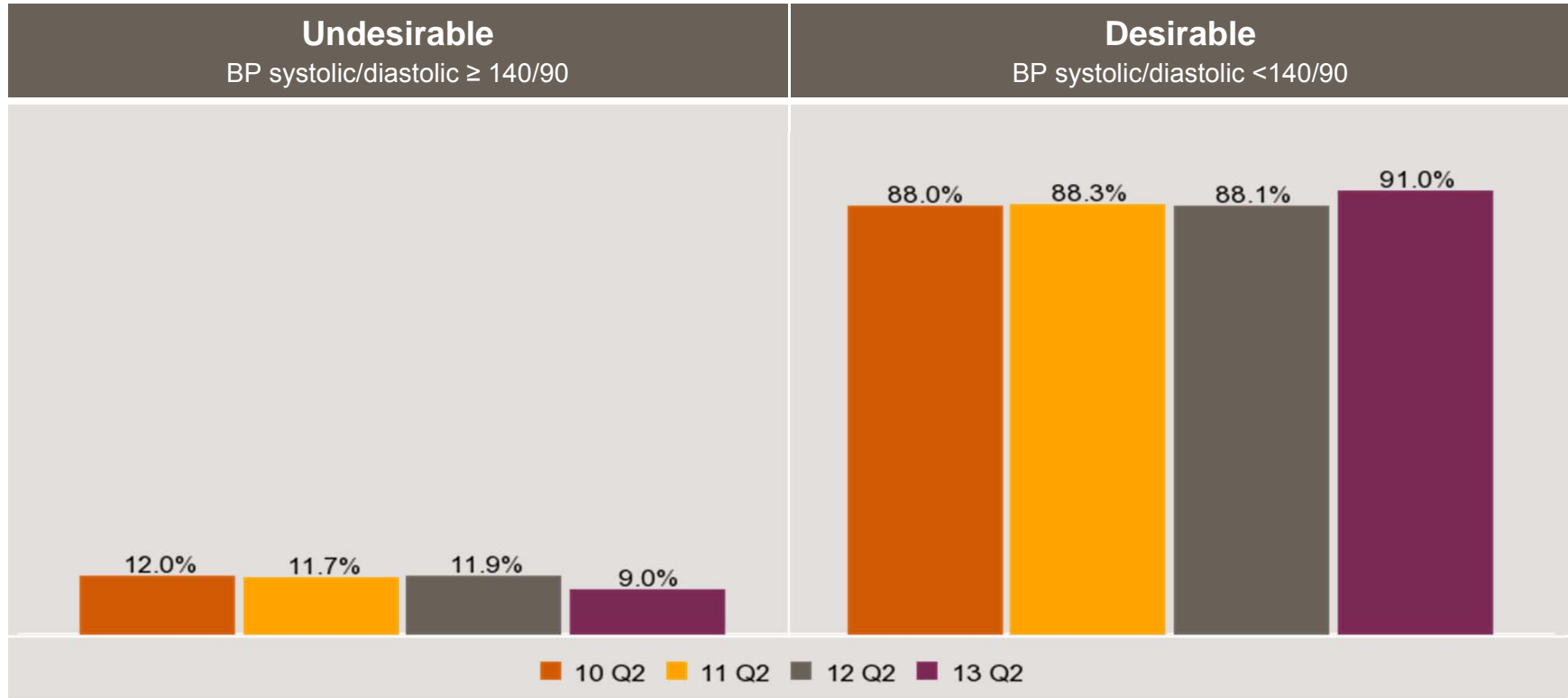
Total percentage of members ages 18 to 75.

Components of total cholesterol include LDL, HDL, and triglycerides.

The customer values will be displayed as 0% if the eligible member population for the metric is less than 30.

Your results: blood pressure

73.5% of your member population was measured in the last 12 months



The customer values will be displayed as 0% if the eligible member population for the metric is less than 30.

Cholesterol and blood pressure: member engagement



Clinical intervention strategy

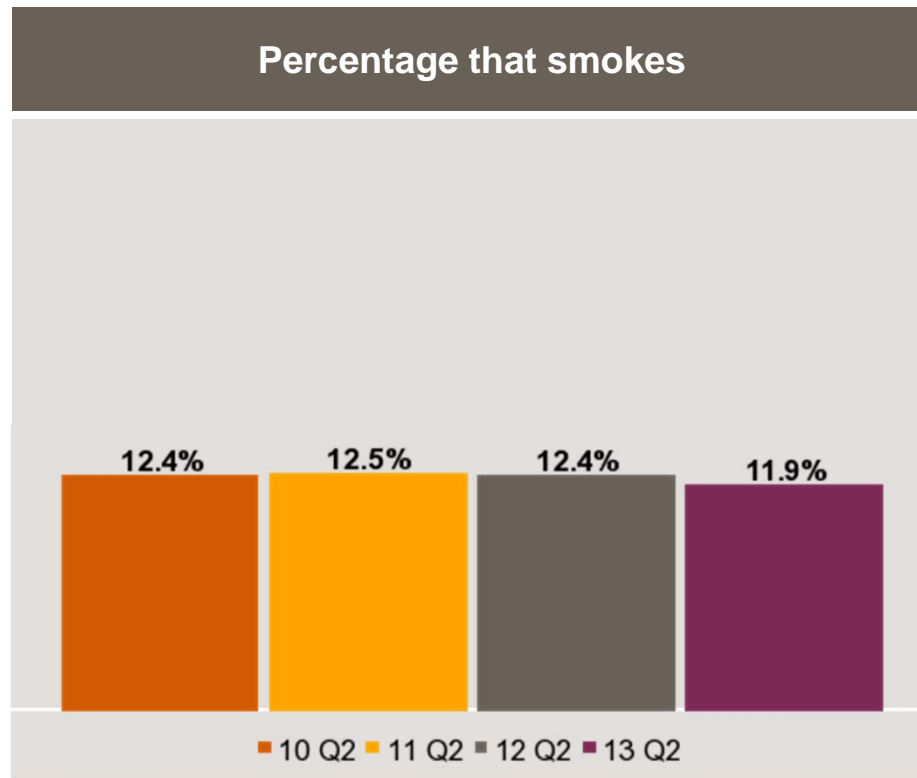
- Cholesterol check at age 20 or first visit
- Blood pressure check at every visit
- Medical care team discusses lifestyle changes and prescription if necessary

Available tools and services

- Heart health interactive online tools
- Online chronic condition management, quit-smoking, nutrition, and weight-loss programs
- Hypertension online video
- Online BMI calculator
- Weight-management and exercise classes
- Fitness videos
- Weight-loss podcast
- Wellness Coaching by Phone
- kp.org/heart

Your results: smoking

92.5% of your member population aged 18+ with a recorded result for smoking status



The customer values will be displayed as 0% if the eligible member population for the metric is less than 30.

Smoking: member engagement

Clinical intervention strategy

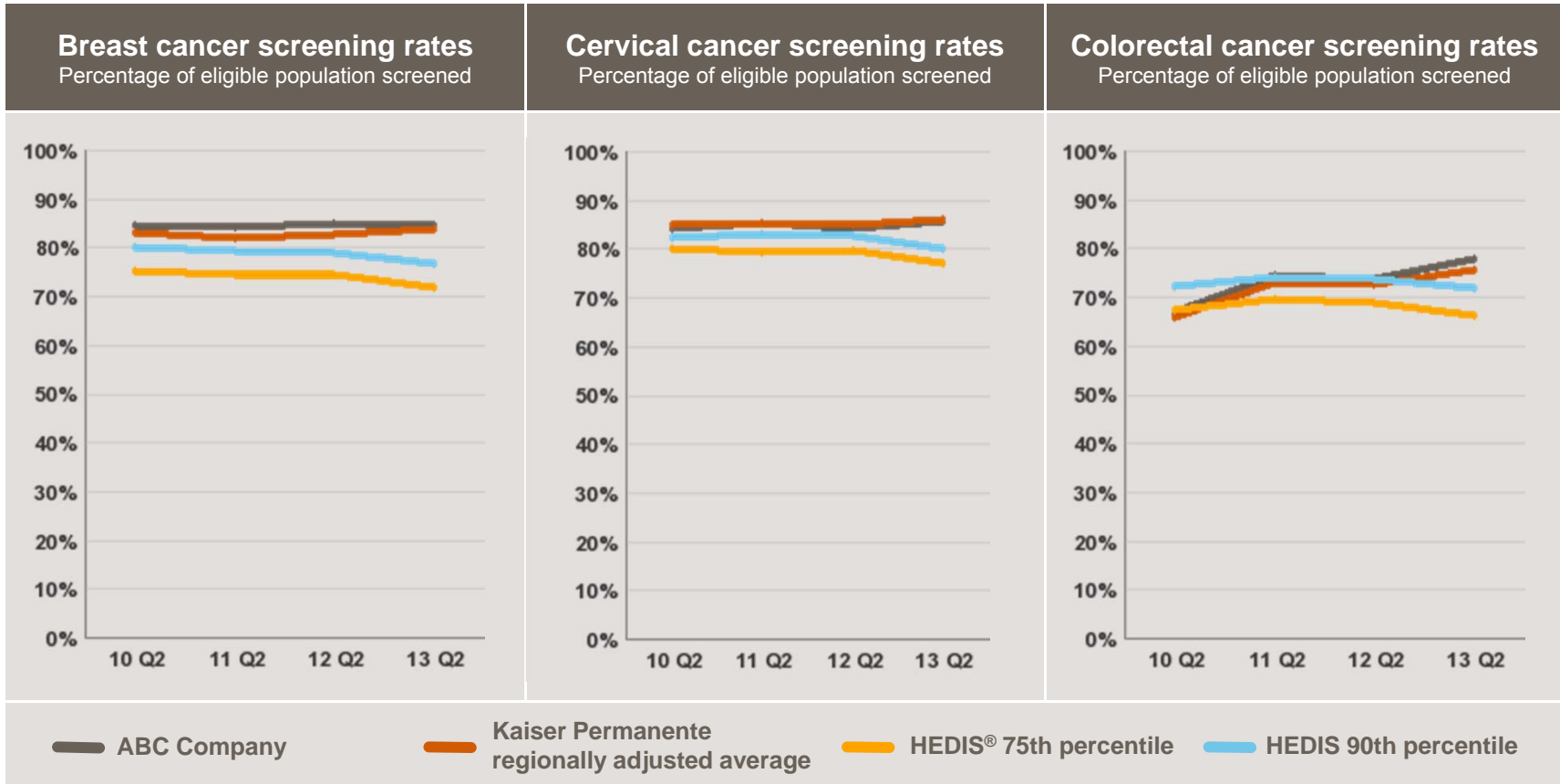
The medical care team is prompted to ask members about smoking at every visit, advises them to quit, and can help them develop a plan to quit smoking, including prescription (best combined with other quit strategies).

