

WHAT DO WORKPLACE WELLNESS PROGRAMS DO? EVIDENCE FROM THE ILLINOIS WORKPLACE WELLNESS STUDY*

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Workplace wellness programs cover over 50 million US workers and are intended to reduce medical spending, increase productivity, and improve well-being. Yet, limited evidence exists to support these claims. We designed and implemented a comprehensive workplace wellness program for a large employer and randomly assigned program eligibility and financial incentives at the individual level for nearly 5,000 employees. We find strong patterns of selection: during the year prior to the intervention, program participants had lower medical expenditures and healthier behaviors than nonparticipants. The program persistently increased health screening rates, but we do not find significant causal effects of treatment on total medical expenditures, other health behaviors, employee productivity, or self-reported health status after more than two years. Our 95 percent confidence intervals rule out 84 percent of previous estimates on medical spending and absenteeism. *JEL* Classification: I1, M5, J3

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I. INTRODUCTION

Sustained growth in medical spending has prompted policymakers, insurers, and employers to search for ways to reduce health care costs. One widely touted solution is to increase the use of “wellness programs,” interventions designed to encourage preventive care and to discourage unhealthy behavior such as inactivity or smoking. The 2010 Affordable Care Act (ACA) encourages firms to adopt wellness programs by letting them offer participation incentives up to 30 percent of the total cost of health insurance coverage, and 18 states currently include some form of wellness incentives as a part of their Medicaid program (Saunders et al. 2018). Workplace wellness industry revenue has more than tripled in size to \$8 billion since 2010, and wellness programs now cover over 50 million US workers (Matke, Schnyer, and Van Busum 2012; Kaiser Family Foundation 2016b). A meta-analysis by Baicker, Cutler, and Song (2010) finds large medical and absenteeism cost savings, but other studies find only limited benefits (e.g., Gowrisankaran et al. 2013; Baxter et al. 2014). Most of the prior evidence has relied on voluntary firm and employee participation in workplace wellness, limiting the ability to infer causal relationships.

Moreover, the prior literature has generally overlooked important questions regarding selection into wellness programs. If there are strong patterns of selection, the increasing use of large financial incentives now permitted by the ACA may redistribute resources across employees in a manner that runs counter to the intentions of policymakers.¹ For example, wellness incentives may shift costs onto unhealthy or lower-income employees if these groups are less likely to participate. Furthermore, wellness programs may act as a screening device by encouraging healthy employees to join or remain at the firm—perhaps by earning rewards for continuing their healthy lifestyles.

This paper investigates two research questions. First, which types of employees participate in wellness programs? While healthy employees may have low participation costs,

1. Kaiser (2017) estimates that 13 percent of large firms (at least 200 employees) offer incentives that exceed \$500 dollars per year and 4 percent of large firms offer incentives that exceed \$1,000 per year.

unhealthy employees may gain the most from participating. Second, what are the causal effects, negative or positive, of workplace wellness programs on medical spending, employee productivity, health behaviors, and well-being? For example, medical spending could decrease if wellness programs improve health or increase if wellness programs and primary care are complements.

To improve our understanding of workplace wellness programs, we designed and implemented the Illinois Workplace Wellness Study, a randomized controlled trial (RCT) conducted at the University of Illinois at Urbana-Champaign (UIUC).² We developed a comprehensive workplace wellness program, iThrive, which ran for two years and included three main components: an annual on-site biometric health screening, an annual online health risk assessment (HRA), and weekly wellness activities. We invited 12,459 benefits-eligible university employees to participate in our study and successfully recruited 4,834 participants, 3,300 of whom were assigned to the treatment group and were invited to take paid time off to participate in the wellness program.³ The remaining 1,534 subjects were assigned to a control group, which was not permitted to participate. Those in the treatment group who successfully completed the entire two-year program earned rewards ranging from \$50 to \$650, with the amounts randomly assigned and communicated at the start of each program year.

Our analysis combines individual-level data from online surveys, university employment records, health insurance claims, campus gym visit records, and running event records. These data allow us to examine many novel outcomes in addition to the usual ones studied by the prior literature (medical spending and employee absenteeism). From our analysis, we find evidence of significant advantageous selection into our program based on medical spending and health behaviors. At baseline, average annual medical spending among participants was \$1,384 less than among nonparticipants. This estimate is statistically ($p = 0.027$) and

2. Supplemental materials, datasets, and additional publications from this project will be made available on the study website at <http://www.nber.org/workplacewellness>.

3. UIUC administration provided access to university data and guidance to ensure our study conformed with university regulations but did not otherwise influence the design of our intervention. Each component of the intervention, including the financial incentives paid to employees, was externally funded.

economically significant: all else equal, it implies that increasing the share of participating (low-spending) workers employed at the university by 4.3 percentage points or more would offset the entire costs of our intervention. Participants were also more likely to have visited campus recreational facilities and to have participated in running events prior to our study. We find evidence of adverse selection when examining productivity: at baseline, participants were more likely to have taken sick leave and were less likely to have worked over 50 hours per week than nonparticipants.

Despite strong program participation, we do not find significant effects of our intervention on 40 out of the 42 outcomes we examine in the first year following random assignment. These 40 outcomes include all our measures of medical spending, productivity, health behaviors, and self-reported health. We fail to find significant treatment effects on average medical spending, on different quantiles of the spending distribution, or on any major subcategory of medical utilization (pharmaceutical drugs, office, or hospital). We find no effects on productivity, whether measured using administrative variables (sick leave, salary, promotion), survey variables (hours worked, job satisfaction, job search), or an index that combines all available measures. We also do not find effects on visits to campus gym facilities or on participation in a popular annual community running event, two health behaviors a motivated employee might change within one year. These null effects persist when we estimate longer-run effects of the entire two-year intervention using outcomes measured up to 30 months after the initial randomization.

Our null estimates are meaningfully precise. For medical spending and absenteeism, two focal outcomes in the prior literature, the 95 percent confidence intervals of our estimates rule out 84 percent of the effects reported in 112 prior studies. The 99 percent confidence interval for the return on investment (ROI) of our intervention rules out the widely cited medical spending and absenteeism ROI's reported in the meta-analysis of [Baicker, Cutler, and Song \(2010\)](#). In addition, our ordinary least squares (OLS) (non-RCT) medical spending estimate, which compares participants to nonparticipants rather than treatment to control,

agrees with estimates from prior observational studies. However, the OLS estimate is ruled out by the 99 percent confidence interval of our instrumental variables (IV) (RCT) estimate. These contrasting results demonstrate the value of using an RCT design in this literature.

Our intervention had two positive treatment effects in the first year, based on responses to follow-up surveys.⁴ First, employees in the treatment group were more likely than those in the control group to report ever receiving a health screening. This result indicates that the health screening component of our program did not merely crowd out health screenings that would have otherwise occurred without our intervention. Second, treatment group employees were more likely to report that management prioritizes worker health and safety, although this effect disappears after the first year.

Wellness programs may act as a profitable screening device if they allow firms to preferentially recruit or retain employees with attractive characteristics such as low health care costs. Prior studies have shown compensation packages can be used in this way ([Lazear 2000](#); [Liu et al. 2017](#)), providing additional economic justification for the prevalent and growing use of nonwage employment benefits ([Oyer 2008](#)). We do find that participation is correlated with preexisting healthy behaviors and low medical spending. However, our estimated retention effects are null after 30 months, which limits the ability of wellness programs to screen employees in our setting.

Our results speak to the distributional consequences of workplace wellness. For example, when incentives are linked to pooled expenses such as health insurance premiums, wellness programs may increase insurance premiums for unhealthy low-income workers ([Volpp et al. 2011](#); [Horwitz, Kelly, and DiNardo 2013](#); [McIntyre et al. 2017](#)). The results of our selection analysis provide support for these concerns: nonparticipating employees are more likely to be in the bottom quartile of the salary distribution, are less likely to engage in healthy behaviors, and have higher medical expenditures.

We also contribute to the health literature evaluating the causal effects of workplace

4. We address the multiple inference concern that arises when testing many hypotheses by controlling for the family-wise error rate. We discuss our approach in greater detail in Section [III.C](#).

wellness programs. Most prior studies of wellness programs rely on observational comparisons between participants and nonparticipants (see [Pelletier 2011](#), and [Chapman 2012](#), for reviews). Publication bias could also skew the set of existing results ([Baicker, Cutler, and Song 2010](#); [Abraham and White 2017](#)). To that end, our intervention, empirical specifications, and outcome variables were prespecified and publicly archived.⁵ Our analyses were also independently replicated by a Jameel Poverty Action Lab (J-PAL) North America researcher.

A number of RCTs have focused on components of workplace wellness, such as wellness activities ([Volpp et al. 2008](#); [Charness and Gneezy 2009](#); [Royer, Stehr, and Sydnor 2015](#); [Handel and Kolstad 2017](#)), HRAs ([Haisley et al. 2012](#)), or on particular outcomes such as obesity or health status ([Meenan et al. 2010](#); [Terry et al. 2011](#)). By contrast, our setting features a comprehensive wellness program that includes a biometric screening, HRA, wellness activities, and financial incentives.

Our study complements the contemporaneous study by [Song and Baicker \(2019\)](#) of a comprehensive wellness program. Similar to us, [Song and Baicker \(2019\)](#) do not find effects on medical spending or employment outcomes after 18 months. Relative to [Song and Baicker \(2019\)](#), our study emphasizes selection into participation, explores in detail the differences between RCT and observational estimates, and includes a longer post-period (30 months). In contrast to our study, which randomizes at the individual level, [Song and Baicker \(2019\)](#) randomize at the worksite level to capture potential site-level effects, such as spillovers between coworkers. The similarity in results between the two studies—and their divergence from prior studies—further underscores the value of RCT evidence within this literature. In addition, our finding that observational estimates are biased toward finding positive health impacts—even after extensive covariate adjustment—reinforces the general concerns about selection bias in observational health studies raised by [Oster \(2019\)](#).

5. Our pre-analysis plan is available at <http://www.socialscienceregistry.org/trials/1368>. We indicate in the paper the few instances in which we conduct analyses that were not prespecified. A small number of prespecified analyses have been omitted from the main text for the sake of brevity and because their results are not informative.

The rest of the paper proceeds as follows. Section II provides a background on workplace wellness programs, a description of our experimental design, and a summary of our datasets. Section III outlines our empirical methods, while Section IV presents the results of our first-year analysis. Section V presents results from our longer-run analysis, and Section VI concludes. Finally, all the Appendix materials can be found in the Online Appendix.

II. EXPERIMENTAL DESIGN

II.A. Background

Workplace wellness programs are employer-provided efforts to “enhance awareness, change behavior, and create environments that support good health practices” (Aldana 2001, p. 297). For the purposes of this study, “wellness programs” encompass three major types of interventions: (1) biometric screenings, which provide clinical measures of health; (2) HRAs, which assess lifestyle health habits; and (3) wellness activities, which promote a healthy lifestyle by encouraging behaviors (such as smoking cessation, stress management, or fitness). Best practice guides advise employers to let employees take paid time off to participate in wellness programs and to combine wellness program components to maximize their effectiveness (Ryde et al. 2013). In particular, it is recommended that information from a biometric screening and an HRA help determine which wellness activity a person selects (Soler et al. 2010).

Wellness programs vary considerably across employers. Among firms with 200 or more employees, the share offering a biometric screening, HRA, or wellness activities in 2016 was 53 percent, 59 percent, and 83 percent, respectively (Kaiser 2016a). These benefits are often coupled with financial incentives for participation, such as cash compensation or discounted health insurance premiums. A 2015 survey estimates an average cost of \$693 per employee for these programs (Jaspen 2015), and a recent industry analysis estimates annual revenues of \$8 billion (Kaiser 2016b).

A number of factors may explain the increasing popularity of workplace wellness programs. First, some employers believe that these programs reduce medical spending and increase productivity. For example, Safeway famously attributed its low medical spending to its wellness program (Burd 2009), although this evidence was subsequently disputed (Reynolds 2010). Other work suggests wellness programs may increase productivity (Gubler, Larkin, and Pierce 2017). Second, if employees have a high private value of wellness-related benefits, then labor market competition may drive employers to offer wellness programs to attract and retain workers. Third, the ACA has relaxed constraints on the maximum size of financial incentives offered by employers. Prior to the ACA, health-contingent incentives could not exceed 20 percent of the cost of employee health coverage. The ACA increased that general limit to 30 percent and raised it to 50 percent for tobacco cessation programs (Cawley 2014). The average premium for a family insurance plan in 2017 was \$18,764 (Kaiser, 2017), which means that many employers can offer wellness rewards or penalties in excess of \$5,000.

Like other large employers, many universities also have workplace wellness programs. Of the nearly 600 universities and liberal arts colleges ranked by *US News & World Report*, over two-thirds offer an employee wellness program.⁶ Prior to our intervention, UIUC's campus wellness services were run by the University of Illinois Wellness Center, which has one staff member. The Wellness Center only coordinates smoking cessation resources for employees and provides a limited number of wellness activities, many of which are not free. Importantly for our study, the campus did not offer any health screenings or HRAs and did not provide monetary incentives to employees in exchange for participating in wellness activities. Therefore, our intervention effectively represents the introduction of all major components of a wellness program at this worksite.

6. Source: authors' tabulation of data collected from universities and colleges via website search and phone inquiry.

II.B. The Illinois Workplace Wellness Study and iThrive

The Illinois Workplace Wellness Study is a large-scale RCT designed to investigate the effects of workplace wellness programs on employee medical spending, productivity, and well-being. As part of the study, we worked with the director of Campus Wellbeing Services to design and to introduce a comprehensive wellness program named “iThrive” at UIUC. Our goal was to create a representative program that includes all the key components recommended by wellness experts: a biometric screening, an HRA, a variety of wellness activities, monetary incentives, and paid time off. We summarize the program here and provide full details in Appendix D.

Figure I illustrates the experimental design of the first year of our study. In July 2016 we invited 12,459 benefits-eligible university employees to enroll in our study by completing a 15-minute online survey designed to measure baseline health and wellness (dependents were not eligible to participate).⁷ The invitations were sent by postcard and email; employees were offered a \$30 Amazon.com gift card to complete the survey as well as a chance “to participate in a second part of the research study.” Over the course of three weeks, 4,834 employees completed the survey. Study participants, whom we define as anybody completing the survey, were then randomly assigned to either the control group ($N=1,534$) or the treatment group ($N=3,300$). Members of the control group were notified that they may be contacted for follow-up surveys in the future, and further contact with this group was thereafter minimized. Members of the treatment group were then offered the opportunity to participate in iThrive.

The first step of iThrive included a biometric health screening and an online HRA. For five weeks in August and September 2016, participants could schedule a screening at one of many locations on campus. A few days after the screening, they received an email invitation to complete the online HRA designed to assess their lifestyle habits. Upon completing it, participants were then given a score card incorporating the results of their biometric screening and providing them with recommended areas of improvement. Only participants

7. Participation required providing informed consent and completing the online baseline survey.

who completed both the screening and HRA were eligible to participate in the second step of the program.

The second step of iThrive consisted of wellness activities. Eligible participants were offered the opportunity to participate in one of several activities in the fall semester and another activity in the spring semester. Eligibility to participate in the spring activities was not contingent on enrollment or completion of fall activities. In the fall, activities included in-person classes on chronic disease management, weight management, tai chi, physical fitness, financial wellness, and healthy workplace habits; a tobacco quitline; and an online, self-paced wellness challenge. A similar set of activities was offered in the spring. Classes ranged from 6 to 12 weeks in length, and “completion” of a class was generally defined as attending at least three-fourths of the sessions. Participants were given two weeks to enroll in wellness activities and were encouraged to incorporate their HRA feedback when choosing a class.

Study participants were offered monetary rewards for completing each step of the iThrive program, and these rewards varied depending on the treatment group to which an individual was assigned. Individuals in treatment groups labeled A, B, and C were offered a screening incentive of \$0, \$100, or \$200, respectively, for completing the biometric screening and the HRA in the first year. Treatment groups were further split based on an activity incentive of either \$25 or \$75 for each wellness activity completed (up to one per semester). Thus, there were six treatment groups in total: A25, A75, B25, B75, C25, and C75 (see Figure D.1).

The total reward for completing all iThrive components—the screening, HRA, and a wellness activity during both semesters—ranged from \$50 to \$350 in the first year, depending on the treatment group. These amounts are in line with typical wellness programs (Mattke, Schnyer, and Van Busum 2012). The probability of assignment to each group was equal across participants, and randomization was stratified by employee class (faculty, staff, or civil service), sex, age, quartile of annual salary, and race (see Appendix D.1.2 for additional randomization details). We privately informed participants about their screening and wellness activity rewards at the start of the intervention (August 2016) and did not disclose

information about rewards offered to others.

To help guide participants through iThrive, we developed a secure online website that granted access to information about the program. At the onset of iThrive in August 2016, the website instructed participants to schedule a biometric screening and then take the online HRA. Beginning in October 2016, and then again in January 2017, the website provided a menu of wellness activities and online registration forms for those activities as well as information on their current progress and rewards earned to date, answers to frequently asked questions, and contact information for support.

We implemented a second year of our intervention beginning in August 2017. As in the first year, treatment group participants were offered a biometric screening, an HRA, and various wellness activities (see Appendix Figure D.2 for more details). Our study concluded with a third and final health screening in August 2018. For comparison purposes, we invited both the treatment and control groups to complete all follow-up surveys and screenings in 2017 and 2018. We discuss the second-year intervention in more detail in Section V.

II.C. Data

For our analysis, we link together several survey and administrative datasets at the individual level. Each data source is summarized in this section and detailed in Appendix Section D.2. Appendix Table A.14 defines each variable used in the analysis and notes which outcomes were not prespecified.

1. University Administrative Data

We obtained university administrative data on 12,459 employees who, as of June 2016, were (1) working at the Urbana-Champaign campus at the University of Illinois and (2) were eligible for part- or full-time employee benefits from the Illinois Department of Central Management Services. The initial denominator file includes employee name, university identification number, contact information (email and home mailing address), date of birth,

sex, race, job title, salary, and employee class (faculty, academic staff, or civil service). We used email and home mailing addresses to invite employees to participate in our study, and we used sex, race, date of birth, salary, and employee class to generate the strata for random sampling.

A second file includes employment history information as of July 31, 2017. This file provides three employment and productivity outcomes measured over the first 12 months of our study: job termination date (for any reason, including firings or resignations), job title change (since June 2016), and salary raises. The average salary raise in our main sample was 5.9 percent after one year. For those with a job title change in the first year, the average raise was 14.5 percent, and a small number (< 5 percent) of employees with job title changes did not receive an accompanying salary raise. We also define an additional variable, “job promotion,” which is an indicator for receiving both a title change and a salary raise, thus omitting title changes that are potentially lateral moves or demotions.⁸ We obtained an updated version of this employment history file on January 31, 2019, for the longer-run analysis presented in Section V.

A third file provides data on sick leave. The number of sick days taken is available at the monthly level for civil service employees; for academic faculty and staff, the number of sick days taken is available biannually, on August 15 and May 15. We first calculate the total number of sick days taken during our pre-period (August 2015–July 2016) and post-period (August 2016–July 2017) for each employee. We then normalize by the number of days employed to make this measure comparable across employees. All specifications that include sick days taken as an outcome variable are weighted by the number of days employed. Our longer-run analysis, presented in Section V, uses a newer version of this file that includes a post-period covering August 2016–January 2019.

A fourth file contains data on exact attendance dates for the university’s gym and recreational facilities. Entering one of these facilities requires swiping an ID card, which creates

8. We did not prespecify the job promotion or job title change outcomes in our pre-analysis plan.

a database record linked to the individual’s university ID. We calculate the total number of visits per year for the pre-period and the post-period. As with the sick leave data, our longer-run analysis uses a version of this file that includes the post-period.

2. Online Survey Data

As described in Section II.B, all study participants took a 15-minute online baseline survey in July 2016 as a condition of enrollment in the study. The survey covered topics including health status, health care use, job satisfaction, and productivity.

Our survey software recorded that, out of the 12,459 employees invited to take the survey, 7,468 employees clicked on the link to the survey, 4,918 employees began the survey, and 4,834 employees completed the survey. Although participants were allowed to skip questions, response rates for the survey were very high: 4,822 out of 4,834 participants (99.7 percent) answered every one of the questions used in our analysis. To measure the reliability of the survey responses, we included a question about age at the end of the survey and compared participants’ self-reported ages with the ages listed in the university’s administrative data. Of the 4,830 participants who reported an age, only 24 (< 0.5 percent) reported a value that differed from the university’s administrative records by more than one year.

All study participants were also invited via postcard and email to take a one-year follow-up survey online in July 2017.⁹ In addition to the questions asked on the online baseline survey, the follow-up survey included additional questions on productivity, presenteeism, and job satisfaction. A total of 3,567 participants (74 percent) successfully completed the 2017 follow-up survey. The completion rates for the control and treatment groups were 75.4 and 73.1 percent, respectively. The difference in completion rates is small but marginally significant ($p = 0.079$).

Finally, we invited all study participants to take a two-year follow-up survey in July 2018. In total, 3,020 participants (62.5 percent) completed the survey. The completion rates for

9. Invitations to the follow-up survey were sent regardless of current employment status with the university.

the control and treatment groups were 64.6 and 61.5 percent, respectively. The completion rate difference remains small but becomes more statistically significant ($p = 0.036$). Full texts of our surveys are available in our supplementary materials.¹⁰

3. Health Insurance Claims Data

We obtained health insurance claims data for January 1, 2015, through July 31, 2017, for the 67 percent of employees who subscribe to the university’s most popular insurance plan. We use the total payment due to the provider to calculate average total monthly spending. We also use the place of service code on the claim to break total spending into four major subcategories: pharmaceutical, office, hospital, and other.¹¹ Our spending measures include all payments from the insurer to providers as well as any deductibles or co-pays paid by individuals.

Employees choose their health plan annually during the month of May, and plan changes become effective July 1. Participants were informed of their treatment assignment on August 9, 2016. We therefore define baseline medical spending to include all allowed amounts with dates of service corresponding to the 13-month time period of July 1, 2015, through July 31, 2016. We define spending in the post-period to correspond to the 12-month time period of August 1, 2016, through July 31, 2017. For the longer-run analysis presented in Section V, we obtained an updated version of the claims file that allowed us to define a post-period corresponding to the 30-month period, August 1, 2016, through January 31, 2019.

In our health claims sample, 11 percent of employees are not continuously enrolled throughout the 13-month pre-period, and 9 percent are not continuously enrolled throughout the 12-month post-period, primarily due to job turnover. Because average monthly spending is measured with less noise for employees with more months of claims, we weight regressions

10. Interactive versions of the study surveys are available at <http://www.nber.org/workplacewellness>.

11. Pharmaceutical and office-based spending each have their own place of service codes. Hospital spending is summed across the following four codes: “Off Campus–Outpatient Hospital,” “Inpatient Hospital,” “On Campus–Outpatient Hospital,” and “Emergency Room–Hospital.” All remaining codes are assigned to “other” spending, which serves as the omitted category in our analysis.

by the number of covered months whenever the outcome variable is average spending.

4. Illinois Marathon/10K/5K Data

The Illinois Marathon is a running event held annually in Champaign, Illinois. The individual races offered include a marathon, a half marathon, a 5K, and a 10K. When registering for a race, a participant must provide her name, age, sex, and hometown. That information, along with the results of the race, are published online after the races have ended. We downloaded those data for the 2014–2018 races and matched it to individuals in our dataset using name, age, sex, and hometown.

5. Employee Productivity Index

To help measure productivity, we construct an index equal to the first principal component of all survey and administrative measures of employee productivity. Appendix Table A.8 shows that this index depends negatively on sick leave and likelihood of job search and positively on salary raises, job satisfaction, and job promotion.

II.D. Baseline Summary Statistics and Balance Tests

Tables Ia and Ib provide baseline summary statistics for the employees in our sample. Columns (2) and (3) report means for those who were assigned to the control and treatment groups, respectively. Column (1) reports means for employees not enrolled in our study, as available. The variables are grouped into four panels, based on the source and type of data. Panel A presents means of the university administrative data variables used in our stratified randomization, Panel B presents means of variables from our 2016 online baseline survey, Panel C presents means of medical spending variables from our health insurance claims data for the July 2015–July 2016 time period, and Panel D presents baseline means of administrative data variables used to measure health behaviors and employee productivity.

Our experimental framework relies on the random assignment of study participants to

treatment. To evaluate the validity of this assumption, we test whether the control and treatment means are equal and whether the variables listed within each panel jointly predict treatment assignment.¹² By construction, we find no evidence of differences in means among the variables used for stratification (Panel A): all p -values in column (4) are greater than 0.7. Among all other variables listed in Panels B, C, and D, we find statistically significant differences at a 10 percent or lower level in 2 out of 34 cases, which is approximately what one would expect from random chance. Our joint balance tests fail to reject the null hypothesis that the variables in Panel B ($p = 0.821$), Panel C ($p = 0.764$), or Panel D ($p = 0.752$) are not predictive of assignment to treatment.

A unique feature of our study is our ability to characterize the employees who declined to participate in our experiment. We investigate the extent of this selection into our study by comparing means for study participants, reported in columns (2)–(3) of Tables [Ia](#) and [Ib](#), to the means for nonparticipating employees who did not complete our online baseline survey, reported in column (1). Study participants are younger, are more likely to be female, are more likely to be white, have lower incomes on average, are more likely to be administrative staff, and are less likely to be faculty. They also have lower baseline medical spending, are more likely to have participated in one of the Illinois Marathon/10K/5K running events, and have a higher rate of monthly gym visits. These selection effects mirror the ones we report below in Section [IV.B](#), suggesting that the factors governing the decision to participate in a wellness program are similar to the ones driving the decision to participate in our study.

III. EMPIRICAL METHODS

III.A. Selection

We first characterize the types of employees who are most likely to complete the various stages of our wellness program in the first year. We estimate the following OLS regression

12. Appendix Tables [A.1a](#) and [A.1b](#) report balance tests across sub-treatment arms.

using observations from the treatment group:

$$(1) \quad X_i = \alpha + \theta P_i + \varepsilon_i.$$

The left-hand side variable, X_i , is a predetermined covariate. The regressor, P_i , is an indicator for one of the following three participation outcomes: completing a screening and HRA, completing a fall wellness activity, or completing a spring wellness activity. The coefficient θ represents the correlation between participation and the baseline characteristic, X_i ; it should not be interpreted causally.

III.B. Causal Effects

Next we estimate the effect of our wellness intervention on a number of outcomes, including medical spending from health claims data, employment and productivity variables measured in administrative and survey data, health behaviors measured in administrative data, and self-reported health status and behaviors. We compare outcomes in the treatment group to those in the control group using the following specification:

$$(2) \quad Y_i = \alpha + \gamma T_i + \Gamma X_i + \varepsilon_i.$$

Here, T_i is an indicator for membership in the treatment group, and Y_i is an outcome of interest. We estimate Equation (2) with and without the inclusion of controls, X_i . In one control specification, X_i includes baseline strata fixed effects. One could also include a much broader set of controls, but doing so comes at the cost of reduced degrees of freedom. Thus, our second control specification implements the Lasso double-selection method of [Belloni, Chernozhukov, and Hansen \(2014\)](#), as outlined by [Urminsky, Hansen, and Chernozhukov \(2016\)](#), which selects controls that predict either the dependent variable or the focal inde-

pendent variable.¹³

The set of potential controls includes baseline values of the outcome variable, strata variables, the baseline survey variables reported in Table Ia, and all pairwise interactions. We then estimate a regression that includes only the controls selected by double-Lasso. In our tables, we follow convention and refer to this third control strategy as “post-Lasso.” As before, our main identifying assumption requires treatment to be uncorrelated with unobserved determinants of the outcome. The key parameter of interest, γ , is the intent-to-treat (ITT) effect of our intervention on the outcome Y_i .

III.C. Inference

We report conventional robust standard errors in all tables. We do not cluster standard errors because randomization was performed at the individual level (Abadie et al. 2017). Because we estimate Equations (1) and (2) for many different outcome variables, the probability that we incorrectly reject at least one null hypothesis is greater than the significance level used for each individual hypothesis test. When appropriate, we address this multiple inference concern by controlling for the family-wise error rate (i.e., the probability of incorrectly rejecting one or more null hypotheses belonging to a family of hypotheses).

To control for the family-wise error rate, we first define eight mutually exclusive families of hypotheses that encompass all of our outcome variables. Each family contains all variables belonging to one of our four outcome domains (strata variables, medical spending, employment/productivity, or health) and one of our two types of data (administrative or survey).¹⁴ When testing multiple hypotheses using Equations (1) and (2), we then calculate

13. No control variable will be predictive of a randomly assigned variable, in expectation. Thus, when implementing the double-selection method with randomly assigned treatment status as the focal independent variable, we only select controls that are predictive of the dependent variable. When implementing Lasso, we use the penalty parameter that minimizes the ten-fold cross-validated mean squared error.

14. One could assign all variables to a single family of hypotheses. This is unappealing, however, because it assigns equal importance to all outcomes when in fact some outcomes (e.g., total medical spending) are of much greater interest than others. Instead, our approach groups together variables that measure related outcomes and that originate from similar data sources. Because it is based on both survey and administrative data, we assign the productivity index variable to its own (ninth) family.

family-wise adjusted p -values based on 10,000 bootstraps of the free step-down procedure of Westfall and Young (1993).¹⁵

IV. FIRST-YEAR RESULTS

IV.A. Participation

Figure II reports that 56.0 percent of participants in the treatment group completed both the health screening and online HRA in the first year. These participants earned their assigned rewards and were allowed to participate in wellness activities; the remaining 44 percent of the treatment group was not allowed to sign up for these first-year activities. In the fall, 27.4 percent of the treatment group completed enough of the activity to earn their assigned activity reward. Completion rates were slightly lower (22.4 percent) for the spring wellness activities. By way of comparison, a survey of employers with workplace wellness programs found that less than 50 percent of their eligible employees complete health screenings and that most firms have wellness activity participation rates of less than 20 percent (Mattke et al. 2013). In the second year, participation rates follow a similar qualitative pattern, although the level of participation is shifted down for all activities. This reduction reflects job turnover and may also be due, at least in part, to the smaller size of the rewards offered in the second year.

Except for the second-year screening—which was also offered to the control group—these participation rates quantify the “first-stage” effect of treatment on participation. This is formalized in Appendix Table A.2, which reports the first-stage estimates by regressing the completion of each of the eight steps in Figure II on an indicator for treatment group membership. In our IV specifications, we use completion of the first-year HRA as the relevant participation outcome in the first stage.

15. We have made our generalized Stata code module publicly available for other interested researchers to use. It can be installed by typing “`ssc install wyoung, replace`” at the Stata prompt. We provide additional documentation of this multiple testing adjustment in Appendix C.

IV.B. Selection

1. Average Selection

Next, we characterize the types of workers most likely to participate in our wellness program. We report selected results in Table II and present results for the full set of prespecified outcomes in Appendix Tables A.3a through A.3d. We test for selection at three different sequential points in the first year of the study: completing the health screening and HRA, completing a fall wellness activity, and completing a spring wellness activity. Column (1) reports the mean of the selection variable of interest for employees assigned to the treatment group, and columns (3)–(5) report the difference in means between those employees who successfully completed the participation outcome of interest and those who did not. We also report family-wise p -values in brackets that account for the number of selection variables in each “family.”¹⁶

Column (3) of the first row of Table II reports that employees who completed the screening and HRA spent, on average, \$115.3 per month less on health care in the 13 months prior to our study than employees who did not participate. This pattern of advantageous selection is strongly significant using conventional inference ($p = 0.027$) and remains marginally significant after adjusting for the five outcomes in this family (family-wise $p = 0.082$). The magnitude is also economically significant, representing 24 percent of the \$479 in average monthly spending (column (1)). Columns (4) and (5) present further evidence of advantageous selection into the fall and spring wellness activities, although in these cases the magnitude of selection falls by half and becomes statistically insignificant.

In contrast, the second row of Table II reports that employees participating in our wellness program were more likely to have nonzero medical spending at baseline than nonparticipants, by about 5 percentage points (family-wise $p \leq 0.02$), for all three participation outcomes.

16. The eight families of outcome variables are defined in Section III.C. The family-wise p -values reported in Table II account for all the variables in the family, including ones not reported in the main text. An expanded version of Table II that reports estimates for all prespecified outcomes is provided in Appendix Tables A.3a through A.3d.

When combined with our results from the first row on average spending, this suggests that our wellness program is more attractive to employees with moderate spending than to employees in either tail of the spending distribution.

We investigate these results further in Figure III, which displays the empirical distributions of prior spending for those employees who participated in screening and for those who did not. Pearson’s chi-squared test and the nonparametric Kolmogorov-Smirnov test both strongly reject the null hypothesis that these two samples were drawn from the same distribution (Chi-squared $p < 0.001$; Kolmogorov-Smirnov $p = 0.006$).¹⁷ Figure III reveals a “tail-trimming” effect: participating (screened) employees are less likely to be high spenders ($> \$2,338$ per month), but they are also less likely to be low spenders ($\$0$ per month). Because medical spending is right-skewed, the overall effect on the mean among participants is negative, which explains the advantageous selection effect reported in the first row of Table II.

Panel B of Table II reveals negative selection on our productivity index, a summary measure of productivity. This result is driven in part by positive selection on prior sick leave taken and negative selection on working over 50 hours per week and on salary. The average annual salary of participants is lower than that of nonparticipants, significantly so for the fall and spring wellness activities (family-wise $p \leq 0.012$). This initially suggests that participants are disproportionately lower income; yet, the share of screening participants in the first (bottom) quartile of income is actually 6.9 percentage points lower than the share among nonparticipants (family-wise $p < 0.001$). Columns (4) and (5) also report negative, albeit smaller, selection effects for the fall and spring wellness activities. We again delve deeper by comparing the entire empirical distributions of income for participants and nonparticipants in Figure IV. We can reject that these two samples came from the same distribution ($p \leq 0.002$). As in Figure III, we again find a tail-trimming effect: participating employees are less likely to come from either tail of the income distribution.

17. These tests were not specified in our pre-analysis plan.

Lastly, we test for differences in baseline health behaviors as measured by our administrative data variables. The first row of Panel C in Table II reports that the share of screening participants who had previously participated in one of the Illinois Marathon/5K/10K running events is 8.9 percentage points larger than the share among nonparticipants (family-wise $p < 0.001$), a sizable difference that represents over 75 percent of the mean participation rate of 11.8 percent (column (1)). This selection effect is even larger for the fall and spring wellness activities. The second row of Panel C reports that participants also visited the campus gym facilities more frequently, although these selection effects are only statistically significant for screening and HRA completion (family-wise $p = 0.013$).

Prior studies have raised concerns that the benefits of wellness programs accrue primarily to higher-income employees with lower health risks (Horwitz, Kelly, and DiNardo 2013). Our results are broadly consistent with these concerns: participating employees are less likely to have very high medical spending, less likely to be in the bottom quartile of income, and more likely to engage in healthy physical activities. At the same time, participating employees are also less likely to have very low medical spending or have very high incomes, which suggests a more nuanced story. In addition, we find that less productive employees are more likely to participate, particularly in the wellness activity portion of the program, suggesting it may be less costly for these employees to devote time to the program.

2. Health Care Cost Savings via Selection

The selection patterns we have uncovered may provide, by themselves, a potential motive for firms to offer wellness programs. We have shown that wellness participants have lower medical spending on average than nonparticipants. If wellness programs differentially increase the recruitment or retention of these types of employees, then the accompanying reduction in health care costs will save firms money.¹⁸

18. Wellness participants differ from nonparticipants along other dimensions as well (e.g., health behaviors). Because it is difficult in many cases to sign, let alone quantify, a firm's preferences over these other dimensions, we focus our cost-savings discussion on the medical spending consequences.

A simple back-of-the-envelope calculation demonstrates this possibility. In our setting, 39 percent ($= 4,834/12,459$) of eligible employees enrolled into our study, and 56 percent of the treatment group completed a screening and health assessment (Figure II). Participating employees spent, on average, \$138.2 per month less than nonparticipants in the post-period (Table IV, column 4), which translates into an annual spending difference of \$1,658. When combined with average program costs of \$271 per participant, this implies that the employer would need to increase the share of employees who are similar to wellness participants by 4.3 (e.g., $0.39 \times 0.56 \times 271 / (1658 - 271)$) percentage points in order for the resulting reduction in medical spending to offset the entire cost of the wellness program.

To be clear, this calculation does not assume or imply that adoption of workplace wellness programs is socially beneficial. But it does provide a profit-maximizing rationale for firms to adopt wellness programs, even in the absence of any direct effects on health, productivity, or medical spending. Section V, however, shows we do not find any effects on retention after 30 months, so if this effect exists in our setting, then it needs to operate through a recruitment channel, which we cannot estimate using our study design.

IV.C. Causal Effects

1. Intent-to-Treat

We estimate the causal, ITT effect of our intervention on three domains of outcomes: medical spending, employment and productivity, and health behaviors. Table III reports estimates of Equation (2) for selected outcomes. An expanded version of this table reporting results for all 42 administrative and survey outcomes is provided in Appendix Tables A.4a through A.4g.

We report ITT estimates using two specifications. The first includes no control variables, and the second specification includes a set of baseline outcomes and covariates chosen via Lasso, as described in Section III.B. Because the probability of treatment assignment was constant across strata, these controls are included not to reduce bias but to improve the

precision of the treatment effect estimates (Bruhn and McKenzie 2009). For completeness, the appendix tables also report a third control specification that includes fixed effects for the 69 strata used for stratified random assignment at baseline.

1.a. Medical Spending We do not detect statistically significant effects of treatment on average medical spending over the first 12 months (August 2016–July 2017) of the wellness intervention in any of our specifications. Column (2) of the first row of Table III shows that average monthly spending was \$10.8 higher in the treatment group than in the control group. The point estimate increases slightly when using the post-Lasso control strategy (column (3)) but remains small and statistically indistinguishable from zero. The post-Lasso specification improves the estimate’s precision, with a standard error about 24 percent smaller than that of the no-control specification. Columns (2)–(3) of Panel A also show small and insignificant effects for different subcategories of spending and the probability of any spending over this 12-month period.

Panels (a) and (b) of Figure V graphically reproduce the null average treatment effects presented in Panel A, column (2) of Table III for total and nonzero spending. Despite null effects on average, there may still exist mean-preserving treatment effects that alter other moments of the spending distribution. However, Panel (c) of Figure V shows that the empirical distributions of spending are observationally similar for both the treatment and control groups. This similarity is formalized by a Pearson’s chi-squared test and a Kolmogorov-Smirnov test, which both fail to reject the null hypothesis that the control and treatment samples were drawn from the same spending distribution ($p = 0.828$ and $p = 0.521$, respectively).

1.b. Employment and Productivity Next we estimate the effect of treatment on various employment and productivity outcomes. Columns (2)–(3) of Table III, Panel B summarize our findings, while Appendix Tables A.4c and A.4d report estimates for all administrative and prespecified survey productivity measures. We do not detect statistically significant ef-

fects after 12 months of the wellness intervention on any of our administratively measured outcomes, including annual salary, the probability of job promotion or job termination, and sick leave taken.

Among self-reported employment and productivity outcomes measured by the one-year follow-up survey, we find no statistically significant effects on most measures, including being happier at work than last year or feeling very productive at work. The only exception is that individuals in the treatment group are 5.7 percentage points (7.2 percent) more likely (family-wise $p = 0.001$) to believe that management places a priority on health and safety (column (2), Table III). The treatment effect on the 12-month productivity index, equal to the first principal component of all 12-month survey and administrative employment and productivity outcomes, is statistically insignificant.

Column (1) of Table III, Panel B reports that 17.6 percent of our sample had received a promotion and 11.3 percent had ceased employment by the end of the first year, suggesting that our null estimates are not due to stickiness in career progression.¹⁹ A more serious concern is whether our productivity measures are sufficiently meaningful and/or precise to draw conclusions. Following Baker, Gibbs, and Holmstrom (1994), we cross-validate our administrative measures of employment and productivity, comparing each to our survey measures of work and productivity. As reported in Table A.9, we find a strong degree of concordance between the independently measured administrative and survey variables. The eighth row of column (3) reports that individuals who self-report receiving “a promotion or more responsibility at work” are 22.5 percent more likely to have an official title change in our administrative data, and column (2) reports that they are 22.9 percent more likely to have received a promotion, which we define as having both a job title change and a nonzero salary raise.²⁰

19. There is even less stickiness in the longer-run estimates reported in Section V, where our precision allows us to reject small increases in productivity during the first 30 months following randomization.

20. As discussed in Section II.C, less than 5 percent of employees with job title changes did not also have a salary raise. We obtain a similar causal effect estimate if we look only at job title changes rather than our constructed promotion measure (see Appendix Table A.4c).

More generally, our administrative measure of promotion is positively correlated with self-reported job satisfaction and happiness at work and negatively correlated with self-reported job search. Likewise, the first row of column (5) reports that survey respondents who indicated they had taken any sick days were recorded in the administrative data as taking 3.2 more sick days than respondents who had not indicated taking sick days. The high overall agreement between our survey and administrative variables both increases our confidence in their accuracy and validates their relevance as measures of productivity.

1.c. Health Behaviors Finally, we investigate health behaviors, which may respond more quickly to a wellness intervention than medical spending or productivity. Our main results are reported in columns (2)–(3) of Table III, Panel C. We find small and statistically insignificant treatment effects on participation in any running event of the April 2017 Illinois Marathon (i.e., 5K, 10K, and half/full marathons). Similarly, we do not find meaningful effects on the average number of days per month that an employee visits a campus recreation facility. However, we do find that individuals in the treatment group are nearly 4 percentage points more likely (family-wise $p = 0.001$) to report ever having a previous health screening. This effect indicates that our intervention’s biometric health screenings did not simply crowd out screenings that would have otherwise occurred within the first year of our study.

1.d. Discussion Across all 42 outcomes we examine, we find only two statistically significant effects of our intervention after one year: an increase in the number of employees who ever received a health screening and an increase in the number who believe that management places a priority on health and safety.²¹ The next section addresses the precision of our estimates by quantifying what effects we can rule out, but first we mention a few caveats.

First, these results only include one year of data. While we do not find significant effects for most of the outcomes we examine, it is possible that longer-run effects may emerge in

21. We show in the appendix that these two effects are driven by the health screening component of our intervention rather than the wellness activity component.

later years, so we turn to this issue in Section V. Second, our analysis assumes that the control group was unaffected by the intervention. The research team’s contact with the control group in the first year was confined to the communication procedures employed for the 2016 and 2017 online surveys.

Although we never shared details of the intervention with members of the control group, they may have learned or have been affected by the intervention through peer effects. However, we think peer effects are unlikely to explain our null findings. We asked study participants on the 2017 follow-up survey whether they ever talked about the iThrive workplace wellness program with any of their coworkers. Only 3 percent of the control group responded affirmatively, compared to 44 percent of the treatment group. Moreover, the cluster-randomized trial of Song and Baicker (2019), which has a design that naturally accommodates peer effects, also finds null effects of a comprehensive workplace wellness program.

Finally, our results do not rule out the possibility of meaningful treatment effect heterogeneity. There may exist subpopulations who did benefit from the intervention or who would have benefited had they participated. Wellness programs vary considerably across employers, and another design that induces a different population to participate, such as by foregoing a biometric screening, may achieve different results from what we find here.

2. Comparison to Prior Studies

We now compare our estimates to the prior literature, which has focused on medical spending and absenteeism. This exercise employs a spending estimate derived from a data sample that winsorizes (top-codes) medical spending at the 1 percent level (see column (3) of Table A.11). We do this to reduce the influence of a small number of extreme outliers on the precision of our estimate, as in prior studies (e.g., Clemens and Gottlieb 2014).²²

22. Winsorizing can introduce bias if there are heterogeneous treatment effects in the tails of the spending distribution. However, Figure Vc provides evidence of a consistently null treatment effect throughout the spending distribution. This evidence is further supported by Table A.11, which shows that the point estimate

Figure VI illustrates how our estimates compare to the prior literature.²³ The top-left figure in Panel (a) plots the distribution of the ITT point estimates for medical spending from 22 prior workplace wellness studies. The figure also plots our ITT point estimate for total medical spending from Table III and shows that our 95 percent confidence interval rules out 20 of these 22 estimates. For ease of comparison, all effects are expressed as percent changes. The bottom-left figure in Panel (a) plots the distribution of treatment-on-the-treated (TOT) estimates for health spending from 33 prior studies, along with the IV estimates from our study. In this case, our 95 percent confidence interval rules out 23 of the 33 studies. Overall, our confidence intervals rule out 43 of 55 (78 percent) prior ITT and TOT point estimates for health spending.²⁴

The two figures in Panel (b) repeat this exercise for absenteeism and show that our estimates rule out 51 of 57 (89 percent) prior ITT and TOT point estimates for absenteeism. Across both sets of outcomes, we rule out 94 of 112 (84 percent) prior estimates. If we restrict our comparison to just the studies that lasted 12 months or less, we rule out 39 of 47 (83 percent) prior estimates, and if we restrict our comparison to only the set of RCTs, we rule out 21 of 22 (95 percent) prior estimates. If we combine RCTs and studies that use a pre- or post-design, we continue to rule out 68 of 81 (84 percent) prior estimates.

We can also combine our spending and absenteeism estimates with our cost data to calculate an ROI for workplace wellness programs. The 99 percent confidence interval for the ROI associated with our intervention rules out the widely cited savings estimates reported in the meta-analysis of Baicker, Cutler, and Song (2010).²⁵ One reason for the divergence

of the medical spending treatment effect changes little after winsorization. For completeness, Appendix Figure A.1 illustrates the stability of the point estimate across a wide range of winsorization levels.

23. Appendix B provides the sources and calculations underlying the point estimates reported in Figure VI.

24. If we do not winsorize medical spending, we rule out 40 of 55 (73 percent) prior health studies.

25. The first year of the iThrive program cost \$152 ($= \271×0.56) per person assigned to treatment. This is a conservative estimate because it does not account for paid time off or the fixed costs of managing iThrive. Focusing on the first year of our intervention and assuming that the cost of a sick day equals \$240, we calculate that the lower bounds of the 99 percent confidence intervals for annual medical and absenteeism costs are $-\$396$ ($= (17.2 - 2.577 \times 19.5) \times 12$) and $-\$91$ ($= (0.138 - 2.577 \times 0.200) \times 240$), which imply ROI lower bounds of 2.61 and 0.60, respectively. By comparison, Baicker, Cutler, and Song (2010) found that spending fell by \$3.27, and absenteeism costs by \$2.73, for every dollar spent on wellness programs.

between our estimates and prior findings may be selection bias in observational studies, which we explore below in 3. However, our estimates differ even when we restrict comparisons to prior RCTs. Another possible explanation in these cases is publication bias. Using the method of Andrews and Kasy (forthcoming, 2019) on the subset of prior studies that report standard errors ($N = 40$), our results in Appendix Table A.13 suggest that the bias-corrected mean effect in these studies is negative but insignificant ($p = 0.14$). Furthermore, studies with p -values greater than 0.05 appear to be only one-third as likely to be published as studies with significantly negative effects on spending and absenteeism.

3. Instrumental Variables versus Ordinary Least Squares

As shown above, our results differ from many prior studies that find workplace wellness programs significantly reduce health expenditures and absenteeism. One possible reason for this discrepancy is that our results may not generalize to other workplace populations or programs. A second possibility is the presence of advantageous selection bias in these other studies, which are generally not RCTs (Oster 2019). We investigate the potential for selection bias to explain this difference by performing a typical observational (OLS) analysis and comparing its results to those of our experimental estimates.²⁶ Specifically, we estimate

$$(3) \quad Y_i = \alpha + \gamma P_i + \Gamma X_i + \varepsilon_i,$$

where Y_i is the outcome variable as in Equation (2), P_i is an indicator for participating in the screening and HRA, and X_i is a vector of variables that control for potentially nonrandom selection into participation.

We estimate two variants of Equation (3). The first is an IV specification that includes observations for individuals in the treatment or control groups and uses treatment assignment as an instrument for completing the first-year screening and HRA. The second variant

26. This observational analysis was not specified in our pre-analysis plan.

estimates Equation (3) using OLS, restricted to individuals in the treatment group. For each of these two variants, we estimate three specifications similar to those used for the ITT analysis described above (no controls, strata fixed effects, and post-Lasso).²⁷ This generates six estimates for each outcome variable. Table IV reports the “no controls” and “post-Lasso” results for our primary outcomes of interest. Results for all specifications, including strata fixed effects, and all prespecified administrative and survey outcomes are reported in Appendix Tables A.5a–A.5h. Comparing OLS estimates to IV estimates for the post-Lasso specification, which chooses controls from a large set of variables, illustrates the extent to which rich controls can mitigate selection bias in an observational analysis.

As with the ITT analysis, the IV estimates reported in columns (1)–(2) of Table IV are small and indistinguishable from zero for nearly every outcome. By contrast, the observational estimates reported in columns (3)–(4) are frequently large and statistically significant. Moreover, the IV estimate rules out the OLS estimate for several outcomes. Based on our most precise and well-controlled specification (post-Lasso), the OLS monthly spending estimate of $-\$103.8$ (row 1, column (4)) lies outside the 99 percent confidence interval of the IV estimate of $\$52.3$ with a standard error of $\$59.4$ (row 1, column (2)). For participation in the April 2017 Illinois Marathon/10K/5K, the OLS estimate of 0.024 lies outside the 99 percent confidence interval of the corresponding IV estimate of -0.011 . For campus gym visits, the OLS estimate of 2.160 lies just inside the 95 percent confidence interval of the corresponding IV estimate of 0.757. Under the assumption that the IV (RCT) estimates are asymptotically consistent, these differences imply that even after conditioning on a rich set of controls, participants selected into our workplace wellness program on the basis of lower-than-average contemporaneous spending and healthier-than-average behaviors. This selection bias is con-

27. To select controls for the post-Lasso IV specification, we follow the “triple” selection strategy proposed in Chernozhukov, Hansen, and Spindler (2015). This strategy first estimates three Lasso regressions of (1) the (endogenous) focal independent variable on all potential controls and instruments, (2) the focal independent variable on all potential controls, and (3) the outcome on all potential controls. It then forms a 2SLS estimator using instruments selected in step 1 and all controls selected in any of the steps 1–3. When the instrument is randomly assigned, as it is in our setting, the set of controls selected in steps 1–2 above will be the same, in expectation. Thus, we form our 2SLS estimator using treatment assignment as the instrument and controls selected in Lasso steps 2 or 3 of this algorithm.

sistent with the evidence presented in Section III.A that preexisting spending is lower, and preexisting behaviors are healthier, among participants than among nonparticipants.

Moreover, the observational estimates presented in columns (4)–(6) are in line with estimates from previous observational studies, which suggests that our setting is not particularly unique. In the spirit of LaLonde (1986), these estimates demonstrate that even well-controlled observational analyses can suffer from significant selection bias, suggesting that similar biases are present in other wellness program settings as well.

V. LONGER-RUN RESULTS

The first year of our intervention concluded in July 2017. We continued to offer the iThrive wellness program to the treatment group for a second year (August 2017–July 2018). We maintained the same basic structure as in the first year but offered smaller incentives—a design choice influenced both by a smaller budget and the diminishing effect of incentives on participation that we observed during the first year.²⁸ In particular, the second year of iThrive again included a health screening, an HRA, and a set of wellness activities offered in both the fall and spring semesters. iThrive officially ended in September 2018 with a third and final health screening.

This section reports estimates of the causal, ITT effect of our two-year intervention on longer-run outcomes using data that extend up to two-and-a-half years (30 months) post-randomization. We note that our study design entailed offering follow-up health screenings to the treatment and control groups in 2017 and 2018, one and two years after the intervention began, respectively. This means the control group received a partial treatment, which potentially attenuates treatment effect estimates beyond 12 months for outcomes affected by screening in the short run. However, the scope for attenuation is limited. Control group participants were eligible only to receive a health screening; they were ineligible for

²⁸ Appendix Figure D.2 illustrates the structure of incentives and treatments offered in the second year of the wellness program.

both the HRA and the wellness activities. Moreover, we know from our estimates above that even the full intervention—screening, HRA, and wellness activities—had little effect on most outcomes during the first 12 months.

Columns (5)–(6) of Table III summarize our primary treatment effect estimates after 24 months for survey outcomes and 30 months for admin outcomes (time horizons based on data availability).²⁹ Overall, the longer-run estimates are qualitatively similar to those from the one-year analysis. Notably, we continue to find no effects on job promotion despite a mean 30-month promotion rate of 36 percent. The 30-month effect on job termination, which at 12 months was insignificant at -1.2 percentage points, is now very close to zero (0.2 percentage points) despite a mean 30-month termination rate of 20.4 percent. Our 95 percent confidence interval for job termination rules out a positive retention effect of 2.4 percentage points (12 percent) for iThrive. For perspective, this upper bound is well below the 4.3 percentage points needed to generate the screening savings discussed in Section 2.

Although we previously found that individuals in the treatment group were more likely to believe management places a priority on health and safety after the first year, the two-year estimate is attenuated and is no longer statistically significant in our preferred (post-Lasso) specification. We continue to find that individuals in the treatment group are more likely to report having a previous health screening, and this effect remains statistically significant (family-wise $p = 0.005$).

The point estimate for 30-month total medical spending is lower than the first-year estimates, and the standard error has increased. The reduction in precision is likely caused by outliers, as described previously in Section 2. As with our 12-month estimates, we reduce the influence of outliers by winsorizing at the 1 percent level. Spending estimates at various levels of winsorization are presented in Table A.12. For 1 percent winsorization (column (3)), we estimate an ITT effect of \$5.7 with a 95 percent confidence interval of $[-33.8, 45.1]$. This is very similar to the winsorized 12-month estimate of \$17.2 and 95 percent confidence

29. Longer-run results for all outcomes and control specifications are shown in Appendix Tables A.7a–A.7g.

interval of $[-21.0, 55.3]$ (column (3) of Table A.11).

Increasing the length of the follow-up window raises concerns about the potential for differential attrition between the control and treatment groups. However, Appendix Table A.10 shows that health insurance enrollment is nearly identical in the control and treatment groups over both the 12- and 30-month post-periods. In addition, the rates of job exit, which measure sample attrition for outcomes derived from university administrative data and the rates of completion for the one-year follow-up survey, are also similar. We do detect a small, but statistically significant, difference in completion rates for the second year (2018) follow-up survey. The completion rates remain fairly high for both the treatment and control groups, but the difference in completion suggests that outcomes derived from the two-year follow-up survey should potentially be weighted less than those from other data sources.

VI. CONCLUSION

This paper evaluates a two-year comprehensive workplace wellness program, iThrive, that we designed and implemented. We find that employees who chose to participate in our wellness program were less likely to be in the bottom quartile of the income distribution and already had lower medical spending and healthier behaviors than nonparticipants prior to our intervention. These selection effects imply that workplace wellness programs may shift costs onto low-income employees with high health care spending and poor health habits. Moreover, the large magnitude of our selection on prior spending suggests that a potential value of wellness programs to firms may be their potential to attract and to retain workers with low health care costs.

The iThrive wellness program increased lifetime health screening rates but had no effects on medical spending, health behaviors, or employee productivity after 30 months. Our null results are economically meaningful: we can rule out 84 percent of the medical spending and absenteeism estimates from the prior literature, along with the average ROIs calculated

by [Baicker, Cutler, and Song \(2010\)](#) in a widely cited meta-analysis. Our OLS estimate is consistent with results from the prior literature, but was ruled out by our IV estimate, suggesting that nonRCT studies in this literature suffer from selection bias.

Well-designed studies have found that monetary incentives can successfully promote exercise (e.g., [Charness and Gneezy 2009](#)), and there is ample evidence that exercise improves health (e.g., [Warburton, Nicol, and Bredin 2006](#)). However, both our 30-month study and the [Song and Baicker \(2019\)](#) 18-month study find null effects of workplace wellness on primary outcomes of interest despite using different program and randomization designs and examining different populations. These null findings underscore the challenges to achieving health benefits with large-scale wellness interventions, a point echoed by [Cawley and Price \(2013\)](#). One potential explanation for these disappointing results could be that those who benefit the most (e.g., smokers and those with high medical costs) decline to participate, even when offered large monetary incentives. An improved understanding of participation decisions would help wellness programs better target these individuals.

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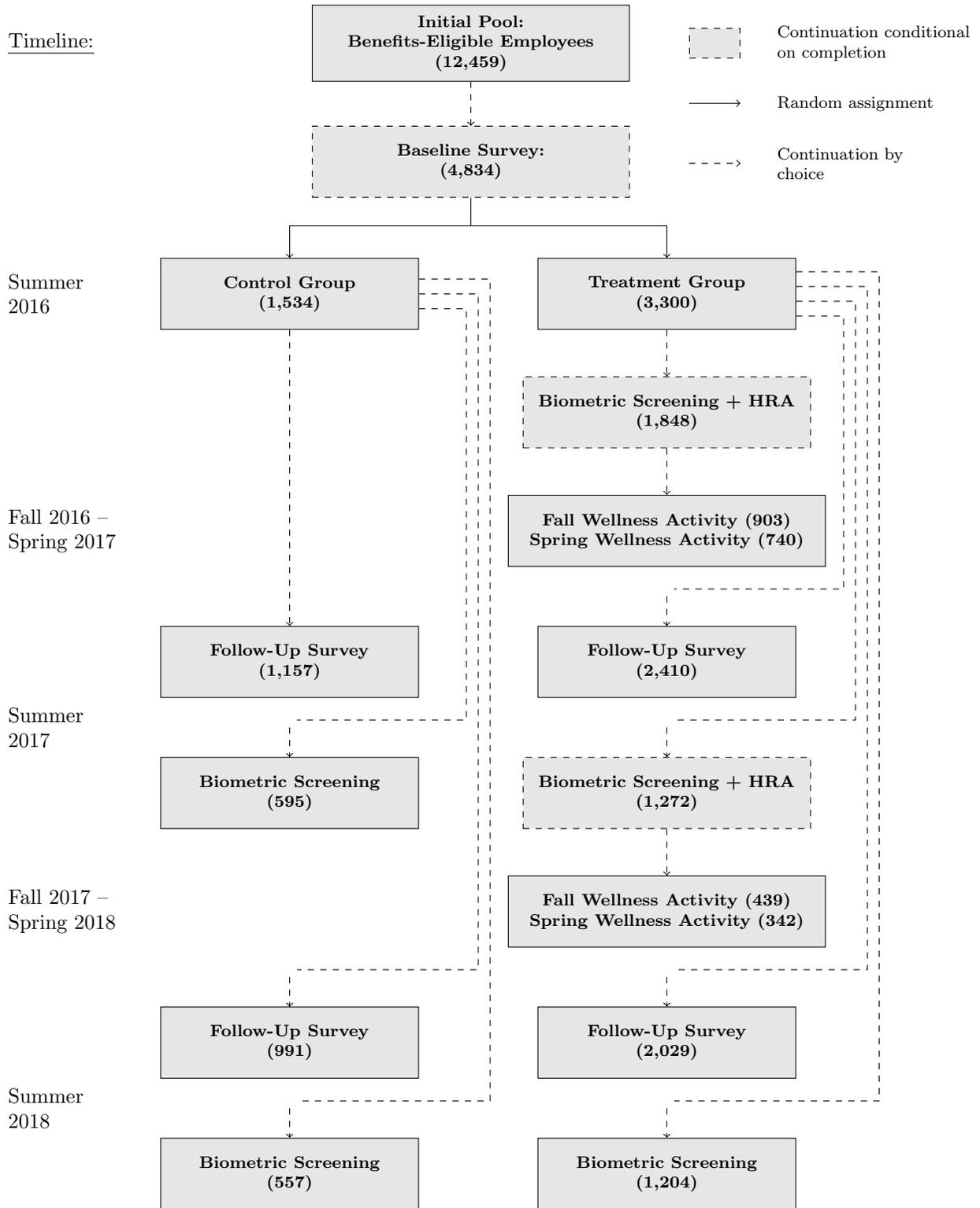


FIGURE I: Experimental Design of the Illinois Workplace Wellness Study

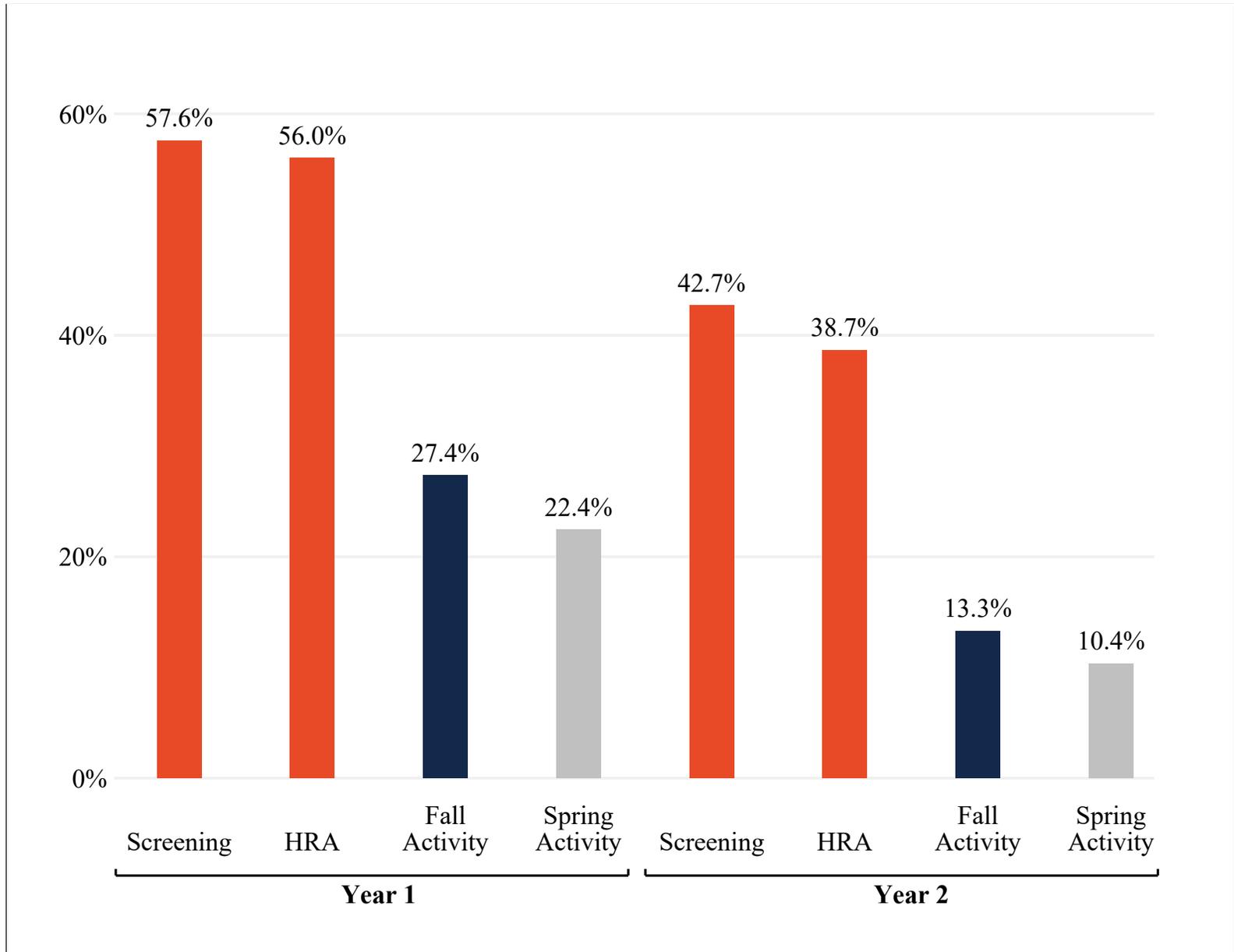


FIGURE II: Employee Participation Rates in the iThrive Workplace Wellness Program

Notes: Participation rates are measured as a fraction of the treatment group ($N = 3,300$).

