

Workplace Wellness Contract 01/01/08 – 12/31/08
Annual Summary Report

Presented To:



Prepared By:

Clinical Outcomes Group, Inc.
Improving the Health of Our Communities
307 North 2nd Street
Pottsville, PA 17901
570-628-6990
www.COGInc.org

February 2009



February 10, 2009

Board of Directors
Pottsville / Schuylkill Haven Area EMS
320 North Ninth Street
Pottsville, PA 17901

Dear Directors:

It has been an honor and a privilege to partner with Pottsville / Schuylkill Haven Area EMS during the past year to bring Workplace Wellness services to your employees. We were pleased to renew your contract and continue services through 2009.

COGI goal is to bring quality wellness services to your staff. In order to keep management updated on the benefits of providing such a program, quarterly utilization reports have been provided to Garry Laubach. These reports are designed show the utilization of these services by your employees and their families while maintaining the confidentiality of the employees and family members we are serving. The following report provides a summary of the quarterly reports to provide a snapshot of the services provided through our Workplace Wellness program in 2008. We hope you find this information valuable.

As our contract for 2009 gets under way, Mr. Laubach will work with Jenny Wagner at our office to once again create a schedule for wellness presentations. Our core presentations named **The Win! Series** provides the following:

- Quit & Win! (Tobacco Cessation)
- Relax & Win! (Stress Management)
- Lose & Win! (Weight Management)
- Save & Win! (Financial Management)

The Win! Series was designed to address the needs of employees and their families. These topics can cause employees to have difficulty in performing their job functions. These are typically the most requested topics. As in the past, we are more than willing to provide customization to these presentations and offer additional topics in presentations based on your employee's unique needs. COGI prides itself on the ability to customize our service to meet the individual needs of those we serve.

Please note that Jenny Wagner will continue to coordinate scheduling of presentations for your employees as well as individual follow-up services. Kelly Examitas will continue to coordinate employee enrollment, billing, and reporting. If you have any questions regarding our services or suggestions regarding programming or reporting, please do not hesitate to contact me.

I look forward to our continued partnership!

Sincerely,

Daniel Derr
Executive Director

Pottsville Office

307 North 2nd Street
Pottsville, PA 17901
Phone: 570-628-6990
Fax: 570-628-5899

Northumberland Office

65 King Street
Northumberland, PA
17857
Phone: 570-473-1290
Fax: 570-473-8602

Toll Free Number

1-800-264-1290

Website

www.COGInc.org

Board of Directors

Dr. David A. Zanis
President

Mr. Tom Scranton
Vice President

Mr. Ron Hollm
Secretary

Mr. Norbert McCloskey
Treasurer

Pottsville EMS 2008

Statistics

	Quarter				Average
	1st	2nd	3rd	4th	
Employee Enrollment	36	36	35	34	35.25

WEBSITE STATS	Quarter				Total
	1st	2nd	3rd	4th	
Visits to Main Workplace Wellness Page	172	150	92	11	425
# of Employee Page Logins	21	20	9	2	52
# of Employees Logging In	15	4	2	2	23
Employer Logins	17	3	13	0	33

	Quarter				Total
	1st	2nd	3rd	4th	
24 Hour Access Line Calls	3	4	3	1	11
Employees Counseled	2	3	3	4	12
Family Members Counseled	2	3	0	1	6
Counseling Hours	8	9	3	12	32

	Quarter				Total
	1st	2nd	3rd	4th	
Phone Assessments				2	2

Seminars		
Topic	Date	Attendance
Weight Management for Hectic Lives	02/19/08	7
A Nutritional Guide for the Busy Professional	03/11/08	6
A Nutritional Guide for the Busy Professional	03/12/08	7
Quit & Win! (Tobacco Cessation)	09/09/08	0
Quit & Win! (Tobacco Cessation)	09/11/08	5
Quit & Win! (Tobacco Cessation)	10/08/08	0
Stress Management	10/22/08	0
Healthy Eating Habits	11/05/08	8
Weight Management	11/19/08	5
Quit & Win! (Tobacco Cessation)	12/03/08	4
Stress Management	12/17/08	10

Service Outcomes From Individual Follow-Up
Tobacco Cessation 2 Individuals Quit At follow-up 1 stayed quit & 1 relapsed after 1 week
Weight Management 1 Individual engaged in services provided a Personal Trainer In 3 months, 13 lbs were lost

Prepared By:

