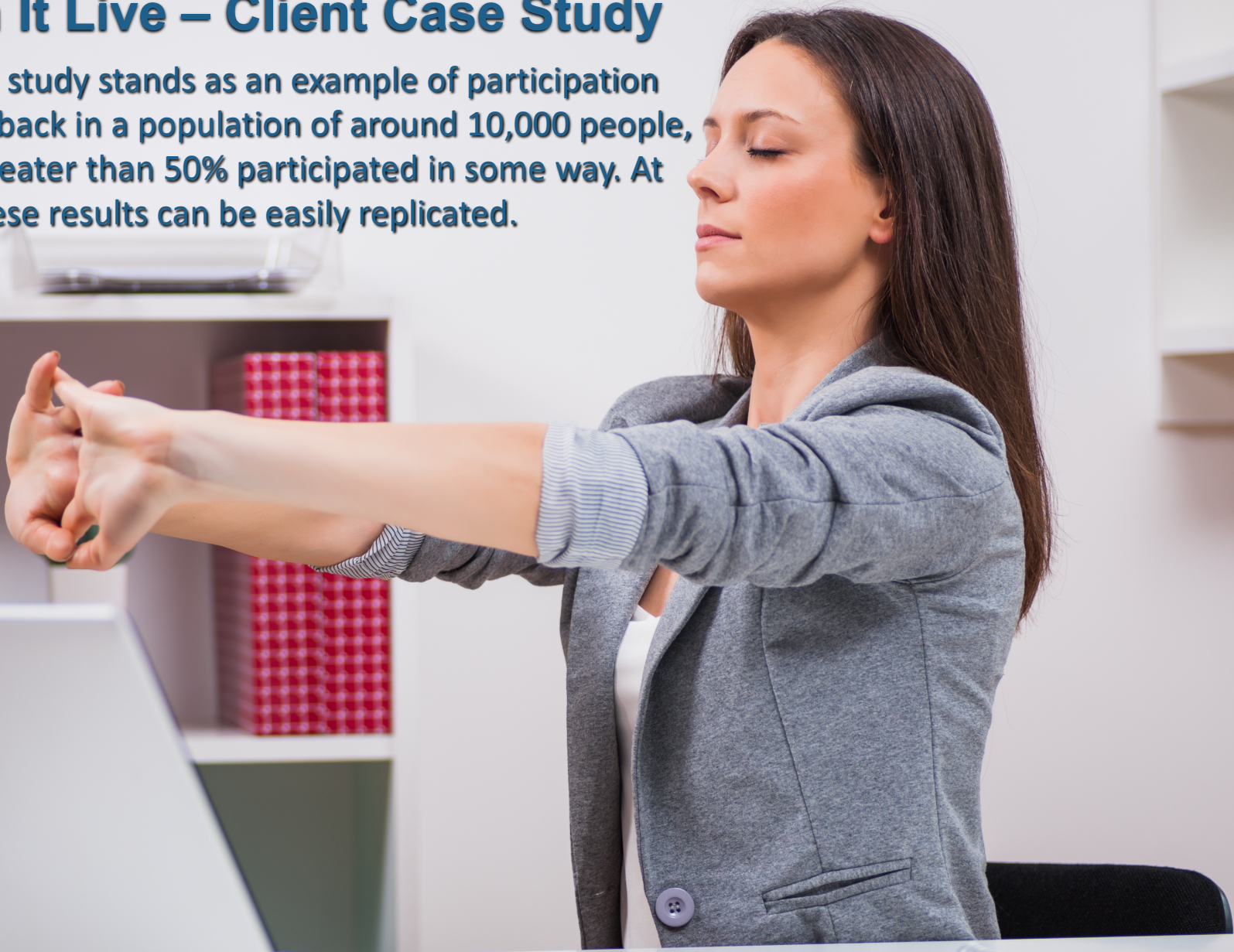


# Learn It Live – Client Case Study

This case study stands as an example of participation and feedback in a population of around 10,000 people, where greater than 50% participated in some way. At scale, these results can be easily replicated.