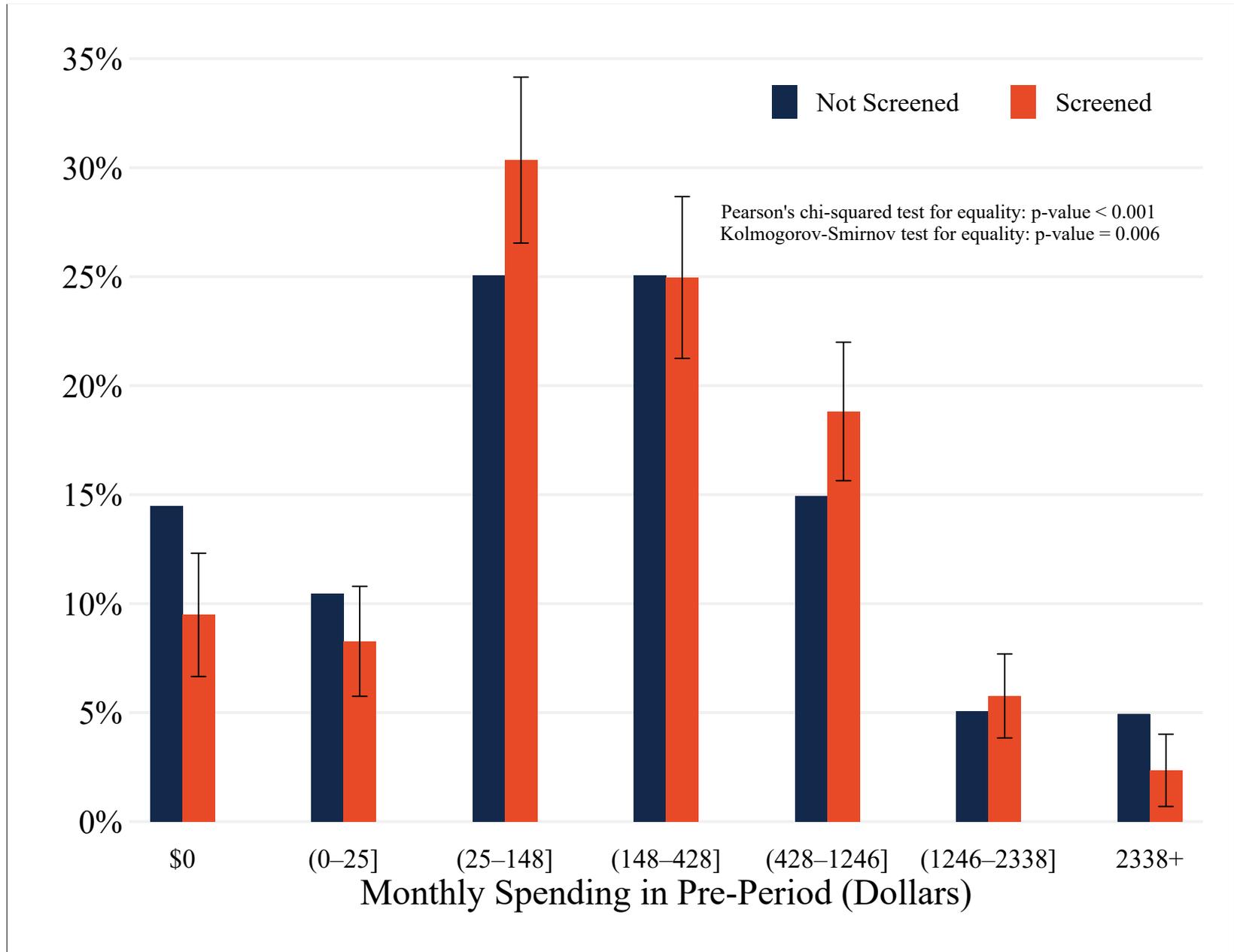


FIGURE III: Pre-Intervention Medical Spending among Treatment Group, by Participation Status

Notes: Data are from claims covering the period July 2015–July 2016 ($N = 2,188$). The first two bins ($\$0$ and $(0 - 25]$) include 25 percent of those not screened. The remaining five bins were defined to include 25, 25, 15, 5, and 5 percent of those not screened, respectively. The null hypothesis of the Pearson's chi-squared and the nonparametric Kolmogorov-Smirnov tests is that the two samples are drawn from the same distribution.

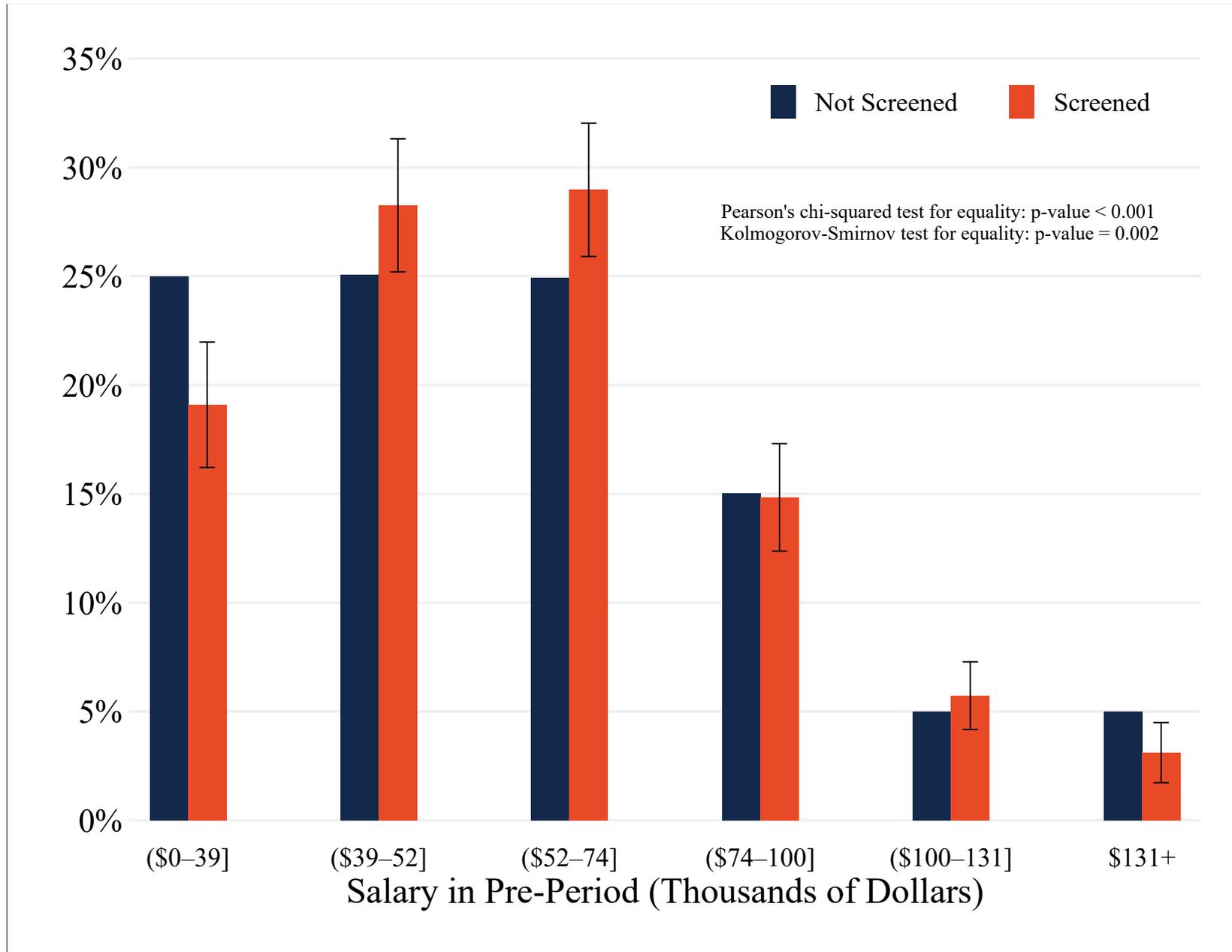
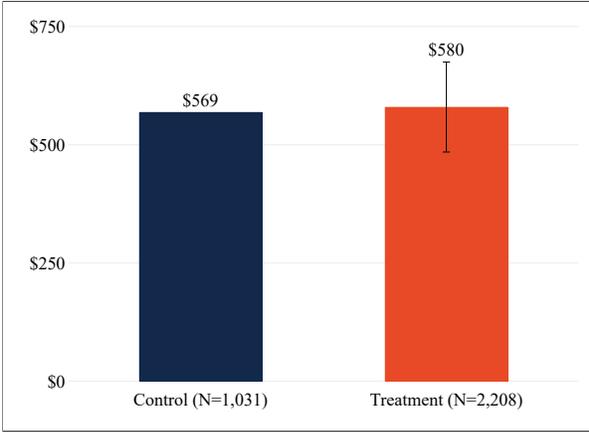
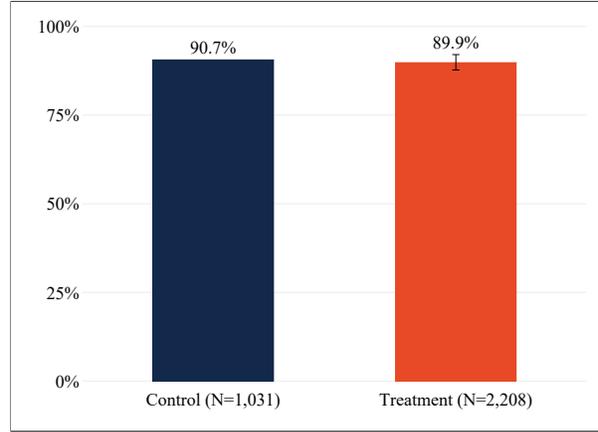


FIGURE IV: Pre-Intervention Salary among Treatment Group, by Participation Status

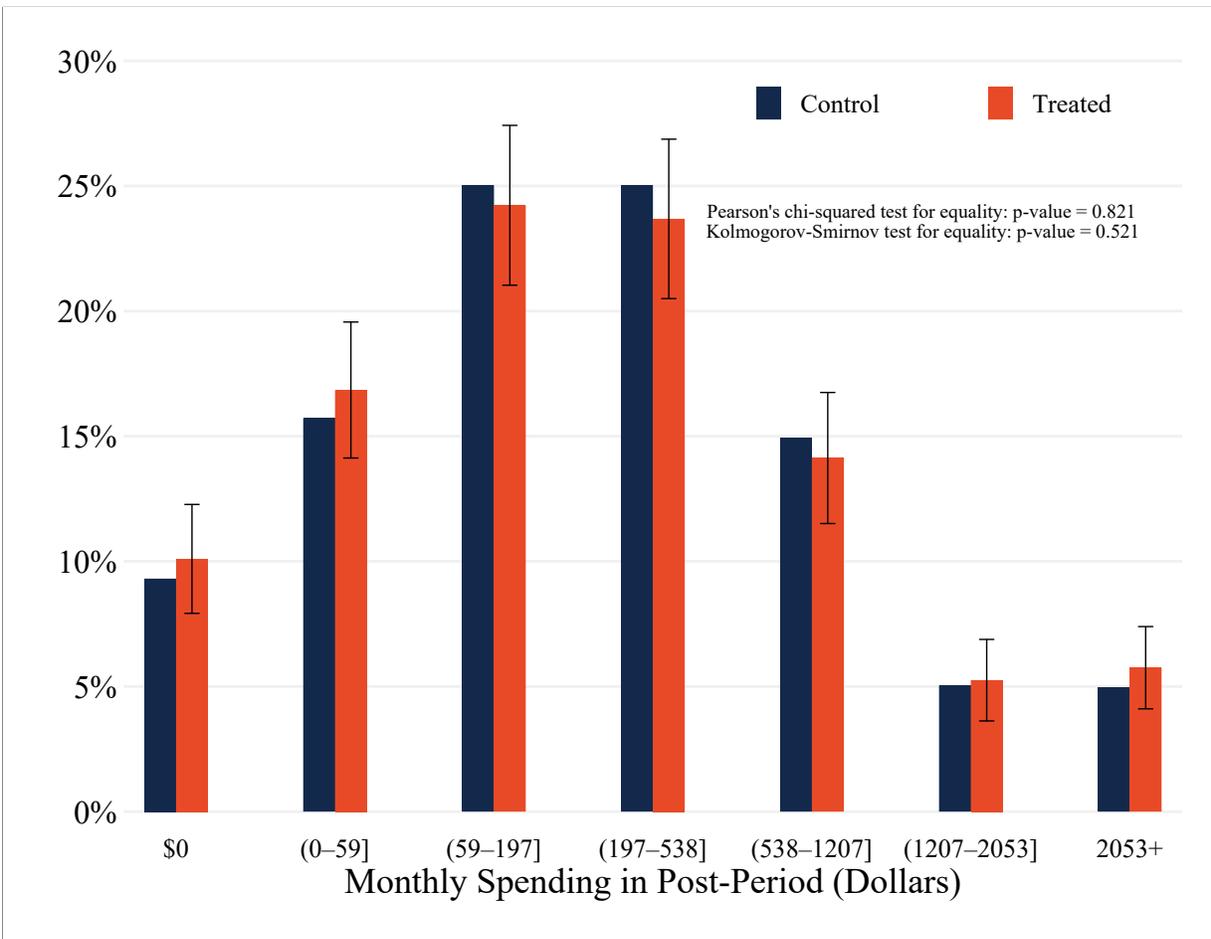
Notes: Salary was measured on June 1, 2016 ($N = 3,257$). The six bins were defined to include 25, 25, 25, 15, 5, and 5 percent of employees not screened, respectively. The null hypothesis of the Pearson's chi-squared and the nonparametric Kolmogorov-Smirnov tests is that the two samples are drawn from the same distribution.



(a) Average Monthly Spending (Dollars)



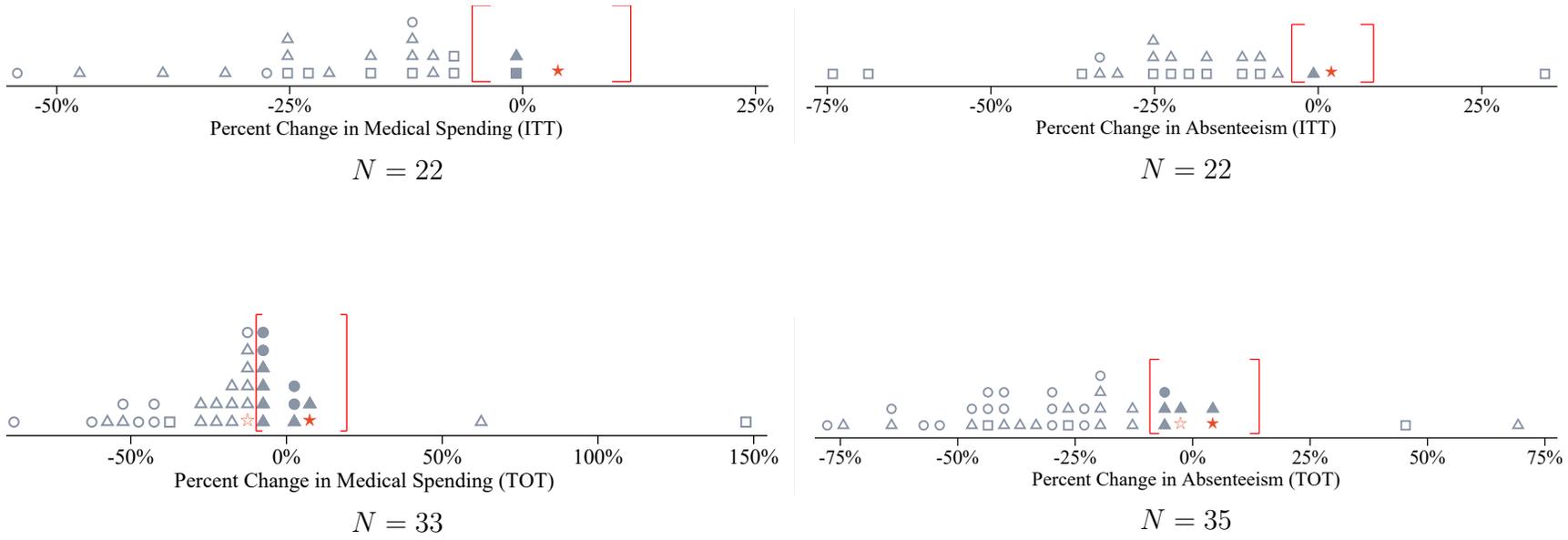
(b) Probability of Any Spending



(c) Histogram of Average Monthly Spending, by Quantile of Control Group Spending ($N = 3, 238$)

FIGURE V: Post-Intervention Medical Spending by Treatment Status

Notes: Results based on health care claims over the 12-month period August 2016–July 2017. The null hypothesis of the Pearson's chi-squared and the nonparametric Kolmogorov-Smirnov tests is that the two samples are drawn from the same distribution.



(a) Medical Spending Estimates

(b) Absenteeism Estimates

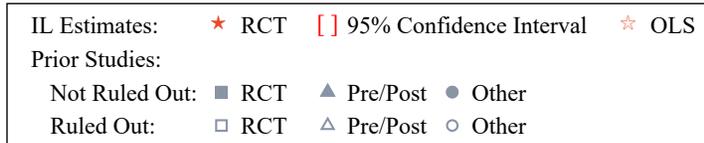


FIGURE VI: Comparison of Experimental Estimates to Prior Studies

Notes: Each figure shows the distribution of N point estimates from prior workplace wellness studies. Panel (a) plots intent-to-treat (ITT) and treatment-on-the-treated (TOT) estimates for medical spending. Panel (b) plots corresponding estimates for absenteeism. The point estimates from our own study (“RCT Estimate”), and their associated confidence intervals, are taken from column (3) of Table A.11 for medical spending and column (3) of Table III and column (2) of Table IV for absenteeism. Our randomized control trial (RCT) estimates and confidence intervals are plotted to demonstrate the share of prior study point estimates we can rule out. Appendix Table B.1 provides the full details of this meta-analysis.

TABLE Ia: Means of Study Variables at Baseline

| | (1) | (2) | (3) | (4) | (5) |
|---|--------------|-------------------|-----------|-----------------|-------------|
| | | Enrolled in Study | | | |
| | Not in Study | Control | Treatment | <i>p</i> -value | Sample Size |
| A. Stratification Variables | | | | | |
| Male | 0.536 | 0.426 | 0.428 | 0.902 | 12,459 |
| Age 50+ | 0.430 | 0.323 | 0.327 | 0.818 | 12,459 |
| Age 37–49 | 0.362 | 0.340 | 0.332 | 0.591 | 12,459 |
| White | 0.774 | 0.841 | 0.836 | 0.648 | 12,459 |
| Salary Q1 (bottom quartile) | 0.234 | 0.244 | 0.242 | 0.881 | 12,459 |
| Salary Q2 | 0.189 | 0.255 | 0.259 | 0.773 | 12,459 |
| Salary Q3 | 0.197 | 0.249 | 0.250 | 0.924 | 12,459 |
| Faculty | 0.298 | 0.196 | 0.201 | 0.721 | 12,459 |
| Academic staff | 0.324 | 0.443 | 0.437 | 0.712 | 12,459 |
| B. 2016 Survey Variables | | | | | |
| Ever screened | | 0.885 | 0.892 | 0.503 | 4,834 |
| Physically active | | 0.359 | 0.382 | 0.134 | 4,834 |
| Trying to be active | | 0.822 | 0.809 | 0.278 | 4,834 |
| Current smoker (cigarettes) | | 0.072 | 0.065 | 0.428 | 4,833 |
| Current smoker (other) | | 0.085 | 0.085 | 0.960 | 4,833 |
| Former smoker | | 0.198 | 0.196 | 0.870 | 4,833 |
| Drinker | | 0.657 | 0.645 | 0.423 | 4,830 |
| Heavy drinker | | 0.050 | 0.049 | 0.955 | 4,829 |
| Chronic condition | | 0.729 | 0.726 | 0.824 | 4,834 |
| Excellent or v. good health | | 0.586 | 0.602 | 0.281 | 4,834 |
| Not poor health | | 0.989 | 0.989 | 0.882 | 4,834 |
| Physical problems | | 0.392 | 0.388 | 0.793 | 4,834 |
| Lots of energy | | 0.310 | 0.330 | 0.171 | 4,834 |
| Bad emotional health | | 0.308 | 0.288 | 0.162 | 4,834 |
| Overweight | | 0.545 | 0.533 | 0.438 | 4,834 |
| High BP/cholesterol/glucose | | 0.308 | 0.295 | 0.354 | 4,834 |
| Sedentary | | 0.545 | 0.542 | 0.846 | 4,833 |
| Pharmaceutical drug utilization | | 0.723 | 0.706 | 0.205 | 4,830 |
| Physician/ER utilization | | 0.772 | 0.748 | 0.077 | 4,833 |
| Hospital utilization | | 0.038 | 0.027 | 0.054 | 4,833 |
| Any sick days in past year | | 0.618 | 0.600 | 0.232 | 4,828 |
| Worked 50+ hours/week | | 0.187 | 0.173 | 0.234 | 4,831 |
| Very satisfied with job | | 0.396 | 0.408 | 0.415 | 4,832 |
| Very or somewhat satisfied with job | | 0.836 | 0.845 | 0.419 | 4,832 |
| Management priority on health/safety | | 0.771 | 0.782 | 0.401 | 4,831 |
| Sample size | 7,625 | 1,534 | 3,300 | | |
| Joint balance test for panel A (<i>p</i> -value) | | | | 1.000 | 4,834 |
| Joint balance test for panel B (<i>p</i> -value) | | | | 0.821 | 4,817 |

Notes: Columns (1)–(3) report unweighted means for different, nonoverlapping subsets of university employees. Column (4) reports the *p*-value from a joint test of equality of the two coefficients reported in columns (2)–(3). The joint balance test row reports the *p*-value from jointly testing whether the variables in a particular panel predict enrollment into treatment.