Available tools and services

- Wellness Coaching by Phone
- Support groups
- Online interactive quit-smoking tools
- Online smoking cessation program
- Online health and drug encyclopedias
- kp.org/quitsmoking

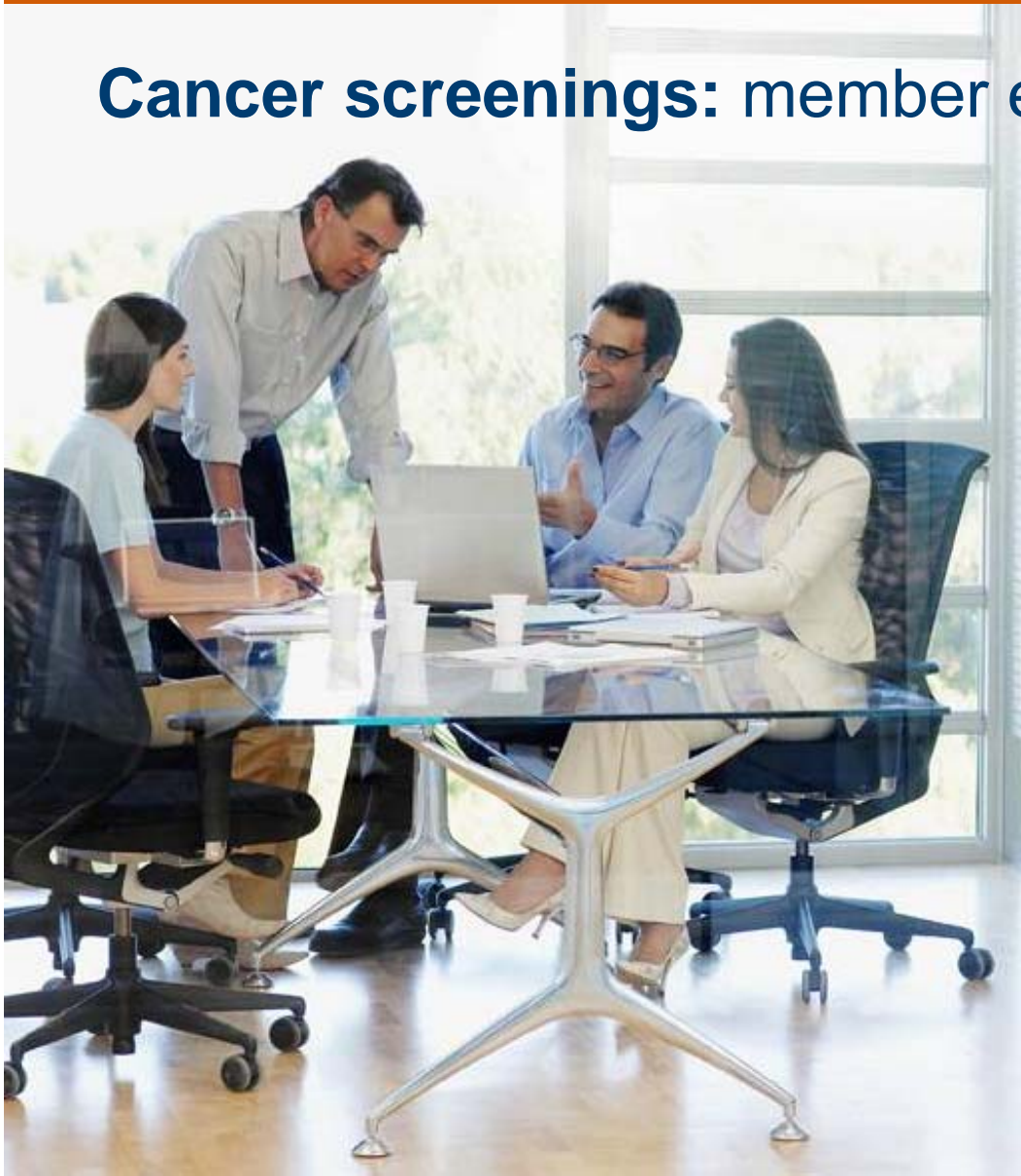


Your results: cancer screenings



The customer values will be displayed as 0% if the eligible member population for the metric is less than 30.

