



# Real Appeal

**State of Nevada**

Data through September 2023

# Dashboard Report



**1,022**  
**Enrollment**  
 Members enrolled since program inception



**84%**  
**At-Risk**  
 Members with BMI > 30, or BMI between 25 to 29.99 and a qualifying comorbidity



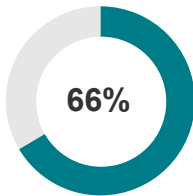
**550**  
**Engagement**  
 Members attending one or more coaching sessions



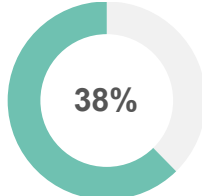
**551**  
**Currently Engaged**  
 Members actively engaged due to logging activity within the last six weeks

## At-Risk Attendance

4+ Sessions Attended

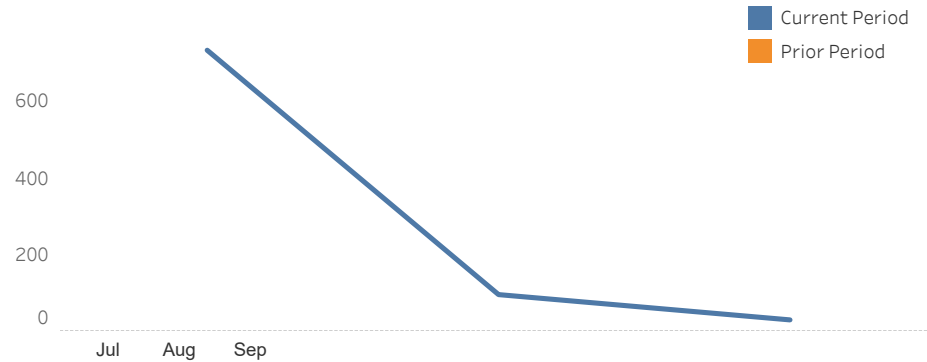


9+ Sessions Attended



**At-Risk**  
 Diabetes, Cardiovascular or other related conditions  
**Attend 4+ Sessions**  
 Real Appeal Expectations **70%**  
**Attend 9+ Sessions**  
 Real Appeal Expectations **50%**

## At-Risk Enrollment



## At-Risk Weight Loss

Attended 4+ Sessions In Program 16+ Weeks

Attended 4+ Sessions In Program 16+ Weeks



**410**  
**Members Reporting Weight Loss**  
**2,399**  
**Total Pounds Lost**

**5%+ Loss:** Real Appeal Expectations **33%**

**5%+ Loss:** Represents members that have reported weight loss

### Disqualification Criteria:

- Younger than 18 years old
- BMI under 23 (based on client set up)
- Anorexia or bulimia nervosa
- Severe chronic or acute illness
- Pregnancy

	2022	2023
<b>Enrolled</b>		<b>1,022</b>
<b>Disqualified</b>		<b>39</b>

# Enrollment Summary



**1,022**  
**Enrollment**

Members enrolled since program inception



**863**  
**At-Risk**

Members with BMI>30, or BMI between 25 - 29.9 and a qualifying comorbidity



**0**  
**Re-Enrolled**

Members who completed the programs and enrolled for another period



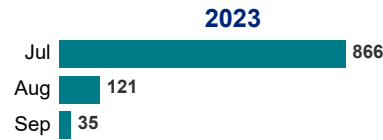
**551**  
**Currently Engaged**

Members actively engaged due to logging activity within the last six weeks

## Enrollments by Year

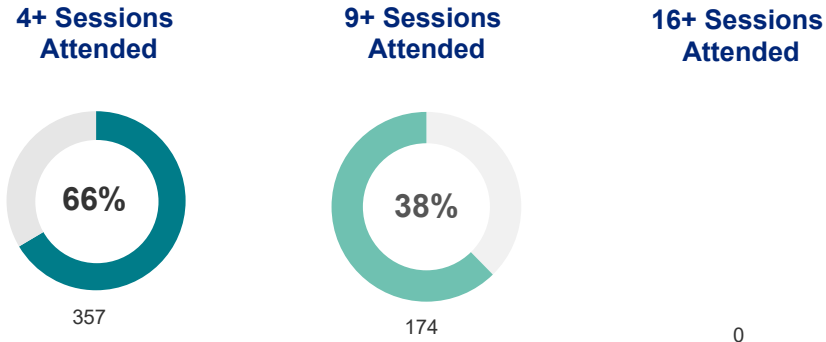
Grand Total	2023							
1,022	1,022							

## Enrollments by Month



Note: Enrollments by Month only displays the last three years.