TABLE Ib: Means of Study Variables at Baseline, Continued

| | (1) | (2) | (3) | (4) | (5) |
|--|--------------|-------------------|-----------|-----------------|-------------|
| | | Enrolled in Study | | | |
| | Not in Study | Control | Treatment | <i>p</i> -value | Sample Size |
| C. Health Claims Variables (2015–2016) | | | | | |
| Total spending (dollars/month) | 579 | 506 | 465 | 0.317 | 8,096 |
| Office spending | 54 | 67 | 58 | 0.498 | 8,096 |
| Hospital spending | 345 | 283 | 259 | 0.369 | 8,096 |
| Drug spending | 105 | 103 | 101 | 0.911 | 8,096 |
| Nonzero medical spending | 0.888 | 0.899 | 0.885 | 0.253 | 8,096 |
| D. Health Behavior and Productivity Variables | | | | | |
| Sick leave (days/year) | 5.89 | 6.05 | 6.13 | 0.707 | 12,459 |
| Annual salary (dollars) | 73,927 | 61,528 | 61,736 | 0.840 | 12,221 |
| IL Marathon/10K/5K (2014–2016) | 0.072 | 0.107 | 0.118 | 0.257 | 12,459 |
| Campus gym visits (days/year) | 6.14 | 7.36 | 6.78 | 0.483 | 12,459 |
| Sample size | 7,625 | 1,534 | 3,300 | | |
| Joint balance test for panel C (<i>p</i> -value) | | | | 0.764 | 3,223 |
| Joint balance test for panel D (<i>p</i> -value) | | | | 0.752 | 4,770 |

Notes: Columns (1)–(3) report unweighted means for different, nonoverlapping subsets of university employees. Column (4) reports the *p*-value from a joint test of equality of the two coefficients reported in columns (2)–(3). The joint balance test row reports the *p*-value from jointly testing whether the variables in a particular panel predict enrollment into treatment.

TABLE II: Selection on Medical Spending, Productivity, and Health Behaviors

| | (1) | (2) | (3) | (4) | (5) |
|--|--------|----------|-----------------------------------|-----------------------------------|-----------------------------------|
| Selection Variable | Mean | <i>N</i> | Completed Screening and HRA | Completed Fall Activity | Completed Spring Activity |
| A. Baseline Medical Spending | | | | | |
| Total spending (dollars/month) [admin] | 479 | 2,188 | -115.3** (52.2) [0.082] | -60.6 (43.6) [0.405] | -62.5 (44.3) [0.273] |
| Nonzero medical spending [admin] | 0.885 | 2,188 | 0.050*** (0.014) [0.008] | 0.049*** (0.014) [0.005] | 0.046*** (0.014) [0.020] |
| B. Baseline Productivity | | | | | |
| Productivity index [survey/admin] | 0.008 | 3,251 | -0.077 (0.047) [0.096] | -0.099** (0.050) [0.046] | -0.104** (0.052) [0.044] |
| Sick leave (days/year) [admin] | 6.274 | 3,296 | 0.473* (0.267) [0.144] | 0.705** (0.290) [0.015] | 0.617** (0.312) [0.048] |
| Worked 50+ hours/week [survey] | 0.173 | 3,297 | -0.058*** (0.013) [0.000] | -0.065*** (0.014) [0.000] | -0.064*** (0.014) [0.000] |
| Annual salary (dollars) [admin] | 61,736 | 3,257 | -782.7 (1248.3) [0.519] | -3363.9*** (1191.6) [0.009] | -3429.1*** (1251.8) [0.012] |
| Salary Q1 (bottom quartile) [admin] | 0.242 | 3,300 | -0.069*** (0.015) [0.000] | -0.022 (0.016) [0.398] | -0.036** (0.017) [0.121] |
| C. Baseline Health Behaviors | | | | | |
| IL Marathon/10K/5K (2014–2016) [admin] | 0.118 | 3,300 | 0.089*** (0.011) [0.000] | 0.111*** (0.014) [0.000] | 0.090*** (0.016) [0.000] |
| Campus gym visits (days/year) [admin] | 6.780 | 3,300 | 2.178** (0.885) [0.013] | 1.006 (1.024) [0.328] | 1.629 (1.132) [0.153] |

Notes: Column (1) reports the mean among subjects assigned to treatment. Columns (3)–(5) report the difference in means between those who completed the participation outcome and those who did not. Robust standard errors are reported in parentheses. A */**/** indicates significance at the 10/5/1% level using conventional inference (i.e., not adjusting for multiple outcomes). Family-wise *p*-values, reported in brackets, adjust for the number of outcome (selection) variables in each family and are estimated using 10,000 bootstraps.

TABLE III: Treatment Effects (Intention-to-Treat)

| Outcome Variable | (1) | (2) | (3) | (4) | (5) | (6) |
|---|------------------------|---|---|---------------------------|---|---|
| | First Year (12 months) | | | Longer-run (24–30 months) | | |
| | Mean | No Controls | Post-Lasso | Mean | No Controls | Post-Lasso |
| A. Medical Spending | | | | | | |
| Total spending (dollars/month) [admin] | 576.2 | 10.8 (48.5) [0.937] <i>N</i> =3,239 | 34.9 (36.9) [0.859] <i>N</i> =3,152 | 650.5 | -74.7 (58.5) [0.618] <i>N</i> =3,307 | -39.7 (47.9) [0.754] <i>N</i> =3,155 |
| Drug spending [admin] | 132.0 | -8.5 (26.5) [0.937] <i>N</i> =3,239 | -6.1 (12.0) [0.947] <i>N</i> =3,152 | 148.8 | -25.2 (27.7) [0.836] <i>N</i> =3,307 | -22.2 (16.4) [0.589] <i>N</i> =3,155 |
| Office spending [admin] | 69.5 | -6.1 (10.0) [0.937] <i>N</i> =3,239 | -2.0 (4.4) [0.947] <i>N</i> =3,152 | 74.2 | -6.6 (8.6) [0.836] <i>N</i> =3,307 | -4.8 (5.4) [0.754] <i>N</i> =3,155 |
| Hospital spending [admin] | 313.0 | 22.2 (30.9) [0.937] <i>N</i> =3,239 | 24.6 (28.1) [0.868] <i>N</i> =3,152 | 353.5 | -31.7 (35.6) [0.836] <i>N</i> =3,307 | -20.3 (31.9) [0.754] <i>N</i> =3,155 |
| Nonzero medical spending [admin] | 0.902 | -0.008 (0.011) [0.937] <i>N</i> =3,239 | 0.002 (0.010) [0.947] <i>N</i> =3,152 | 0.950 | 0.005 (0.008) [0.836] <i>N</i> =3,307 | 0.007 (0.007) [0.754] <i>N</i> =3,155 |
| B. Employment and Productivity | | | | | | |
| Job promotion [admin] | 0.176 | -0.003 (0.013) [0.952] <i>N</i> =4,146 | -0.004 (0.012) [0.922] <i>N</i> =4,130 | 0.360 | 0.006 (0.017) [0.996] <i>N</i> =3,635 | 0.006 (0.016) [0.996] <i>N</i> =3,619 |
| Job terminated [admin] | 0.113 | -0.013 (0.010) [0.630] <i>N</i> =4,834 | -0.012 (0.009) [0.571] <i>N</i> =4,753 | 0.204 | 0.002 (0.012) [1.000] <i>N</i> =4,834 | 0.002 (0.012) [0.998] <i>N</i> =4,753 |
| Sick leave (days/year) [admin] | 6.341 | 0.186 (0.230) [0.816] <i>N</i> =4,782 | 0.138 (0.200) [0.880] <i>N</i> =4,712 | 6.066 | 0.013 (0.204) [1.000] <i>N</i> =4,782 | 0.018 (0.169) [0.998] <i>N</i> =4,712 |
| Management priority on health/safety [survey] | 0.790 | 0.057*** (0.015) [0.001] <i>N</i> =3,566 | 0.050*** (0.014) [0.003] <i>N</i> =3,514 | 0.784 | 0.028* (0.016) [0.539] <i>N</i> =3,018 | 0.024 (0.015) [0.632] <i>N</i> =2,976 |
| Productivity index [survey/admin] | 0.000 | -0.046 (0.061) [0.450] <i>N</i> =3,309 | -0.060 (0.056) [0.283] <i>N</i> =3,300 | 0.000 | -0.015 (0.062) [0.805] <i>N</i> =2,890 | -0.054 (0.056) [0.328] <i>N</i> =2,881 |
| C. Health Status and Behaviors | | | | | | |
| IL Marathon/10K/5K [admin] | 0.066 | 0.002 (0.008) [0.975] <i>N</i> =4,834 | -0.005 (0.006) [0.471] <i>N</i> =4,817 | 0.052 | 0.006 (0.007) [0.625] <i>N</i> =4,834 | 0.001 (0.006) [0.995] <i>N</i> =4,817 |
| Campus gym visits (days/year) [admin] | 5.839 | -0.062 (0.733) [0.975] <i>N</i> =4,834 | 0.401 (0.360) [0.471] <i>N</i> =4,817 | 5.047 | -0.342 (0.660) [0.625] <i>N</i> =4,834 | 0.001 (0.367) [0.998] <i>N</i> =4,817 |
| Ever screened [survey] | 0.942 | 0.039*** (0.009) [0.001] <i>N</i> =3,567 | 0.036*** (0.008) [0.000] <i>N</i> =3,557 | 0.962 | 0.029*** (0.008) [0.006] <i>N</i> =3,020 | 0.027*** (0.007) [0.005] <i>N</i> =3,010 |

Notes: Each estimate is from a separate regression of an outcome, specified by the row, on a treatment group indicator. Observations include the control and treatment groups. Longer-run time horizons are 24 and 30 months for survey and admin outcomes, respectively. Post-Lasso specifications control for covariates selected by Lasso to predict the outcome. Potential predictors include all available baseline variables in the same family of outcomes, strata variables, and the baseline survey variables reported in Table Ia, as well as two-way interactions between these predictors. Robust standard errors are reported in parentheses. A */**/** indicates significance at the 10/5/1% level using conventional inference. Family-wise p -values, reported in brackets, adjust for the number of outcome variables in each family. Results for all outcomes, categorized by family, are reported in Appendix Tables A.4a–A.4g (12-month outcomes) and Appendix Tables A.7a–A.7g (longer-run outcomes).

TABLE IV: First-Year Treatment Effects: Experimental versus Observational Estimates

| Outcome Variable | (1) | (2) | (3) | (4) |
|---|---------------------------------|---------------------------------|---------------------------------|---------------------------------|
| | Experimental (IV) | | Observational (OLS) | |
| | No Controls | Post-Lasso | No Controls | Post-Lasso |
| A. Medical Spending | | | | |
| Total spending (dollars/month) [admin] | 17.7 (79.0) N=3,239 | 52.3 (59.4) N=3,152 | -137.3** (68.6) N=2,208 | -103.8* (61.9) N=2,140 |
| Drug spending [admin] | -13.8 (43.2) N=3,239 | -12.8 (20.4) N=3,152 | -26.3 (27.2) N=2,208 | -7.3 (12.0) N=2,140 |
| Office spending [admin] | -9.9 (16.2) N=3,239 | -3.1 (6.8) N=3,152 | 12.2 (7.5) N=2,208 | 8.7* (5.1) N=2,140 |
| Hospital spending [admin] | 36.1 (50.4) N=3,239 | 45.2 (45.6) N=3,152 | -118.0** (55.7) N=2,208 | -83.4 (51.8) N=2,140 |
| Nonzero medical spending [admin] | -0.013 (0.018) N=3,239 | 0.004 (0.016) N=3,152 | 0.061*** (0.014) N=2,208 | 0.036*** (0.012) N=2,140 |
| B. Employment and Productivity | | | | |
| Job promotion [admin] | -0.006 (0.022) N=4,146 | -0.009 (0.021) N=4,130 | 0.019 (0.014) N=2,840 | 0.009 (0.015) N=2,828 |
| Job terminated [admin] | -0.022 (0.018) N=4834.000 | -0.023 (0.017) N=4753.000 | -0.080*** (0.011) N=3,300 | -0.063*** (0.011) N=3,244 |
| Sick leave (days/year) [admin] | 0.322 (0.398) N=4,782 | 0.224 (0.344) N=4,712 | 0.275 (0.272) N=3,264 | -0.068 (0.251) N=3,216 |
| Management priority on health/safety [survey] | 0.087*** (0.023) N=3,566 | 0.077*** (0.021) N=3,514 | -0.004 (0.017) N=2,410 | -0.007 (0.016) N=2,376 |
| Productivity index [survey/admin] | -0.070 (0.092) N=3,309 | -0.096 (0.085) N=3,300 | 0.069 (0.073) N=2,245 | 0.083 (0.067) N=2,240 |
| C. Health Status and Behaviors | | | | |
| IL Marathon/10K/5K 2017 [admin] | 0.003 (0.014) N=4834.000 | -0.011 (0.011) N=4,817 | 0.059*** (0.008) N=3,300 | 0.024*** (0.006) N=3,287 |
| Campus gym visits (days/year) [admin] | -0.110 (1.309) N=4834.000 | 0.757 (0.656) N=4,817 | 3.527*** (0.813) N=3,300 | 2.160*** (0.425) N=3,287 |
| Ever screened [survey] | 0.060*** (0.014) N=3,567 | 0.056*** (0.012) N=3,557 | 0.073*** (0.011) N=2,410 | 0.061*** (0.009) N=2,404 |

Notes: Each row and column reports estimates from a separate regression. The outcome in each regression is specified by the table row, and the (endogenous) focal independent variable is an indicator for completing the screening and health risk assessments (HRA). For the IV specifications (columns (1)-(3)), the instrument is an indicator for inclusion in the treatment group, and observations include individuals in the control or treatment groups. For the OLS specifications (columns (4)-(6)), there is no instrument and observations are restricted to individuals in the treatment group. The control strategy is specified by the column. Post-Lasso controls include covariates selected by Lasso to predict either the dependent variable or the focal independent variable. The set of potential predictors include baseline values of all available variables in the same family of outcomes, strata variables, and the baseline (2016) survey variables reported in Table 1a, as well as all two-way interactions between these predictors. Robust standard errors are reported in parentheses. A */**/** indicates significance at the 10/5/1% level using conventional inference.

Online Appendix

What Do Workplace Wellness Programs Do? Evidence from the Illinois Workplace Wellness Study

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Julian Reif, University of Illinois and NBER

July 2019

Appendix **A**: Additional Figures and Tables

Appendix **B**: Comparison with Prior Literature

Appendix **C**: Multiple Hypothesis Testing Methodology

Appendix **D**: Details of the Illinois Workplace Wellness Study

The most recent version of Appendix C is available on the study website:

www.nber.org/workplacewellness/s/wyoung.pdf

APPENDIX A: ADDITIONAL FIGURES AND TABLES

Appendix Figure [A.1](#) plots our intent-to-treat (ITT) estimate for medical spending as a function of the degree of winsorization (top-coding). (Winsorization is employed only in Section [2](#), where we compare our estimates with the prior literature.) The point estimate is stable across a wide range of winsorization levels, suggesting winsorization does not introduce bias.

Appendix Tables [A.1a](#) and [A.1b](#) provide summary statistics at baseline for the employees in our sample. Columns (2)–(8) report means for those who were assigned to our control and treatment groups. Column (1) reports means for employees not enrolled in our study. To evaluate balance, we regress the study variable reported in each row on seven indicators, one for the control and each of six treatment groups, and test for the joint equality of the seven coefficients. Column (9) reports the p -value from that test. We also estimate a seemingly unrelated regression model to test whether the variables listed within each panel predict enrollment into either the control or any of the six treatment groups. The bottom of Tables [Ia](#) and [Ib](#) reports the p -value from jointly testing whether all regression coefficients across all seven groups are equal to zero, within each panel.

Appendix Tables [A.3a–A.3d](#) provide selection results for the full set of prespecified variables shown in Tables [Ia](#) and [Ib](#) using Equation (1). Appendix Tables [A.4a–A.4g](#) report the causal, ITT effect of our intervention on all prespecified variables. Appendix Tables [A.5a–A.5h](#) provide the corresponding IV and OLS estimates of Equation (3) for all prespecified variables.

Appendix Tables [A.6a](#) and [A.6b](#) report ITT estimates for medical spending from a model that allows the treatment effect to vary by treatment group. We do not find statistically significant treatment effects for any treatment group in any of these specifications.

Appendix Tables [A.7a–A.7g](#) report the causal, ITT effect of our intervention on longer-run versions of all prespecified variables. The time horizon of each longer-run outcome ranges from 24–30 months, as reported in column (1) of the table.

Appendix Table A.8 reports the loadings of the first principal component of productivity.

Appendix Table A.9 presents the results of a cross-validation exercise that compares each of our administrative measures of employment and productivity to each of our survey measures of work and productivity. We find a strong degree of concordance between the independently measured administrative and survey variables. The eighth row of column (3) reports that individuals who self-report receiving “a promotion or more responsibility at work” are 22.5 percent more likely to have an official title change in our administrative data, and column (2) reports that they are 22.9 percent more likely to have received a promotion, which we define as having both a job title change and a nonzero salary raise.

Appendix Table A.10 reports results of tests for differential attrition between the control and treatment groups. We perform these tests separately for our three main sources of data: health insurance claims, university administrative data, and online surveys. The fractions of control and treatment subjects included in the health insurance and university administrative datasets are very similar. The control group’s survey completion rate is slightly higher than the treatment group’s completion rate in both 2017 and 2018.

In Appendix Figure A.2 and Appendix Table A.13 we apply the method of Andrews and Kasy (forthcoming, 2019) to explore the possibility of publication bias among prior wellness studies. We draw on the 40 studies for which we could identify an effect and standard error. Appendix Figure A.2a plots the distribution of z -statistics among these studies, with a red vertical line indicating a z -statistic of -1.96 . Appendix Figure A.2b plots the effect estimates from these studies against their standard errors, with a diagonal line separating studies by significance at the 5 percent level. Visually, there appears to be a higher frequency of studies with z -statistics near -1.96 .

Using an online app published by one of the authors, Maximilian Kasy (<https://maxkasy.github.io/home/metastudy/>), we estimate the following model of the true distri-

bution of estimates and publication probability conditional on z -score:

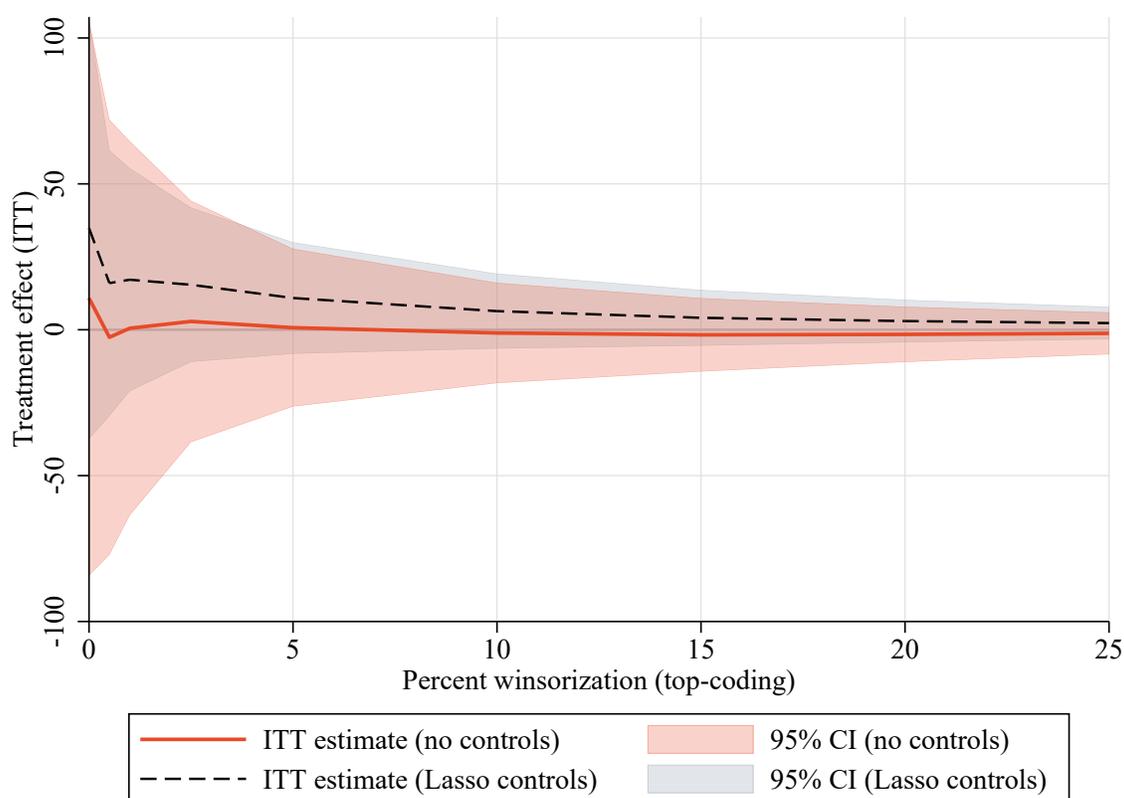
$$(A.1) \quad \mu \sim \bar{\theta} + t(\nu) \cdot \tilde{\tau}, \quad p(Z) \propto \begin{cases} \beta_{1,p} & |Z| < 1.96 \\ 1 & |Z| \geq 1.96. \end{cases}$$

The key parameter, $\beta_{1,p}$, represents the probability of publication for studies that have a z -statistic with absolute value less than 1.96, relative to those studies that have a z -statistic with absolute value greater than 1.96. A value of $\beta_{1,p} = 1$ would indicate that effects have an equal likelihood of being published, whether they are statistically significant or not. The estimate we find of 0.37 suggests that effects that are insignificant are published a little more than one-third the rate of significant ones.