## Reference: 2017 Example Client Programming

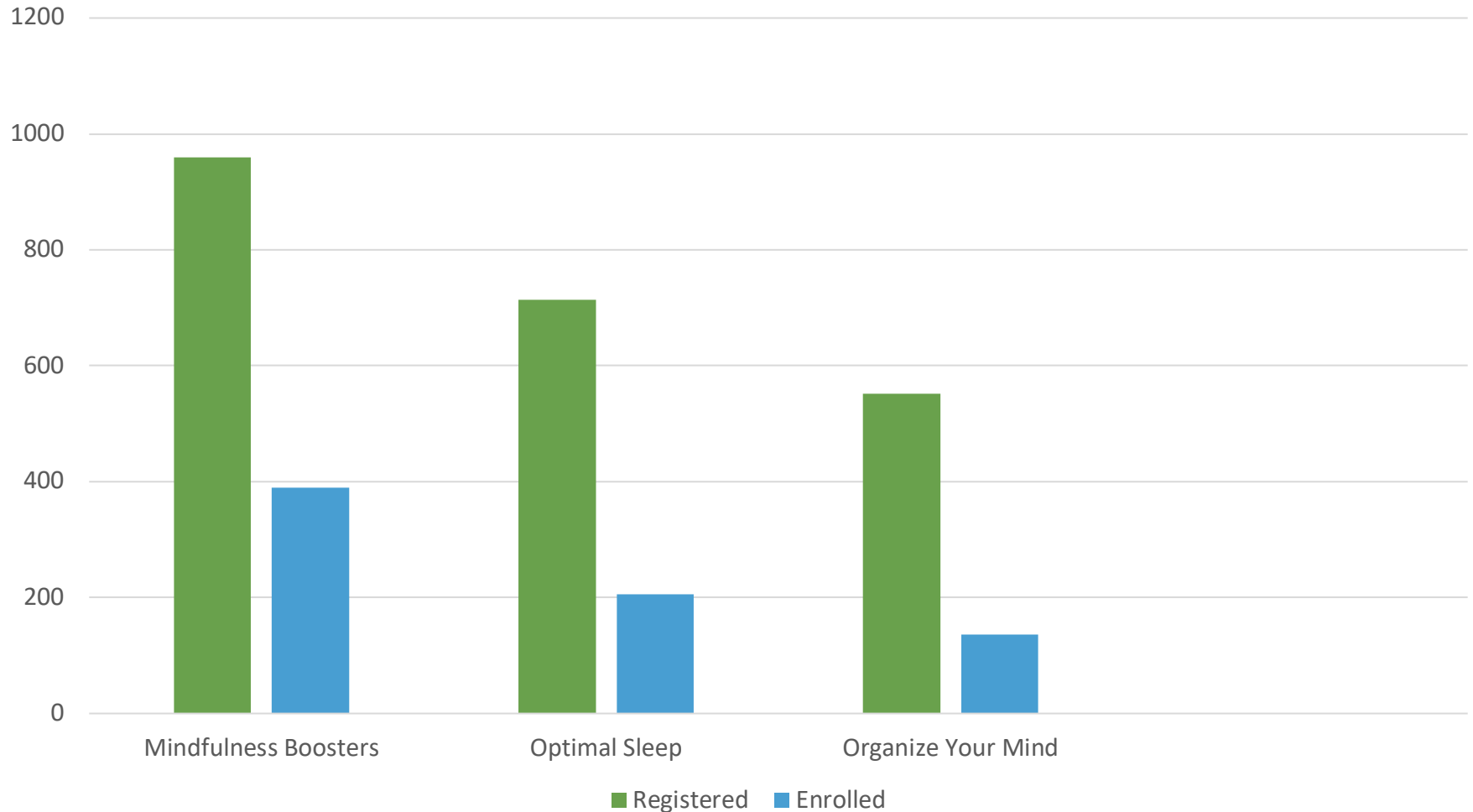
- **Online Group Offerings:**
  - Organize Your Mind, Organize Your Life
  - Optimal Sleep
  - Mindfulness Boosters for the Work Day;
  - Daily On-line Meditation Practice
  - Lunch and Learns and Webinars
- **Elective Healthy Lifestyles Classes:**
  - Take Action Program for Weight Management
  - Am I Hungry? Mindful Eating Workshop– Standard and Pre-Diabetes/Diabetes
  - Resilience Training Program
  - Mindfulness Training Program

# Participation Levels (Q1-Q4)

	<u># of Participants</u>
• Webinars/Seminars	1758
• Online Chair Yoga and Meditation Time	1345
• Mindfulness Boosters for the Work Day	389
• Nutrition Consultations	377
• Fitness Consultations	283
• Integrative Health and Wellness Coaching	250
• Optimal Sleep	206
• Organize Your Mind, Organize Your Life	136
• Elective Healthy Lifestyle Classes	102
• Personal Well-being Consultations	40
• Integrative Tobacco Cessation Coaching	22
<b>Total Participant Encounters</b>	<b>5058</b>

# Healthy Lifestyle Programs (Q1-Q4)

## Registration vs Attendance



# Final Classes Survey Results: Q1-Q4, 2017

Survey Questions (486 respondents/731 participants)	Percent Positive Response
This program met my expectations.	96.7%
I would recommend this program to others seeking to make healthy lifestyle changes.	95.6%
I found this program beneficial for my personal health and well-being.	96.2%
I received the knowledge and support I need to make healthy lifestyle changes in the future.	96.2%
I identified new practices or actions I will incorporate that will help me take the next step toward a healthy lifestyle change.	95.3%
I am actively working to improve my health and well-being.	98.5%
I have set some definite goals to improve my health and well-being.	93.2%
Participant Engagement: 610/731	83.0%



# Healthy Lifestyle Program Sample Survey

## Comments: Q4

- This was my first online class and I really enjoyed it. The slides and handouts were helpful for me to take notes, the interaction that the teacher requested from us fit the weekly topics and allowed me to get ideas from other individuals. I think the instructor was great.
- This is a great class with meaningful information. I had a great instructor. She is very knowledgeable and presents the information in an approachable way so you feel very comfortable asking questions.
- The coaches were great, very approachable and willing to help. It has totally changed my way of thinking and taking charge of my life, my future! I'm very excited about my options now!
- Such a valuable offering to employees. Thank you so much. I feel Allina truly does care about my whole-person wellbeing. This was a great employee satisfaction offering.
- Kate was a great instructor! She paces the class well, doesn't rush through the content and makes sure we're all in a comfortable space as we practice. I appreciated her kind manner throughout the course. She has a calming aura about her.

# Planned 2018 Online Group Programming

## **Returning Programs**

- Mindfulness Boosters for the Work Day
- Online Chair Yoga or Meditation Time
- Organize Your Mind, Organize Your Life Class
- Optimal Sleep Series

## **New Programs**

- Health and Wellness Book Club
- Personal Boundaries Series
- Self Care Series
- Finding Your Life Purpose
- Introduction to Strength Training Series
- Resilient Life Program
- Coping with Difficult Life Events Series