



# Real Appeal

**State of Nevada**

Data through January 2024

# Dashboard Report



**1,124**

**Enrollment**  
Members enrolled since program inception



**85%**

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



**610**

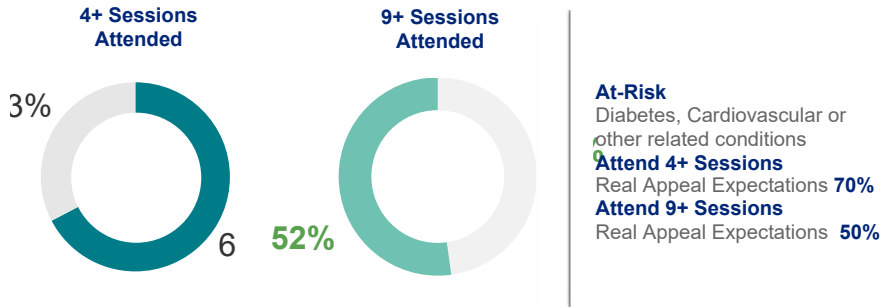
**Engagement**  
Members attending one or more coaching sessions



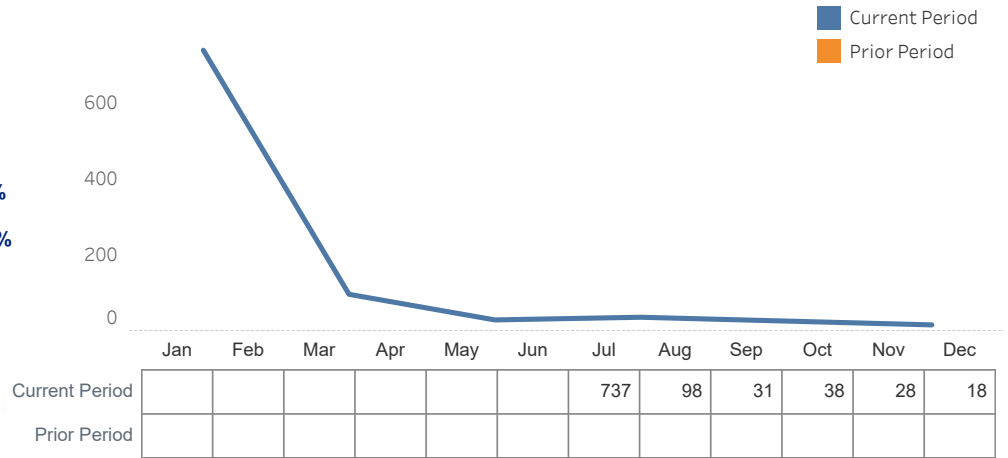
**385**

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

## At-Risk Attendance



## At-Risk Enrollment



## At-Risk Weight Loss

**32%**  
**5%+ Weight Loss**  
Attended 4+ Sessions In Program 16+ Weeks

**4.1**  
**Average lbs. Loss**  
(per member)  
Attended 4+ Sessions In Program 16+ Weeks



**447**  
**Members Reporting Weight Loss**

**3,322**  
**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>1,124</b>
<b>Disqualified</b>		<b>41</b>

# Enrollment Summary



**1,124**  
**Enrollment**

Members enrolled since program inception



**950**  
**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



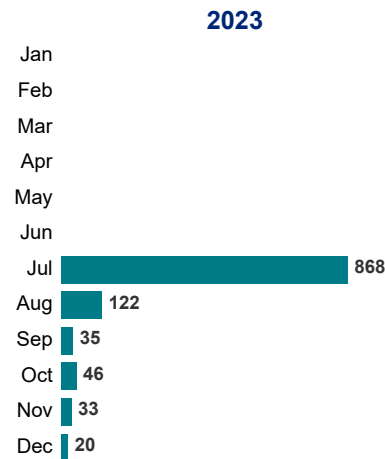
**385**  
**Currently Engaged**

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

## Enrollments by Year

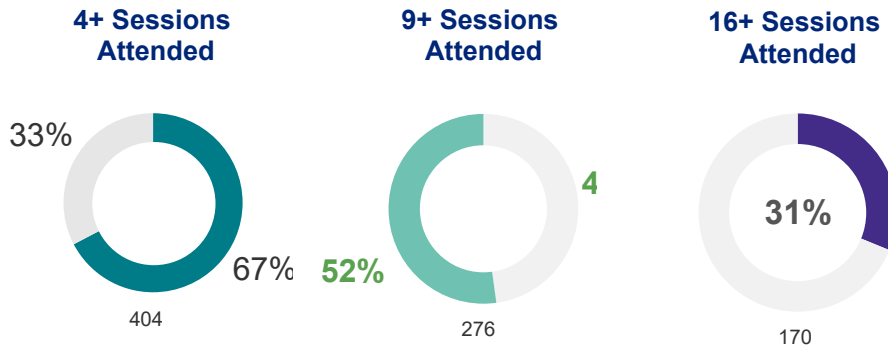
Grand Total	2023							
1,124	1,124							

## 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	10	0	0%	0	0%	0	0%	0	0%
4 - 8 Weeks	23	15	65%	0	0%	0	0%	0	0%
9 - 15 Weeks	32	23	72%	12	38%	0	0%	0	0%
16 - 25 Weeks	541	362	67%	260	48%	166	31%	0	0%
26 - 52 Weeks	4	4	100%	4	100%	4	100%	4	100%
Grand Total	610	404	67%	276	48%	170	31%	4	100%