Our estimates for position ($\bar{\theta}$), scale ($\tilde{\tau}$), and degrees of freedom (ν) parameters for this distribution, along with the relative publication probability, are reported in Appendix Table [A.13](#). The bias-corrected mean estimate is not significantly different from zero ($p = 0.14$), and the relative publication probability of insignificant studies is 0.37. See [Andrews and Kasy \(forthcoming, 2019\)](#) for more details on the method.

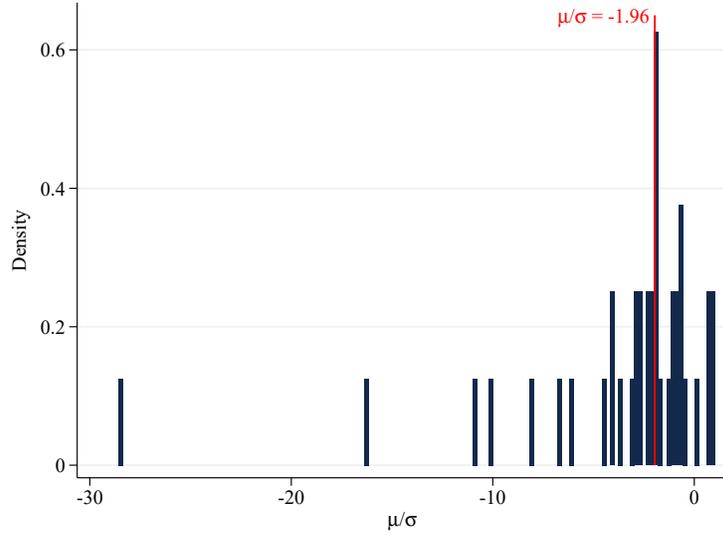
Finally, Appendix Table [A.14](#) provides the definition, data source, and time period for every variable presented in the paper.

FIGURE A.1: First-Year Winsorized Medical Spending estimates

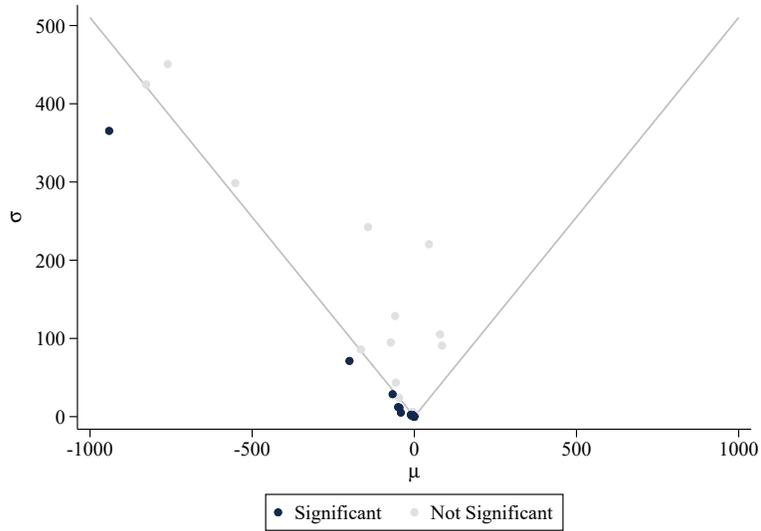


Notes: The figure reports how intent-to-treat (ITT) medical spending effect estimates vary by the degree of winsorization (top-coding) of medical spending, calculated as the average monthly health care spending over the first 12 months of the wellness program (August 2016–July 2017). Each ITT estimate is estimated from a separate regression of medical spending (winsorized at the level indicated by the horizontal axis) on an indicator for inclusion in the treatment group. Observations include individuals in the control or treatment groups, and regressions are weighted by the number of months of medical coverage. The solid orange line reports estimates from a specification that includes no controls. The dashed black line reports estimates from a specification that includes the same controls as the ITT post-Lasso specification reported in row 1 and column (3) of Table III. Shaded regions indicate 95% confidence intervals based on robust standard errors. The values of the Lasso-controlled ITT point estimates and confidence intervals for selected levels of winsorization are reported in Panel A of Table A.11.

FIGURE A.2: Meta-Analysis of Publication Bias



(a) Density of z -statistics: μ/σ



(b) Estimates versus standard error

Notes: Following [Andrews and Kasy \(forthcoming, 2019\)](#), we plot in Panel (a) a binned density plot of z -statistics from 40 studies in the prior literature. The vertical red line represents a z -statistic of -1.96. Panel (b) plots each point estimate, μ , against its standard error, σ . The grey lines mark $|\mu|/\sigma = 1.96$.

TABLE A.1a: Means of Study Variables at Baseline For All Study Arms

| | (1) | (2) | (3) | (4) | (5) | (6) | (7) | (8) | (9) | (10) |
|---|--------------|-------------------|-------|-------|-------|-------|-------|-------|-----------------|-------------|
| | | Enrolled in Study | | | | | | | | |
| | Not in Study | Control | A25 | A75 | B25 | B75 | C25 | C75 | <i>p</i> -value | Sample size |
| A. Stratification Variables | | | | | | | | | | |
| Male | 0.536 | 0.426 | 0.423 | 0.434 | 0.429 | 0.427 | 0.421 | 0.432 | 1.000 | 12,459 |
| Age 50+ | 0.430 | 0.323 | 0.332 | 0.322 | 0.326 | 0.325 | 0.328 | 0.326 | 1.000 | 12,459 |
| Age 37–49 | 0.362 | 0.340 | 0.330 | 0.333 | 0.330 | 0.336 | 0.330 | 0.335 | 0.999 | 12,459 |
| White | 0.774 | 0.841 | 0.828 | 0.847 | 0.835 | 0.832 | 0.842 | 0.831 | 0.971 | 12,459 |
| Salary Q1 (bottom quartile) | 0.234 | 0.244 | 0.243 | 0.239 | 0.246 | 0.237 | 0.241 | 0.244 | 1.000 | 12,459 |
| Salary Q2 | 0.189 | 0.255 | 0.254 | 0.259 | 0.255 | 0.261 | 0.258 | 0.266 | 0.999 | 12,459 |
| Salary Q3 | 0.197 | 0.249 | 0.252 | 0.260 | 0.250 | 0.248 | 0.250 | 0.240 | 0.996 | 12,459 |
| Faculty | 0.298 | 0.196 | 0.198 | 0.202 | 0.199 | 0.203 | 0.198 | 0.204 | 1.000 | 12,459 |
| Academic staff | 0.324 | 0.443 | 0.439 | 0.439 | 0.438 | 0.434 | 0.436 | 0.435 | 1.000 | 12,459 |
| B. 2016 Survey Variables | | | | | | | | | | |
| Ever screened | | 0.885 | 0.895 | 0.900 | 0.891 | 0.876 | 0.887 | 0.902 | 0.817 | 4,834 |
| Physically active | | 0.359 | 0.350 | 0.397 | 0.399 | 0.392 | 0.370 | 0.381 | 0.387 | 4,834 |
| Trying to be active | | 0.822 | 0.799 | 0.791 | 0.799 | 0.843 | 0.797 | 0.827 | 0.161 | 4,834 |
| Current smoker (cigarettes) | | 0.072 | 0.051 | 0.060 | 0.062 | 0.075 | 0.071 | 0.075 | 0.513 | 4,833 |
| Current smoker (other) | | 0.085 | 0.075 | 0.062 | 0.089 | 0.089 | 0.096 | 0.100 | 0.224 | 4,833 |
| Former smoker | | 0.198 | 0.216 | 0.186 | 0.185 | 0.204 | 0.211 | 0.171 | 0.481 | 4,833 |
| Drinker | | 0.657 | 0.641 | 0.658 | 0.636 | 0.625 | 0.656 | 0.656 | 0.836 | 4,830 |
| Heavy drinker | | 0.050 | 0.051 | 0.035 | 0.054 | 0.044 | 0.056 | 0.055 | 0.553 | 4,829 |
| Chronic condition | | 0.729 | 0.751 | 0.729 | 0.712 | 0.741 | 0.701 | 0.721 | 0.562 | 4,834 |
| Excellent or v. good health | | 0.586 | 0.613 | 0.619 | 0.612 | 0.604 | 0.563 | 0.603 | 0.433 | 4,834 |
| Not poor health | | 0.989 | 0.982 | 0.991 | 0.993 | 0.987 | 0.995 | 0.989 | 0.509 | 4,834 |
| Physical problems | | 0.392 | 0.387 | 0.395 | 0.380 | 0.392 | 0.401 | 0.375 | 0.979 | 4,834 |
| Lots of energy | | 0.310 | 0.339 | 0.324 | 0.346 | 0.327 | 0.323 | 0.321 | 0.790 | 4,834 |
| Bad emotional health | | 0.308 | 0.247 | 0.326 | 0.292 | 0.288 | 0.279 | 0.299 | 0.078 | 4,834 |
| Overweight | | 0.545 | 0.577 | 0.530 | 0.507 | 0.518 | 0.552 | 0.514 | 0.202 | 4,834 |
| High BP/cholesterol/glucose | | 0.308 | 0.328 | 0.281 | 0.292 | 0.266 | 0.290 | 0.313 | 0.273 | 4,834 |
| Sedentary | | 0.545 | 0.569 | 0.499 | 0.538 | 0.571 | 0.530 | 0.545 | 0.239 | 4,833 |
| Pharmaceutical drug utilization | | 0.723 | 0.736 | 0.710 | 0.710 | 0.670 | 0.708 | 0.701 | 0.286 | 4,830 |
| Physician/ER utilization | | 0.772 | 0.797 | 0.734 | 0.774 | 0.712 | 0.715 | 0.760 | 0.003 | 4,833 |
| Hospital utilization | | 0.038 | 0.036 | 0.020 | 0.024 | 0.022 | 0.034 | 0.026 | 0.168 | 4,833 |
| Any sick days in past year | | 0.618 | 0.628 | 0.622 | 0.580 | 0.607 | 0.583 | 0.581 | 0.325 | 4,828 |
| Worked 50+ hours/week | | 0.187 | 0.162 | 0.168 | 0.192 | 0.175 | 0.176 | 0.164 | 0.711 | 4,831 |
| Very satisfied with job | | 0.396 | 0.385 | 0.426 | 0.408 | 0.389 | 0.435 | 0.408 | 0.534 | 4,832 |
| Very or somewhat satisfied with job | | 0.836 | 0.858 | 0.829 | 0.841 | 0.847 | 0.842 | 0.852 | 0.818 | 4,832 |
| Management priority on health/safety | | 0.771 | 0.797 | 0.780 | 0.746 | 0.781 | 0.791 | 0.796 | 0.399 | 4,831 |
| Sample size | 7,625 | 1,534 | 551 | 549 | 552 | 548 | 551 | 549 | | |
| Joint balance test for panel A (<i>p</i> -value) | | | | | | | | | 1.000 | 4,834 |
| Joint balance test for panel B (<i>p</i> -value) | | | | | | | | | 0.165 | 4,817 |

Notes: Columns (1)–(8) report unweighted means for different, nonoverlapping subsets of university employees. Column (9) reports the *p*-value from a joint test of equality of the seven coefficients reported in columns (2)–(8). We also estimate a seemingly unrelated regression model to test whether the variables listed in a particular panel predict enrollment into any of the seven control or treatment groups. The joint balance test row reports the *p*-value from jointly testing whether all regression coefficients across all seven study groups are equal to 0.

TABLE A.1b: Means of Study Variables at Baseline For All Study Arms, Continued

| | (1) | (2) | (3) | (4) | (5) | (6) | (7) | (8) | (9) | (10) |
|--|--------------|-------------------|--------|--------|--------|--------|--------|--------|-----------------|-------------|
| | | Enrolled in Study | | | | | | | | |
| | Not in Study | Control | A25 | A75 | B25 | B75 | C25 | C75 | <i>p</i> -value | Sample size |
| C. Health Claims Variables (2015–2016) | | | | | | | | | | |
| Total spending (dollars/month) | 579 | 506 | 452 | 393 | 486 | 458 | 500 | 494 | 0.571 | 8,096 |
| Office spending | 54 | 67 | 61 | 53 | 54 | 49 | 79 | 50 | 0.332 | 8,096 |
| Hospital spending | 345 | 283 | 242 | 231 | 281 | 239 | 263 | 300 | 0.707 | 8,096 |
| Drug spending | 105 | 103 | 97 | 75 | 113 | 124 | 94 | 103 | 0.842 | 8,096 |
| Nonzero medical spending | 0.888 | 0.899 | 0.911 | 0.886 | 0.901 | 0.862 | 0.867 | 0.886 | 0.282 | 8,096 |
| D. Health Behavior and Productivity Variables | | | | | | | | | | |
| Sick leave (days/year) | 5.89 | 6.05 | 6.53 | 5.82 | 5.69 | 6.36 | 6.24 | 6.13 | 0.394 | 12,459 |
| Annual salary (dollars) | 73,927 | 61,528 | 62,774 | 60,579 | 60,906 | 62,719 | 61,042 | 62,407 | 0.875 | 12,221 |
| IL Marathon/10K/5K (2014–2016) | 0.072 | 0.107 | 0.120 | 0.120 | 0.118 | 0.111 | 0.102 | 0.137 | 0.597 | 12,459 |
| Campus gym visits (days/year) | 6.14 | 7.36 | 5.44 | 8.68 | 7.68 | 5.69 | 5.34 | 7.86 | 0.119 | 12,459 |
| Sample size | 7,625 | 1,534 | 551 | 549 | 552 | 548 | 551 | 549 | | |
| Joint balance test for panel C (<i>p</i> -value) | | | | | | | | | 0.207 | 3,223 |
| Joint balance test for panel D (<i>p</i> -value) | | | | | | | | | 0.438 | 4,770 |

Notes: Columns (1)–(8) report unweighted means for different, nonoverlapping subsets of university employees. Column (9) reports the *p*-value from a joint test of equality of the seven coefficients reported in columns (2)–(8). We also estimate a seemingly unrelated regression model to test whether the variables listed in a particular panel predict enrollment into any of the seven control or treatment groups. The joint balance test row reports the *p*-value from jointly testing whether all regression coefficients across all seven study groups are equal to 0.

TABLE A.2: Wellness Program Participation Effects

| | (1) | (2) | (3) | (4) | (5) | (6) | (7) | (8) |
|-----------------------------------|---------------------|---------------------|---------------------|---------------------|---------------------|---------------------|---------------------|---------------------|
| | Screening | | HRA | | Fall Activity | | Spring Activity | |
| | No Controls | Strata FEs |
| A. Year 1 participation | | | | | | | | |
| Treated | 0.576*** (0.009) | 0.576*** (0.009) | 0.560*** (0.009) | 0.560*** (0.009) | 0.274*** (0.008) | 0.274*** (0.008) | 0.224*** (0.007) | 0.225*** (0.007) |
| Constant | -0.000 (0.000) | -0.000 (0.002) | -0.000 (0.000) | -0.000 (0.002) | -0.000 (.) | -0.000 (0.002) | 0.000 (.) | -0.000 (0.002) |
| <i>N</i> | 4,834 | 4,834 | 4,834 | 4,834 | 4,834 | 4,834 | 4,834 | 4,834 |
| <i>F</i> | 4476.7 | 4397.8 | 4198.3 | 4121.7 | 1242.7 | 1220.0 | 953.5 | 935.0 |
| <i>F</i> -test (<i>p</i> -value) | < 0.001 | < 0.001 | < 0.001 | < 0.001 | < 0.001 | < 0.001 | < 0.001 | < 0.001 |
| B. Year 2 participation | | | | | | | | |
| Treated | 0.039*** (0.015) | 0.040*** (0.015) | 0.385*** (0.008) | 0.386*** (0.009) | 0.133*** (0.006) | 0.134*** (0.006) | 0.104*** (0.005) | 0.104*** (0.005) |
| Constant | 0.388*** (0.012) | 0.387*** (0.012) | -0.000 (.) | -0.001 (0.002) | -0.000 (0.000) | -0.001 (0.001) | -0.000 (0.000) | -0.000 (0.001) |
| <i>N</i> | 4,834 | 4,834 | 4,834 | 4,834 | 4,834 | 4,834 | 4,834 | 4,834 |
| <i>F</i> | 6.7 | 7.1 | 2069.0 | 2031.8 | 506.2 | 497.1 | 381.4 | 374.9 |
| <i>F</i> -test (<i>p</i> -value) | 0.010 | 0.008 | < 0.001 | < 0.001 | < 0.001 | < 0.001 | < 0.001 | < 0.001 |

Notes: This table reports treatment effects on completing components of the iThrive workplace wellness program tied to completion incentives. Only members of the treatment group were eligible to complete each component (i.e. control group participation is zero), except both groups were eligible for a follow-up screening in year 2. Each column in each panel reports estimates from a separate regression estimated over individuals in the treatment and control groups. The outcome in each regression is an indicator for completing the program component indicated by the column, and the primary independent variable is an indicator for inclusion in the treatment group. Participation effects for each outcome are estimated with and without baseline strata fixed effects. Robust standard errors are reported in parentheses. Missing standard errors are reported when the estimated variance is negative. A */**/** indicates significance at the 10/5/1% level using conventional inference.

TABLE A.3a: Selection on Strata Variables

| | (1) | (2) | (3) | (4) | (5) |
|-------------------------------------|-------|----------|-----------------------------------|---------------------------------|---------------------------------|
| Selection Variable | Mean | <i>N</i> | Completed Screening and HRA | Completed Fall Activity | Completed Spring Activity |
| Male [admin] | 0.428 | 3,300 | -0.058*** (0.017) [0.005] | -0.114*** (0.019) [0.000] | -0.149*** (0.020) [0.000] |
| Age 50+ [admin] | 0.327 | 3,300 | -0.027 (0.016) [0.270] | -0.015 (0.018) [0.399] | -0.020 (0.019) [0.473] |
| Age 37–49 [admin] | 0.332 | 3,300 | 0.008 (0.017) [0.850] | 0.026 (0.019) [0.398] | 0.017 (0.020) [0.473] |
| White [admin] | 0.836 | 3,300 | -0.001 (0.013) [0.962] | 0.046*** (0.014) [0.005] | 0.036** (0.015) [0.072] |
| Salary Q1 (bottom quartile) [admin] | 0.242 | 3,300 | -0.069*** (0.015) [0.000] | -0.022 (0.016) [0.398] | -0.036*** (0.017) [0.121] |
| Salary Q2 [admin] | 0.259 | 3,300 | 0.038** (0.015) [0.052] | 0.028 (0.017) [0.346] | 0.058*** (0.019) [0.012] |
| Salary Q3 [admin] | 0.250 | 3,300 | 0.044*** (0.015) [0.019] | 0.043** (0.017) [0.067] | 0.040** (0.019) [0.121] |
| Faculty [admin] | 0.201 | 3,300 | -0.051*** (0.014) [0.002] | -0.098*** (0.014) [0.000] | -0.097*** (0.015) [0.000] |
| Academic staff [admin] | 0.437 | 3,300 | 0.077*** (0.017) [0.000] | 0.077*** (0.019) [0.001] | 0.086*** (0.021) [0.000] |

Notes: Column (1) reports the mean among subjects assigned to treatment. Columns (3)–(5) report the difference in means between those who completed the participation outcome and those who did not. Robust standard errors are reported in parentheses. A */**/** indicates significance at the 10/5/1% level using conventional inference (i.e., not adjusting for multiple outcomes). Family-wise *p*-values, reported in brackets, adjust for the number of outcome (selection) variables in each family and are estimated using 10,000 bootstraps.