Cancer screenings: member engagement



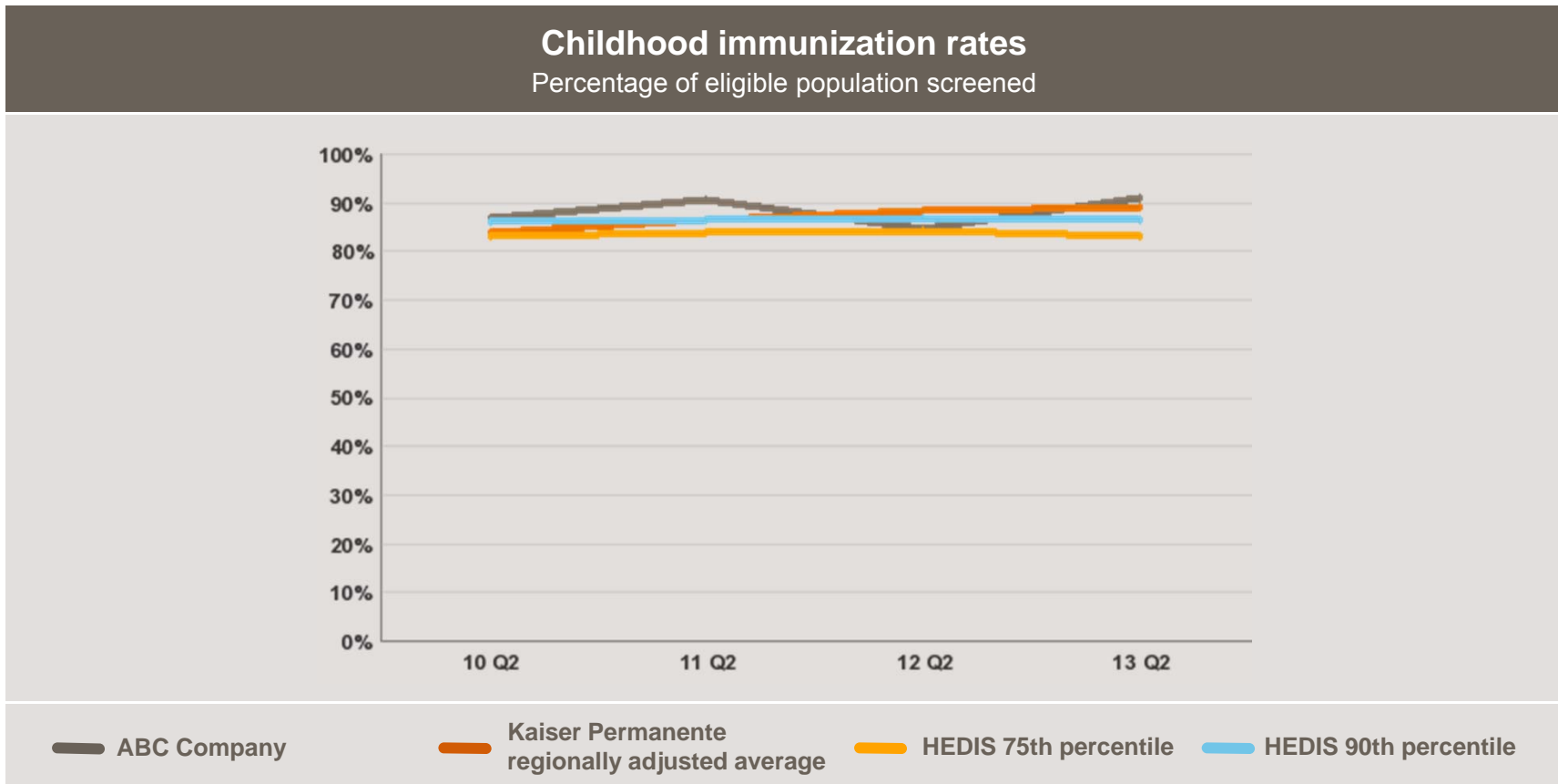
Clinical intervention strategy

- Members making office visits are proactively reminded of upcoming screenings
- Screening recommendations are based on age, gender, patient health, risk factors, and personal and family history
- Overdue screenings generate letter or phone-call reminders

Available tools and services

- Self-referral for mammography
- At-home colon cancer testing kit
- Online personal health record notes overdue screening
- Online health encyclopedia cancer screening and self-exam information
- Online health screening and symptom-checker interactive tools
- kp.org/cancercare

Your results: childhood immunizations



The customer values will be displayed as 0% if the eligible member population for the metric is less than 30.

Childhood immunizations: member engagement

Clinical intervention strategy

- Expectant mothers are reminded about the importance of infant immunizations
- Post-delivery, electronic alerts prompt caregivers to remind members about scheduled immunizations
- Regular well-baby and well-child checks are scheduled

Available tools and services

- Child and teen immunization history and reminders accessible by family members online
- Downloadable schedules help parents keep track of immunizations
- Online health encyclopedia
- Flu and human papillomavirus online health tools



A BETTER WAY to invest in employee health

Create a culture of health at work

Workforce health resource center at businessnet.kp.org

You'll find:

Step-by-step support for building your strategy

A wealth of resources to inspire your employees to make healthy changes

Tools to measure your success



Build your workforce health strategy

Four basic steps:

1	Assess	Learn where your company and your employees stand on workforce health.
2	Plan	Set program goals and schedule your events and activities.
3	Engage	Promote the program to your workforce.
4	Measure	Evaluate your program's successes and set priorities for future programs.

Worksite health promotion boosts employee wellness program participation by 40 percent.*

* *Closing the Gap: 2008/2009 Employee Perspectives on Health Care*, Watson Wyatt, 2008.

Plan your approach

Use the tools included in your coverage

