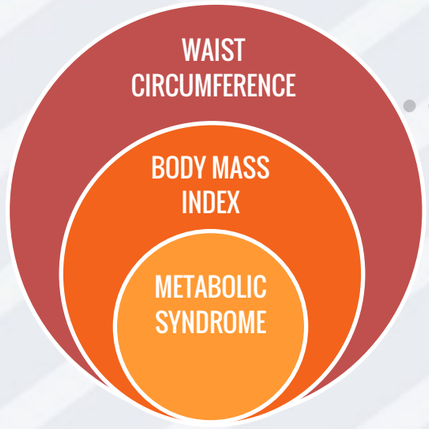
CY 2023

MCWOW PROGRESS REPORT

OUR TOP 3 MEDICAL RISK FACTORS

BASED ON HEALTH SCREENING DATA PROVIDED BY EHEALTH



73% FEMALE

27% MALE

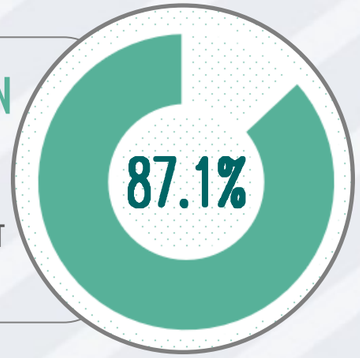
PERCENTAGE OF EMPLOYEES COMPLETING A HEALTH ASSESSMENT OR SCREENING

HEALTH RISK ASSESSMENT **57%**

62% BIOMETRIC HEALTH SCREENING

PARTICIPATION

PERCENTAGE OF COUNTY EMPLOYEES WHO PARTICIPATED IN AT LEAST ONE MCWOW PROGRAM...



THE FOLLOWING REPRESENTS A COHORT OF 177 PARTICIPANTS CLASSIFIED AS HIGH RISK IN 2022 AND THEIR SUBSEQUENT IMPROVED RISK STATUS (TO LOW OR MODERATE RISK) IN 2023.

TRIGLYCERIDES

54% LOWERED THEIR TRIGLYCERIDES RISK IN 2023

LDL

83% LOWERED THEIR LDL RISK IN 2023

CHOLESTEROL

86% LOWERED THEIR TOTAL CHOLESTEROL RISK IN 2023

BLOOD PRESSURE

61% LOWERED THEIR BLOOD PRESSURE RISK IN 2023

MET. SYNDROME

30% LOWERED THEIR METABOLIC SYNDROME RISK IN 2023

50% OF VIRGIN PULSE MEMBERS ACHIEVED RECOMMENDED LEVELS OF SLEEP

53% OF VIRGIN PULSE MEMBERS INCREASED OR MAINTAINED A HEALTHY STEP AVERAGE

MENDOCINO COUNTY 1850

working on wellness mendocino county