TABLE A.3b: Selection on Health Care Utilization Variables

| | (1) | (2) | (3) | (4) | (5) |
|--|-------|----------|-----------------------------------|--------------------------------|---------------------------------|
| Selection Variable | Mean | <i>N</i> | Completed Screening and HRA | Completed Fall Activity | Completed Spring Activity |
| Total spending (dollars/month) [admin] | 479 | 2,188 | -115.3** (52.2) [0.082] | -60.6 (43.6) [0.405] | -62.5 (44.3) [0.273] |
| Office spending [admin] | 59 | 2,188 | 2.4 (7.2) [0.739] | -5.6 (6.5) [0.638] | -12.4** (6.2) [0.145] |
| Hospital spending [admin] | 268 | 2,188 | -103.7** (40.3) [0.046] | -47.3* (28.3) [0.297] | -62.8** (27.5) [0.104] |
| Drug spending [admin] | 104 | 2,188 | -14.7 (20.6) [0.732] | -4.3 (25.5) [0.872] | 14.5 (28.9) [0.635] |
| Nonzero medical spending [admin] | 0.885 | 2,188 | 0.050*** (0.014) [0.008] | 0.049*** (0.014) [0.005] | 0.046*** (0.014) [0.020] |
| Pharmaceutical drug utilization [survey] | 0.706 | 3,297 | -0.001 (0.016) [0.929] | 0.029* (0.018) [0.183] | 0.040** (0.019) [0.059] |
| Physician/ER utilization [survey] | 0.748 | 3,300 | 0.050*** (0.015) [0.003] | 0.070*** (0.016) [0.000] | 0.061*** (0.017) [0.002] |
| Hospital utilization [survey] | 0.027 | 3,299 | -0.012** (0.006) [0.072] | -0.005 (0.006) [0.400] | -0.012** (0.006) [0.059] |

Notes: Column (1) reports the mean among subjects assigned to treatment. Columns (3)–(5) report the difference in means between those who completed the participation outcome and those who did not. Robust standard errors are reported in parentheses. A */**/** indicates significance at the 10/5/1% level using conventional inference (i.e., not adjusting for multiple outcomes). Family-wise *p*-values, reported in brackets, adjust for the number of outcome (selection) variables in each family and are estimated using 10,000 bootstraps.

TABLE A.3c: Selection on Employment and Productivity Variables

| | (1) | (2) | (3) | (4) | (5) |
|---|--------|----------|-----------------------------------|-----------------------------------|-----------------------------------|
| Selection Variable | Mean | <i>N</i> | Completed Screening and HRA | Completed Fall Activity | Completed Spring Activity |
| Sick leave (days/year) [admin] | 6.274 | 3,296 | 0.473* (0.267) [0.144] | 0.705** (0.290) [0.015] | 0.617** (0.312) [0.048] |
| Annual salary (dollars) [admin] | 61,736 | 3,257 | -782.7 (1248.3) [0.519] | -3363.9*** (1191.6) [0.009] | -3429.1*** (1251.8) [0.012] |
| Any sick days in past year [survey] | 0.600 | 3,296 | 0.043** (0.017) [0.049] | 0.057*** (0.019) [0.008] | 0.051** (0.020) [0.046] |
| Worked 50+ hours/week [survey] | 0.173 | 3,297 | -0.058*** (0.013) [0.000] | -0.065*** (0.014) [0.000] | -0.064*** (0.014) [0.000] |
| Very satisfied with job [survey] | 0.408 | 3,299 | 0.002 (0.017) [0.899] | 0.002 (0.019) [0.921] | 0.002 (0.021) [0.911] |
| Very or somewhat satisfied with job [survey] | 0.845 | 3,299 | 0.023* (0.013) [0.193] | 0.043*** (0.013) [0.005] | 0.029** (0.014) [0.092] |
| Management priority on health/safety [survey] | 0.782 | 3,299 | 0.012 (0.015) [0.618] | 0.033** (0.016) [0.062] | 0.035** (0.017) [0.092] |
| Productivity index [survey/admin] | 0.008 | 3,251 | -0.077 (0.047) [0.096] | -0.099** (0.050) [0.046] | -0.104** (0.052) [0.044] |

Notes: Column (1) reports the mean among subjects assigned to treatment. Columns (3)–(5) report the difference in means between those who completed the participation outcome and those who did not. Robust standard errors are reported in parentheses. A */**/** indicates significance at the 10/5/1% level using conventional inference (i.e., not adjusting for multiple outcomes). Family-wise *p*-values, reported in brackets, adjust for the number of outcome (selection) variables in each family and are estimated using 10,000 bootstraps.

TABLE A.3d: Selection on Health and Behavior Variables

| | (1) | (2) | (3) | (4) | (5) |
|--|-------|----------|-----------------------------------|---------------------------------|---------------------------------|
| Selection Variable | Mean | <i>N</i> | Completed Screening and HRA | Completed Fall Activity | Completed Spring Activity |
| IL Marathon/10K/5K (2014–2016) [admin] | 0.118 | 3,300 | 0.089*** (0.011) [0.000] | 0.111*** (0.014) [0.000] | 0.090*** (0.016) [0.000] |
| Campus gym visits (days/year) [admin] | 6.780 | 3,300 | 2.178** (0.885) [0.013] | 1.006 (1.024) [0.328] | 1.629 (1.132) [0.153] |
| Ever screened [survey] | 0.892 | 3,300 | 0.033*** (0.011) [0.029] | 0.042*** (0.011) [0.002] | 0.035*** (0.012) [0.046] |
| Physically active [survey] | 0.382 | 3,300 | -0.015 (0.017) [0.909] | 0.013 (0.019) [0.964] | 0.040* (0.020) [0.445] |
| Trying to be active [survey] | 0.809 | 3,300 | 0.045*** (0.014) [0.014] | 0.033** (0.015) [0.293] | 0.030* (0.016) [0.445] |
| Current smoker (cigarettes) [survey] | 0.065 | 3,299 | -0.041*** (0.009) [0.000] | -0.047*** (0.008) [0.000] | -0.053*** (0.008) [0.000] |
| Current smoker (other) [survey] | 0.085 | 3,299 | -0.034*** (0.010) [0.011] | -0.046*** (0.010) [0.000] | -0.066*** (0.009) [0.000] |
| Former smoker [survey] | 0.196 | 3,299 | -0.009 (0.014) [0.909] | -0.004 (0.015) [0.964] | -0.019 (0.016) [0.770] |
| Drinker [survey] | 0.645 | 3,296 | 0.026 (0.017) [0.707] | 0.021 (0.019) [0.889] | 0.009 (0.020) [0.929] |
| Heavy drinker [survey] | 0.049 | 3,295 | -0.010 (0.008) [0.798] | -0.005 (0.008) [0.964] | -0.006 (0.009) [0.929] |
| Chronic condition [survey] | 0.726 | 3,300 | 0.024 (0.016) [0.707] | 0.038** (0.017) [0.293] | 0.023 (0.018) [0.770] |
| Excellent or v. good health [survey] | 0.602 | 3,300 | -0.022 (0.017) [0.798] | 0.032* (0.019) [0.626] | 0.060*** (0.020) [0.045] |
| Not poor health [survey] | 0.989 | 3,300 | 0.003 (0.004) [0.909] | 0.005 (0.004) [0.703] | 0.007* (0.003) [0.445] |
| Physical problems [survey] | 0.388 | 3,300 | 0.022 (0.017) [0.798] | -0.015 (0.019) [0.964] | -0.027 (0.020) [0.750] |
| Lots of energy [survey] | 0.330 | 3,300 | -0.031* (0.017) [0.502] | 0.006 (0.018) [0.964] | 0.014 (0.020) [0.929] |
| Bad emotional health [survey] | 0.288 | 3,300 | 0.001 (0.016) [0.944] | -0.019 (0.018) [0.889] | -0.041** (0.018) [0.280] |
| Overweight [survey] | 0.533 | 3,300 | 0.057*** (0.017) [0.015] | 0.015 (0.019) [0.964] | -0.008 (0.021) [0.929] |
| High BP/cholesterol/glucose [survey] | 0.295 | 3,300 | -0.007 (0.016) [0.909] | -0.022 (0.018) [0.866] | -0.034* (0.019) [0.445] |
| Sedentary [survey] | 0.542 | 3,299 | 0.117*** (0.017) [0.000] | 0.115*** (0.019) [0.000] | 0.110*** (0.020) [0.000] |

Notes: Column (1) reports the mean among subjects assigned to treatment. Columns (3)–(5) report the difference in means between those who completed the participation outcome and those who did not. Robust standard errors are reported in parentheses. A */**/** indicates significance at the 10/5/1% level using conventional inference (i.e., not adjusting for multiple outcomes). Family-wise *p*-values, reported in brackets, adjust for the number of outcome (selection) variables in each family and are estimated using 10,000 bootstraps.

TABLE A.4a: First-Year Treatment Effects (ITT)

| Outcome Variable | (1) Mean | (2) No Controls | (3) Strata FEs | (4) Post-Lasso |
|--|-----------------|------------------------------|------------------------------|-----------------------------|
| A. Medical Spending [admin] | | | | |
| Total spending (dollars/month) [admin] | 576.2 | 10.8 (48.5) [0.937] | 21.0 (48.7) [0.927] | 34.9 (36.9) [0.859] |
| | <i>N</i> =3,239 | <i>N</i> =3,239 | <i>N</i> =3,239 | <i>N</i> =3,152 |
| Drug spending [admin] | 132.0 | -8.5 (26.5) [0.937] | -5.4 (25.7) [0.927] | -6.1 (12.0) [0.947] |
| | <i>N</i> =3,239 | <i>N</i> =3,239 | <i>N</i> =3,239 | <i>N</i> =3,152 |
| Office spending [admin] | 69.5 | -6.1 (10.0) [0.937] | -5.7 (9.8) [0.927] | -2.0 (4.4) [0.947] |
| | <i>N</i> =3,239 | <i>N</i> =3,239 | <i>N</i> =3,239 | <i>N</i> =3,152 |
| Hospital spending [admin] | 313.0 | 22.2 (30.9) [0.937] | 28.9 (32.2) [0.861] | 24.6 (28.1) [0.868] |
| | <i>N</i> =3,239 | <i>N</i> =3,239 | <i>N</i> =3,239 | <i>N</i> =3,152 |
| Nonzero medical spending [admin] | 0.902 | -0.008 (0.011) [0.937] | -0.007 (0.011) [0.927] | 0.002 (0.010) [0.947] |
| | <i>N</i> =3,239 | <i>N</i> =3,239 | <i>N</i> =3,239 | <i>N</i> =3,152 |

Notes: The outcomes in this table constitute a single family of outcomes for calculating family-wise p -values. Each row and column reports estimates from a separate regression, where observations include individuals in the control or treatment groups. The outcome in each regression is specified by the table row. The focal independent variable is an indicator for inclusion in the treatment group, and the control strategy is specified by the column. Post-Lasso controls include covariates selected by Lasso to predict the dependent variable. The set of potential predictors include baseline values of all available variables in the same family of outcomes, strata variables, and the baseline (2016) survey variables reported in Table Ia, as well as all two-way interactions between these predictors. Robust standard errors are reported in parentheses. A */**/** indicates significance at the 10/5/1% level using conventional inference, i.e., not adjusting for multiple outcomes. Family-wise p -values, reported in brackets, adjust for the number of outcome variables in the table.

TABLE A.4b: First-Year Treatment Effects (ITT)

| Outcome Variable | (1) Mean | (2) No Controls | (3) Strata FEs | (4) Post-Lasso |
|--|-----------------|------------------------------|------------------------------|------------------------------|
| A. Medical Spending [survey] | | | | |
| Pharmaceutical drug utilization [survey] | 0.725 | -0.011 (0.016) [0.851] | -0.009 (0.015) [0.864] | -0.002 (0.014) [0.895] |
| | <i>N</i> =3,567 | <i>N</i> =3,567 | <i>N</i> =3,567 | <i>N</i> =2,433 |
| Physician/ER utilization [survey] | 0.745 | 0.003 (0.016) [0.863] | 0.002 (0.015) [0.919] | 0.018 (0.017) [0.632] |
| | <i>N</i> =3,567 | <i>N</i> =3,567 | <i>N</i> =3,567 | <i>N</i> =2,433 |
| Hospital utilization [survey] | 0.026 | 0.003 (0.006) [0.851] | 0.004 (0.006) [0.864] | 0.006 (0.007) [0.632] |
| | <i>N</i> =3,567 | <i>N</i> =3,567 | <i>N</i> =3,567 | <i>N</i> =2,433 |

Notes: The outcomes in this table constitute a single family of outcomes for calculating family-wise p -values. See notes to Appendix Table A.4a for additional details.

TABLE A.4c: First-Year Treatment Effects (ITT)

| Outcome Variable | (1) Mean | (2) No Controls | (3) Strata FEs | (4) Post-Lasso |
|--|--------------------------|---|---|---|
| B. Employment and Productivity [admin] | | | | |
| Annual salary (share of baseline salary) [admin] | 0.059 <i>N</i> =4,146 | -0.000 (0.005) [0.969] <i>N</i> =4,146 | -0.002 (0.005) [0.875] <i>N</i> =4,146 | -0.001 (0.004) [0.922] <i>N</i> =4,130 |
| Job promotion [admin] | 0.176 <i>N</i> =4,146 | -0.003 (0.013) [0.952] <i>N</i> =4,146 | -0.006 (0.013) [0.875] <i>N</i> =4,146 | -0.004 (0.012) [0.922] <i>N</i> =4,130 |
| Job title change [admin] | 0.184 <i>N</i> =4,146 | -0.006 (0.013) [0.882] <i>N</i> =4,146 | -0.009 (0.013) [0.753] <i>N</i> =4,146 | -0.008 (0.013) [0.880] <i>N</i> =4,130 |
| Job terminated [admin] | 0.113 <i>N</i> =4,834 | -0.013 (0.010) [0.630] <i>N</i> =4,834 | -0.014 (0.010) [0.509] <i>N</i> =4,834 | -0.012 (0.009) [0.571] <i>N</i> =4,753 |
| Sick leave (days/year) [admin] | 6.341 <i>N</i> =4,782 | 0.186 (0.230) [0.816] <i>N</i> =4,782 | 0.249 (0.208) [0.563] <i>N</i> =4,782 | 0.138 (0.200) [0.880] <i>N</i> =4,712 |

Notes: The outcomes in this table constitute a single family of outcomes for calculating family-wise p -values. See notes to Appendix Table A.4a for additional details.

TABLE A.4d: First-Year Treatment Effects (ITT)

| Outcome Variable | (1) Mean | (2) No Controls | (3) Strata FEs | (4) Post-Lasso |
|--|-------------------------------|---|---|---|
| B. Employment and Productivity [survey] | | | | |
| Any sick days in past year [survey] | 0.576 <i>N</i> =3,565 | 0.005 (0.018) [0.997] <i>N</i> =3,565 | 0.007 (0.017) [0.994] <i>N</i> =3,565 | 0.012 (0.016) [0.961] <i>N</i> =3,514 |
| Worked 50+ hours/week [survey] | 0.150 <i>N</i> =3,566 | -0.004 (0.013) [0.997] <i>N</i> =3,566 | -0.008 (0.012) [0.991] <i>N</i> =3,566 | 0.005 (0.010) [0.961] <i>N</i> =3,515 |
| Very satisfied with job [survey] | 0.387 <i>N</i> =3,564 | -0.025 (0.017) [0.749] <i>N</i> =3,564 | -0.028 (0.017) [0.631] <i>N</i> =3,564 | -0.029* (0.015) [0.376] <i>N</i> =3,512 |
| Very or somewhat satisfied with job [survey] | 0.835 <i>N</i> =3,564 | -0.004 (0.013) [0.997] <i>N</i> =3,564 | -0.006 (0.013) [0.994] <i>N</i> =3,564 | -0.013 (0.012) [0.882] <i>N</i> =3,512 |
| Management priority on health/safety [survey] | 0.790 <i>N</i> =3,566 | 0.057*** (0.015) [0.001] <i>N</i> =3,566 | 0.057*** (0.015) [0.001] <i>N</i> =3,566 | 0.050*** (0.014) [0.003] <i>N</i> =3,514 |
| Happier at work than last year [survey] | 0.542 <i>N</i> =3,562 | 0.009 (0.018) [0.995] <i>N</i> =3,562 | 0.005 (0.018) [0.994] <i>N</i> =3,562 | -0.003 (0.018) [0.978] <i>N</i> =3,510 |
| Presenteeism [survey] | 23.900 <i>N</i> =3,567 | -0.023 (0.261) [0.997] <i>N</i> =3,567 | -0.050 (0.259) [0.994] <i>N</i> =3,567 | -0.151 (0.238) [0.961] <i>N</i> =3,515 |
| Feel very productive at work [survey] | 0.449 <i>N</i> =3,567 | -0.018 (0.018) [0.930] <i>N</i> =3,567 | -0.013 (0.018) [0.991] <i>N</i> =3,567 | -0.021 (0.017) [0.868] <i>N</i> =3,515 |
| Received promotion [survey] | 0.472 <i>N</i> =3,562 | 0.008 (0.018) [0.995] <i>N</i> =3,562 | 0.000 (0.018) [0.994] <i>N</i> =3,562 | 0.002 (0.018) [0.978] <i>N</i> =3,511 |
| Job search very likely [survey] | 0.139 <i>N</i> =3,561 | 0.031** (0.012) [0.095] <i>N</i> =3,561 | 0.026** (0.012) [0.208] <i>N</i> =3,561 | 0.027** (0.011) [0.143] <i>N</i> =3,511 |
| Job search somewhat/very likely [survey] | 0.337 <i>N</i> =3,561 | 0.019 (0.017) [0.908] <i>N</i> =3,561 | 0.012 (0.017) [0.991] <i>N</i> =3,561 | 0.013 (0.016) [0.961] <i>N</i> =3,511 |

Notes: The outcomes in this table constitute a single family of outcomes for calculating family-wise p -values. See notes to Appendix Table A.4a for additional details.

TABLE A.4e: First-Year Treatment Effects (ITT)

| Outcome Variable | (1) Mean | (2) No Controls | (3) Strata FEs | (4) Post-Lasso |
|--|-------------|------------------------------|------------------------------|------------------------------|
| B. Employment and Productivity [admin/survey] | | | | |
| Productivity index [survey/admin] | 0.000 | -0.046 (0.061) [0.450] | -0.062 (0.061) [0.307] | -0.060 (0.056) [0.283] |
| | $N=3,309$ | $N=3,309$ | $N=3,309$ | $N=3,300$ |

Notes: The outcomes in this table constitute a single family of outcomes for calculating family-wise p -values. See notes to Appendix Table A.4a for additional details.

TABLE A.4f: First-Year Treatment Effects (ITT)

| Outcome Variable | (1) Mean | (2) No Controls | (3) Strata FEs | (4) Post-Lasso |
|---|-------------|------------------------------|------------------------------|------------------------------|
| C. Health Status and Behaviors [admin] | | | | |
| IL Marathon/10K/5K 2017 [admin] | 0.066 | 0.002 (0.008) [0.975] | 0.002 (0.008) [0.962] | -0.005 (0.006) [0.471] |
| | $N=4,834$ | $N=4,834$ | $N=4,834$ | $N=4,817$ |
| Campus gym visits (days/year) [admin] | 5.839 | -0.062 (0.733) [0.975] | -0.068 (0.721) [0.962] | 0.401 (0.360) [0.471] |
| | $N=4,834$ | $N=4,834$ | $N=4,834$ | $N=4,817$ |

Notes: The outcomes in this table constitute a single family of outcomes for calculating family-wise p -values. See notes to Appendix Table A.4a for additional details.