## At-Risk Class Progression & Session Engagement



### Real Appeal Expectations

- 70%** Will Attend 4+ Sessions
- 50%** Will Attend 9+ Sessions
- 30%** Will Attend 16+ Sessions

### Currently in Week / Session Engagement

	1+ Attended	4+	Attended 4+	9+	Attended 9+	16+	Attended 16+	26+	Attended 26+
1 - 3 Weeks	13	0	0%	0	0%	0	0%	0	0%
4 - 8 Weeks	75	53	71%	0	0%	0	0%	0	0%
9 - 15 Weeks	462	304	66%	174	38%	0	0%	0	0%
16 - 25 Weeks									
26 - 52 Weeks									
Grand Total	550	357	66%	174	38%	0		0	

# At-Risk Outcomes



**410**  
Members with Weight Loss



**2,399**  
Pounds Lost



**3.3%** Book of Business



## Your Results

	All Weeks 1+ Attended	Began 16+ Weeks Ago		
		1+	4+	9+
<b>1+ Attended</b>	550			
<b>3%+ Loss</b>	30%			
<b>5%+ Loss</b>	11%			
<b>Total Weight Loss *</b>	1,208			
<b>Avg. Start lbs.</b>	214.7			
<b>Avg. lbs. Loss</b>	2.2			
<b>Avg. % lbs. Loss</b>	1.0%			

**At-Risk 5%+  
Weight Loss**

## Real Appeal Book of Business

	All Weeks 1+ Attended	Began 16+ Weeks Ago		
		1+	4+	9+
<b>3%+ Loss</b>	37%	37%	45%	50%
<b>5%+ Loss</b>	22%	22%	28%	33%
<b>Avg. Start lbs.</b>	218.7	218.7	218.1	217.7
<b>Avg. lbs. Loss</b>	5.8	5.8	7.2	8.2
<b>Avg. % lbs. Loss</b>	2.6%	2.7%	3.3%	3.8%

\* Note: Outcomes in above charts include members who may have weight loss, weight gain, or remain unchanged.

# Enrollee Characteristics & Outcomes

## BMI

** 23-24.9	25-29.9	>=30
77	289	656
8%	28%	64%

## Medical Need

At-Risk	Not At-Risk
863	159
84%	16%

## Gender

Female	Male
847	175
83%	17%

## Plan Member Type

Employee	Spouse/Other
962	60
94%	6%

## Age Range

18-29	30-39	40-49	50-64	65-69	70+
70	256	259	402	27	8
7%	25%	25%	39%	3%	1%

\*\*On occasion individuals with a BMI <23 will be included in this category.

## Attendance & Weight Loss

		% 4+	5%+ Loss
>=30	Female	63.1%	9.8%
	Male	65.0%	11.7%
25-29.9	Female	64.0%	10.1%
	Male	55.6%	13.9%
** 23-24.9	Female	38.9%	8.3%
	Male	50.0%	0.0%

## Book of Business Attendance & Weight Loss

		% 4+	5%+ Loss
>=30	Female	76.0%	22.6%
	Male	72.1%	25.6%
25-29.9	Female	68.8%	19.4%
	Male	62.0%	18.9%
** 23-24.9	Female	47.8%	15.3%
	Male	40.1%	11.5%

# Member Satisfaction



**Member  
Satisfaction  
Rating**

**4.80**

Book of Business 4.82

**Average Rating  
On a Scale 1-5  
(with 5 being the Highest)**

4.80



2023

**Total Ratings**  
Classroom Experience

**1,152**

# Registration & Enrollment

## Relationship

	Relationship	Grand Total	2023
<b>Registered</b>	Employee	<b>998</b>	998
	Spouse/Other	<b>63</b>	63
<b>Disqualified</b>	Employee	<b>36</b>	36
	Spouse/Other	<b>3</b>	3
<b>Enrolled</b>	Employee	<b>962</b>	962
	Spouse/Other	<b>60</b>	60
<b>At-Risk</b>	Employee	<b>811</b>	811
	Spouse/Other	<b>52</b>	52
<b>Not At-Risk</b>	Employee	<b>151</b>	151
	Spouse/Other	<b>8</b>	8
<b>Re-Enrolled</b>	Employee	<b>0</b>	0
	Spouse/Other	<b>0</b>	0

## Month

	Total	Jul	Aug	Sep
Registered	<b>1,061</b>	898	126	37
Disqualified	<b>39</b>	32	5	2
Enrolled	<b>1,022</b>	866	121	35
At-Risk	<b>863</b>	735	97	31
Not At-Risk	<b>159</b>	131	24	4
Re-Enrolled	<b>0</b>	0	0	0



# Appendix

## Measure

## Definition

Completed Registration	Based on valid insurance the member is eligible for the program. Member can be counted 1+ times in this section if they re-enroll.
At-Risk	Member medically qualified to participate in the program.
At-Risk Weight Loss	Members medically qualified to participate in the program and have tracked weight loss.
At-Risk Engagement & Attendance	Members who medically qualify to participate. % Engaged attended $\geq$ 1 session % Engaged attended 4+ sessions % Engaged attended 9+ sessions
Disqualified	Medically excluded or found ineligible.
Enrolled	Member has been identified to participate in the At-Risk or Not At-Risk program and has selected a class to participate in.
Engaged	Attended 1+ sessions
Active	Member in program for $\leq$ 52 weeks and has participated in the past 6 weeks
Average Pounds Start	Average weight when enrolled

## At-Risk Measurements

Total Pounds Lost	At-Risk members with weight loss
3%+ Loss	At-Risk members who lost $\geq$ 3%
5%+ Loss	At-Risk members who lost $\geq$ 5%
Average Pounds Lost	At-Risk members average pounds lost (Total At-Risk Pounds Lost) / (At-Risk Members)

## Outcomes

All	At-Risk participants regardless of class participation or length in program
1+	Members attended 1+ sessions
4+ Attended 16+ Weeks	At-Risk participants 4+ class participations, in program 16+ weeks