# At-Risk Outcomes



**447**

Members with Weight Loss



**3,322**

Pounds Lost



**1.9%**

Average Weight Loss

Members began 16+ weeks ago & attended 4+ sessions

3.3% Book of Business



**32%**

4+ Attended Sessions with 5%+ Loss

Real Appeal Expectations  
33% with 5%+ Loss

## Your Results

	All Weeks 1+ Attended	Began 16+ Weeks Ago		
		1+	4+	9+
<b>1+ Attended</b>	610	545	366	264
<b>3%+ Loss</b>	33%	34%	45%	52%
<b>5%+ Loss</b>	18%	19%	25%	30%
<b>Total Weight Loss *</b>	1,798	1,766	1,496	1,144
<b>Avg. Start lbs.</b>	214.6	214.9	214.3	214.0
<b>Avg. lbs. Loss</b>	2.9	3.2	4.1	4.3
<b>Avg. % lbs. Loss</b>	1.4%	1.5%	1.9%	2.0%

## 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>	36%	37%	45%	50%
<b>5%+ Loss</b>	22%	22%	28%	33%
<b>Avg. Start lbs.</b>	218.7	218.7	218.1	217.6
<b>Avg. lbs. Loss</b>	5.7	5.8	7.1	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
85	319	720
8%	28%	64%

## Medical Need

At-Risk	Not At-Risk
950	174
85%	15%

## Gender

Female	Male
938	186
83%	17%

## Plan Member Type

Employee	Spouse/Other
1,061	63
94%	6%

## Age Range

18-29	30-39	40-49	50-64	65-69	70+
75	266	294	446	33	10
7%	24%	26%	40%	3%	1%

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

## Attendance & Weight Loss

		% 4+	5%+ Loss
>=30	Female	65.5%	17.6%
	Male	65.1%	15.9%
25-29.9	Female	63.9%	14.6%
	Male	61.5%	23.1%
** 23-24.9	Female	39.5%	9.3%
	Male	50.0%	0.0%

## Book of Business Attendance & Weight Loss

		% 4+	5%+ Loss
>=30	Female	75.8%	22.6%
	Male	71.8%	25.4%
25-29.9	Female	68.6%	19.3%
	Male	61.7%	18.7%
** 23-24.9	Female	47.9%	15.2%
	Male	40.1%	11.3%

# Member Satisfaction

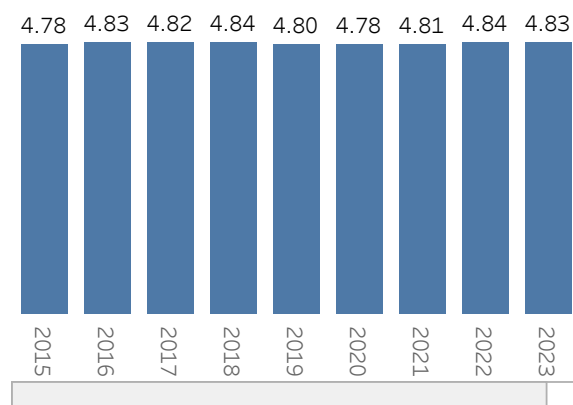


**Member  
Satisfaction  
Rating**

**4.82**

Book of Business 4.82

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



**Total Ratings** **5,062,278**  
Classroom Experience

# Registration & Enrollment

## Relationship

	Relationship	Grand Total	2023
<b>Registered</b>	Employee	<b>1,098</b>	1,098
	Spouse/Other	<b>67</b>	67
<b>Disqualified</b>	Employee	<b>37</b>	37
	Spouse/Other	<b>4</b>	4
<b>Enrolled</b>	Employee	<b>1,061</b>	1,061
	Spouse/Other	<b>63</b>	63
<b>At-Risk</b>	Employee	<b>896</b>	896
	Spouse/Other	<b>54</b>	54
<b>Not At-Risk</b>	Employee	<b>165</b>	165
	Spouse/Other	<b>9</b>	9
<b>Re-Enrolled</b>	Employee	<b>0</b>	0
	Spouse/Other	<b>0</b>	0

## Month

	Total	Jul	Aug	Sep	Oct	Nov	Dec
Registered	<b>1,165</b>	900	127	37	47	33	21
Disqualified	<b>41</b>	32	5	2	1	0	1
Enrolled	<b>1,124</b>	868	122	35	46	33	20
At-Risk	<b>950</b>	737	98	31	38	28	18
Not At-Risk	<b>174</b>	131	24	4	8	5	2
Re-Enrolled	<b>0</b>	0	0	0	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