Employer tools

Workforce health resource center at businessnet.kp.org

- Getting started checklists and toolkits
- Success stories/videos
- General communication materials — one-sheets, posters, etc.
- Workforce health resource guide

Participation reports and summaries

Plan your approach

Tools available to Kaiser Permanente members

Employee tools

Online resources

- Total health assessment
- Healthy lifestyle programs
- **kp.org** tools, including email your doctor's office, view lab results, prescription refills, and more
- Live health talks with Kaiser Permanente physicians and experts
- BMI and health calculators
- Health and drug encyclopedias
- Self-exam and symptom tools
- Videos and podcasts by health topic
- Healthy recipes

Membership extras

- Reduced rates at fitness clubs
- Reduced rates for complementary medicine (acupuncture, chiropractic)
- Wellness Coaching by Phone
- Educational theater

Facility resources

- Health education classes and peer support groups*
- Calorie counts in hospital cafeterias

* Availability varies by region. Some classes require an additional fee.

Partner with Kaiser Permanente today



Appendix

Plan your approach

Fee-based programming available to all employees

On-site	<ul style="list-style-type: none">▪ The FruitGuys® produce delivery service▪ Healthy Picks vending machine program▪ Health promotion classes▪ Biometric screenings for cholesterol, blood pressure, and BMI▪ Wellness Coaching by Phone▪ Customized communications — one-sheets, posters, etc.
Online	<ul style="list-style-type: none">▪ Total health assessment▪ Healthy lifestyle programs▪ Thrive Across America▪ Customized microsite
Rewards for participation	<ul style="list-style-type: none">▪ Develop your own rewards program for employees completing or participating in wellness or fitness activities and programs

Boost your results

Kaiser On-the-Job[®] occupational health services

What we offer:

- **Workers' compensation medical care** that gets injured or ill employees back to work safely and quickly
- **An extensive selection of occupational illness and injury preventive services** that identify and prevent future health concerns while helping you comply with federal and state occupational health and safety regulations