TABLE A.4g: First-Year Treatment Effects (ITT)

| Outcome Variable | (1) Mean | (2) No Controls | (3) Strata FEs | (4) Post-Lasso |
|--|------------------------------|---|---|---|
| C. Health Status and Behaviors [survey] | | | | |
| Ever screened [survey] | 0.942 <i>N</i> =3,567 | 0.039*** (0.009) [0.001] <i>N</i> =3,567 | 0.042*** (0.009) [0.000] <i>N</i> =3,567 | 0.036*** (0.008) [0.000] <i>N</i> =3,557 |
| Physically active [survey] | 0.381 <i>N</i> =3,567 | 0.015 (0.017) [0.991] <i>N</i> =3,567 | 0.016 (0.017) [0.981] <i>N</i> =3,567 | -0.009 (0.012) [0.977] <i>N</i> =3,557 |
| Trying to be active [survey] | 0.825 <i>N</i> =3,567 | 0.005 (0.014) [1.000] <i>N</i> =3,567 | 0.007 (0.014) [0.996] <i>N</i> =3,567 | 0.017 (0.012) [0.723] <i>N</i> =3,557 |
| Current smoker (cigarettes) [survey] | 0.060 <i>N</i> =3,566 | -0.023** (0.009) [0.139] <i>N</i> =3,566 | -0.022** (0.009) [0.159] <i>N</i> =3,566 | -0.009* (0.005) [0.589] <i>N</i> =3,556 |
| Drinker [survey] | 0.672 <i>N</i> =3,565 | -0.012 (0.017) [0.998] <i>N</i> =3,565 | -0.013 (0.016) [0.983] <i>N</i> =3,565 | -0.003 (0.013) [0.992] <i>N</i> =3,555 |
| Heavy drinker [survey] | 0.047 <i>N</i> =3,563 | -0.003 (0.008) [1.000] <i>N</i> =3,563 | -0.002 (0.008) [0.999] <i>N</i> =3,563 | 0.003 (0.007) [0.992] <i>N</i> =3,553 |
| Chronic condition [survey] | 0.735 <i>N</i> =3,565 | -0.004 (0.016) [1.000] <i>N</i> =3,565 | 0.003 (0.015) [0.999] <i>N</i> =3,565 | 0.001 (0.012) [0.997] <i>N</i> =3,555 |
| Excellent or v. good health [survey] | 0.564 <i>N</i> =3,567 | -0.004 (0.018) [1.000] <i>N</i> =3,567 | -0.007 (0.017) [0.996] <i>N</i> =3,567 | -0.024 (0.015) [0.689] <i>N</i> =3,557 |
| Not poor health [survey] | 0.990 <i>N</i> =3,567 | -0.004 (0.003) [0.952] <i>N</i> =3,567 | -0.005 (0.003) [0.863] <i>N</i> =3,567 | -0.005* (0.003) [0.675] <i>N</i> =3,557 |
| Physical problems [survey] | 0.403 <i>N</i> =3,567 | -0.007 (0.018) [1.000] <i>N</i> =3,567 | -0.003 (0.017) [0.999] <i>N</i> =3,567 | 0.001 (0.015) [0.997] <i>N</i> =3,557 |
| Lots of energy [survey] | 0.309 <i>N</i> =3,566 | 0.040** (0.016) [0.176] <i>N</i> =3,566 | 0.039** (0.016) [0.166] <i>N</i> =3,566 | 0.027* (0.014) [0.530] <i>N</i> =3,556 |
| Bad emotional health [survey] | 0.311 <i>N</i> =3,566 | 0.017 (0.016) [0.977] <i>N</i> =3,566 | 0.015 (0.016) [0.981] <i>N</i> =3,566 | 0.021 (0.015) [0.723] <i>N</i> =3,556 |
| Overweight [survey] | 0.562 <i>N</i> =3,567 | 0.009 (0.018) [0.999] <i>N</i> =3,567 | 0.018 (0.017) [0.980] <i>N</i> =3,567 | 0.027** (0.011) [0.162] <i>N</i> =3,557 |
| High BP/cholesterol/glucose [survey] | 0.324 <i>N</i> =3,567 | 0.005 (0.017) [1.000] <i>N</i> =3,567 | 0.015 (0.016) [0.981] <i>N</i> =3,567 | 0.020 (0.013) [0.699] <i>N</i> =3,557 |
| Sedentary [survey] | 0.560 <i>N</i> =3,565 | 0.001 (0.018) [1.000] <i>N</i> =3,565 | -0.002 (0.017) [0.999] <i>N</i> =3,565 | -0.008 (0.013) [0.977] <i>N</i> =3,555 |

Notes: The outcomes in this table constitute a single family of outcomes for calculating family-wise p -values. See notes to Appendix Table A.4a for additional details.

TABLE A.5a: First-Year Treatment Effects: Experimental versus Observational Estimates

| Outcome Variable | (1) | (2) | (3) | (4) | (5) | (6) |
|--|--------------------------------------|--------------------------------------|-------------------------------------|--|--|--|
| | Experimental (IV) | | | Observational (OLS) | | |
| | No Controls | Strata FEs | Post-Lasso | No Controls | Strata FEs | Post-Lasso |
| A. Medical Spending [admin] | | | | | | |
| Total spending (dollars/month) [admin] | 17.7 (79.0) <i>N</i> =3,239 | 34.2 (78.7) <i>N</i> =3,239 | 52.3 (59.4) <i>N</i> =3,152 | -137.3** (68.6) <i>N</i> =2,208 | -161.7** (66.0) <i>N</i> =2,208 | -103.8* (61.9) <i>N</i> =2,140 |
| Drug spending [admin] | -13.8 (43.2) <i>N</i> =3,239 | -8.8 (41.5) <i>N</i> =3,239 | -12.8 (20.4) <i>N</i> =3,152 | -26.3 (27.2) <i>N</i> =2,208 | -34.5 (26.8) <i>N</i> =2,208 | -7.3 (12.0) <i>N</i> =2,140 |
| Office spending [admin] | -9.9 (16.2) <i>N</i> =3,239 | -9.4 (15.9) <i>N</i> =3,239 | -3.1 (6.8) <i>N</i> =3,152 | 12.2 (7.5) <i>N</i> =2,208 | 9.5 (7.2) <i>N</i> =2,208 | 8.7* (5.1) <i>N</i> =2,140 |
| Hospital spending [admin] | 36.1 (50.4) <i>N</i> =3,239 | 47.3 (52.1) <i>N</i> =3,239 | 45.2 (45.6) <i>N</i> =3,152 | -118.0** (55.7) <i>N</i> =2,208 | -126.7** (52.8) <i>N</i> =2,208 | -83.4 (51.8) <i>N</i> =2,140 |
| Nonzero medical spending [admin] | -0.013 (0.018) <i>N</i> =3,239 | -0.012 (0.018) <i>N</i> =3,239 | 0.004 (0.016) <i>N</i> =3,152 | 0.061*** (0.014) <i>N</i> =2,208 | 0.043*** (0.013) <i>N</i> =2,208 | 0.036*** (0.012) <i>N</i> =2,140 |

Notes: Each row and column reports estimates from a separate regression. The outcome in each regression is specified by the table row, and the (endogenous) focal independent variable is an indicator for completing the screening and HRA. For the IV specifications (columns (1)-(3)), the instrument is an indicator for inclusion in the treatment group, and observations include individuals in the control or treatment groups. For the OLS specifications (columns (4)-(6)), there is no instrument and observations are restricted to individuals in the treatment group. The control strategy is specified by the column. Post-Lasso controls include covariates selected by Lasso to predict either the dependent variable or the focal independent variable. The set of potential predictors include baseline values of all available variables in the same family of outcomes, strata variables, and the baseline (2016) survey variables reported in Table Ia, as well as all two-way interactions between these predictors. Robust standard errors are reported in parentheses. A */**/** indicates significance at the 10/5/1% level using conventional inference.

TABLE A.5b: First-Year Treatment Effects: Experimental versus Observational Estimates

| Outcome Variable | (1) | (2) | (3) | (4) | (5) | (6) |
|--|--------------------------------------|--------------------------------------|-------------------------------------|--------------------------------------|--------------------------------------|--------------------------------------|
| | Experimental (IV) | | | Observational (OLS) | | |
| | No Controls | Strata FEs | Post-Lasso | No Controls | Strata FEs | Post-Lasso |
| A. Medical Spending [survey] | | | | | | |
| Pharmaceutical drug utilization [survey] | -0.017 (0.024) <i>N</i> =3,567 | -0.013 (0.023) <i>N</i> =3,567 | 0.000 (0.020) <i>N</i> =2,433 | 0.022 (0.019) <i>N</i> =2,410 | 0.018 (0.019) <i>N</i> =2,410 | 0.018 (0.019) <i>N</i> =1,641 |
| Physician/ER utilization [survey] | 0.004 (0.024) <i>N</i> =3,567 | 0.002 (0.023) <i>N</i> =3,567 | 0.025 (0.025) <i>N</i> =2,433 | 0.024 (0.019) <i>N</i> =2,410 | 0.020 (0.019) <i>N</i> =2,410 | 0.016 (0.022) <i>N</i> =1,641 |
| Hospital utilization [survey] | 0.005 (0.008) <i>N</i> =3,567 | 0.006 (0.008) <i>N</i> =3,567 | 0.012 (0.010) <i>N</i> =2,433 | -0.009 (0.007) <i>N</i> =2,410 | -0.010 (0.008) <i>N</i> =2,410 | -0.015 (0.010) <i>N</i> =1,641 |

Notes: See notes to Appendix Table A.5a.

TABLE A.5c: First-Year Treatment Effects: Experimental versus Observational Estimates

| Outcome Variable | (1) | (2) | (3) | (4) | (5) | (6) |
|--|---|---|---|---|---|---|
| | Experimental (IV) | | | Observational (OLS) | | |
| | No Controls | Strata FEs | Post-Lasso | No Controls | Strata FEs | Post-Lasso |
| B. Employment and Productivity [admin] | | | | | | |
| Annual salary (share of baseline salary) [admin] | -0.000 (0.008) <i>N</i> =4,146 | -0.003 (0.008) <i>N</i> =4,146 | -0.003 (0.008) <i>N</i> =4,130 | 0.004 (0.005) <i>N</i> =2,840 | 0.005 (0.005) <i>N</i> =2,840 | 0.006 (0.005) <i>N</i> =2,828 |
| Job promotion [admin] | -0.006 (0.022) <i>N</i> =4,146 | -0.010 (0.021) <i>N</i> =4,146 | -0.009 (0.021) <i>N</i> =4,130 | 0.019 (0.014) <i>N</i> =2,840 | 0.015 (0.014) <i>N</i> =2,840 | 0.009 (0.015) <i>N</i> =2,828 |
| Job title change [admin] | -0.011 (0.022) <i>N</i> =4,146 | -0.015 (0.022) <i>N</i> =4,146 | -0.015 (0.022) <i>N</i> =4,130 | 0.015 (0.015) <i>N</i> =2,840 | 0.012 (0.015) <i>N</i> =2,840 | 0.006 (0.015) <i>N</i> =2,828 |
| Job terminated [admin] | -0.022 (0.018) <i>N</i> =4834.000 | -0.024 (0.017) <i>N</i> =4834.000 | -0.023 (0.017) <i>N</i> =4753.000 | -0.080*** (0.011) <i>N</i> =3,300 | -0.078*** (0.011) <i>N</i> =3,300 | -0.063*** (0.011) <i>N</i> =3,244 |
| Sick leave (days/year) [admin] | 0.322 (0.398) <i>N</i> =4,782 | 0.432 (0.358) <i>N</i> =4,782 | 0.224 (0.344) <i>N</i> =4,712 | 0.275 (0.272) <i>N</i> =3,264 | 0.039 (0.253) <i>N</i> =3,264 | -0.068 (0.251) <i>N</i> =3,216 |

Notes: See notes to Appendix Table A.5a.

TABLE A.5d: First-Year Treatment Effects: Experimental versus Observational Estimates

| Outcome Variable | (1) | (2) | (3) | (4) | (5) | (6) |
|--|--|--|--|--|--|---------------------------------------|
| | Experimental (IV) | | | Observational (OLS) | | |
| | No Controls | Strata FEs | Post-Lasso | No Controls | Strata FEs | Post-Lasso |
| B. Employment and Productivity [survey] | | | | | | |
| Any sick days in past year [survey] | 0.007 (0.027) <i>N</i> =3,565 | 0.011 (0.026) <i>N</i> =3,565 | 0.021 (0.024) <i>N</i> =3,514 | 0.004 (0.021) <i>N</i> =2,409 | -0.004 (0.021) <i>N</i> =2,409 | -0.020 (0.019) <i>N</i> =2,376 |
| Worked 50+ hours/week [survey] | -0.006 (0.020) <i>N</i> =3,566 | -0.013 (0.018) <i>N</i> =3,566 | 0.008 (0.015) <i>N</i> =3,515 | -0.037** (0.016) <i>N</i> =2,409 | -0.034** (0.015) <i>N</i> =2,409 | -0.009 (0.012) <i>N</i> =2,376 |
| Very satisfied with job [survey] | -0.038 (0.027) <i>N</i> =3,564 | -0.042 (0.026) <i>N</i> =3,564 | -0.043* (0.023) <i>N</i> =3,512 | -0.017 (0.021) <i>N</i> =2,407 | -0.018 (0.021) <i>N</i> =2,407 | -0.012 (0.018) <i>N</i> =2,373 |
| Very or somewhat satisfied with job [survey] | -0.006 (0.020) <i>N</i> =3,564 | -0.009 (0.020) <i>N</i> =3,564 | -0.020 (0.018) <i>N</i> =3,512 | 0.003 (0.016) <i>N</i> =2,407 | 0.001 (0.016) <i>N</i> =2,407 | 0.005 (0.015) <i>N</i> =2,373 |
| Management priority on health/safety [survey] | 0.087*** (0.023) <i>N</i> =3,566 | 0.087*** (0.023) <i>N</i> =3,566 | 0.077*** (0.021) <i>N</i> =3,514 | -0.004 (0.017) <i>N</i> =2,410 | -0.012 (0.017) <i>N</i> =2,410 | -0.007 (0.016) <i>N</i> =2,376 |
| Happier at work than last year [survey] | 0.014 (0.027) <i>N</i> =3,562 | 0.008 (0.027) <i>N</i> =3,562 | -0.004 (0.027) <i>N</i> =3,510 | 0.022 (0.021) <i>N</i> =2,408 | 0.023 (0.022) <i>N</i> =2,408 | 0.013 (0.021) <i>N</i> =2,374 |
| Presenteeism [survey] | -0.035 (0.397) <i>N</i> =3,567 | -0.076 (0.391) <i>N</i> =3,567 | -0.226 (0.361) <i>N</i> =3,515 | -0.378 (0.312) <i>N</i> =2,410 | -0.304 (0.314) <i>N</i> =2,410 | -0.334 (0.289) <i>N</i> =2,376 |
| Feel very productive at work [survey] | -0.027 (0.027) <i>N</i> =3,567 | -0.020 (0.027) <i>N</i> =3,567 | -0.030 (0.026) <i>N</i> =3,515 | -0.040* (0.021) <i>N</i> =2,410 | -0.043** (0.021) <i>N</i> =2,410 | -0.036* (0.020) <i>N</i> =2,376 |
| Received promotion [survey] | 0.012 (0.027) <i>N</i> =3,562 | 0.000 (0.027) <i>N</i> =3,562 | 0.001 (0.027) <i>N</i> =3,511 | 0.032 (0.021) <i>N</i> =2,408 | 0.039* (0.021) <i>N</i> =2,408 | 0.024 (0.021) <i>N</i> =2,375 |
| Job search very likely [survey] | 0.047** (0.018) <i>N</i> =3,561 | 0.040** (0.018) <i>N</i> =3,561 | 0.039** (0.017) <i>N</i> =3,511 | -0.011 (0.015) <i>N</i> =2,406 | -0.013 (0.015) <i>N</i> =2,406 | -0.001 (0.014) <i>N</i> =2,374 |
| Job search somewhat/very likely [survey] | 0.028 (0.026) <i>N</i> =3,561 | 0.019 (0.025) <i>N</i> =3,561 | 0.018 (0.024) <i>N</i> =3,511 | -0.030 (0.021) <i>N</i> =2,406 | -0.033* (0.020) <i>N</i> =2,406 | -0.023 (0.019) <i>N</i> =2,374 |

Notes: See notes to Appendix Table A.5a.

TABLE A.5e: First-Year Treatment Effects: Experimental versus Observational Estimates

| | (1) | (2) | (3) | (4) | (5) | (6) |
|--|--------------------------------------|--------------------------------------|--------------------------------------|-------------------------------------|-------------------------------------|-------------------------------------|
| | Experimental (IV) | | | Observational (OLS) | | |
| Outcome Variable | No Controls | Strata FEs | Post-Lasso | No Controls | Strata FEs | Post-Lasso |
| B. Employment and Productivity [admin/survey] | | | | | | |
| Productivity index [survey/admin] | -0.070 (0.092) <i>N</i> =3,309 | -0.093 (0.091) <i>N</i> =3,309 | -0.096 (0.085) <i>N</i> =3,300 | 0.069 (0.073) <i>N</i> =2,245 | 0.092 (0.074) <i>N</i> =2,245 | 0.083 (0.067) <i>N</i> =2,240 |

Notes: See notes to Appendix Table A.5a.

TABLE A.5f: First-Year Treatment Effects: Experimental versus Observational Estimates

| | (1) | (2) | (3) | (4) | (5) | (6) |
|---|---|---|--------------------------------------|--|--|--|
| | Experimental (IV) | | | Observational (OLS) | | |
| Outcome Variable | No Controls | Strata FEs | Post-Lasso | No Controls | Strata FEs | Post-Lasso |
| C. Health Status and Behaviors [admin] | | | | | | |
| IL Marathon/10K/5K 2017 [admin] | 0.003 (0.014) <i>N</i> =4834.000 | 0.003 (0.013) <i>N</i> =4834.000 | -0.011 (0.011) <i>N</i> =4,817 | 0.059*** (0.008) <i>N</i> =3,300 | 0.054*** (0.008) <i>N</i> =3,300 | 0.024*** (0.006) <i>N</i> =3,287 |
| Campus gym visits (days/year) [admin] | -0.110 (1.309) <i>N</i> =4834.000 | -0.121 (1.276) <i>N</i> =4834.000 | 0.757 (0.656) <i>N</i> =4,817 | 3.527*** (0.813) <i>N</i> =3,300 | 3.849*** (0.804) <i>N</i> =3,300 | 2.160*** (0.425) <i>N</i> =3,287 |

Notes: See notes to Appendix Table A.5a.

TABLE A.5g: First-Year Treatment Effects: Experimental versus Observational Estimates

| Outcome Variable | (1) | (2) | (3) | (4) | (5) | (6) |
|--|--------------------------------|--------------------------------|--------------------------------|---------------------------------|---------------------------------|--------------------------------|
| | Experimental (IV) | | | Observational (OLS) | | |
| | No Controls | Strata FEs | Post-Lasso | No Controls | Strata FEs | Post-Lasso |
| C. Health Status and Behaviors [survey] | | | | | | |
| Ever screened [survey] | 0.060*** (0.014) N=3,567 | 0.065*** (0.013) N=3,567 | 0.056*** (0.012) N=3,557 | 0.073*** (0.011) N=2,410 | 0.074*** (0.010) N=2,410 | 0.061*** (0.009) N=2,404 |
| Physically active [survey] | 0.023 (0.026) N=3,567 | 0.025 (0.026) N=3,567 | -0.016 (0.019) N=3,557 | 0.020 (0.021) N=2,410 | 0.032 (0.020) N=2,410 | 0.027* (0.015) N=2,404 |
| Trying to be active [survey] | 0.008 (0.021) N=3,567 | 0.010 (0.020) N=3,567 | 0.028 (0.018) N=3,557 | 0.052*** (0.017) N=2,410 | 0.049*** (0.017) N=2,410 | 0.036** (0.015) N=2,404 |
| Current smoker (cigarettes) [survey] | -0.035** (0.014) N=3,566 | -0.034** (0.013) N=3,566 | -0.014* (0.008) N=3,556 | -0.033*** (0.010) N=2,410 | -0.032*** (0.010) N=2,410 | -0.005 (0.006) N=2,404 |
| Drinker [survey] | -0.018 (0.025) N=3,565 | -0.020 (0.025) N=3,565 | -0.007 (0.021) N=3,555 | 0.010 (0.020) N=2,409 | 0.015 (0.020) N=2,409 | -0.010 (0.017) N=2,403 |
| Heavy drinker [survey] | -0.004 (0.012) N=3,563 | -0.002 (0.012) N=3,563 | 0.005 (0.010) N=3,553 | -0.003 (0.009) N=2,408 | -0.003 (0.009) N=2,408 | 0.001 (0.008) N=2,402 |
| Chronic condition [survey] | -0.005 (0.024) N=3,565 | 0.005 (0.023) N=3,565 | 0.000 (0.018) N=3,555 | 0.033* (0.019) N=2,409 | 0.037** (0.019) N=2,409 | 0.016 (0.014) N=2,403 |
| Excellent or v. good health [survey] | -0.007 (0.027) N=3,567 | -0.011 (0.026) N=3,567 | -0.034 (0.023) N=3,557 | -0.015 (0.021) N=2,410 | -0.018 (0.021) N=2,410 | 0.005 (0.018) N=2,404 |
| Not poor health [survey] | -0.006 (0.005) N=3,567 | -0.007 (0.005) N=3,567 | -0.008 (0.005) N=3,557 | 0.009* (0.005) N=2,410 | 0.008 (0.005) N=2,410 | 0.009* (0.005) N=2,404 |
| Physical problems [survey] | -0.010 (0.027) N=3,567 | -0.005 (0.026) N=3,567 | 0.000 (0.024) N=3,557 | 0.025 (0.021) N=2,410 | 0.026 (0.021) N=2,410 | 0.011 (0.020) N=2,404 |
| Lots of energy [survey] | 0.060** (0.025) N=3,566 | 0.060** (0.024) N=3,566 | 0.036* (0.022) N=3,556 | -0.030 (0.020) N=2,410 | -0.026 (0.020) N=2,410 | -0.013 (0.018) N=2,404 |
| Bad emotional health [survey] | 0.026 (0.025) N=3,566 | 0.022 (0.025) N=3,566 | 0.035 (0.023) N=3,556 | -0.003 (0.020) N=2,410 | -0.005 (0.020) N=2,410 | 0.003 (0.019) N=2,404 |
| Overweight [survey] | 0.014 (0.027) N=3,567 | 0.027 (0.026) N=3,567 | 0.041** (0.016) N=3,557 | 0.031 (0.021) N=2,410 | 0.029 (0.021) N=2,410 | -0.005 (0.015) N=2,404 |
| High BP/cholesterol/glucose [survey] | 0.008 (0.025) N=3,567 | 0.023 (0.025) N=3,567 | 0.028 (0.020) N=3,557 | 0.030 (0.020) N=2,410 | 0.033* (0.020) N=2,410 | 0.032* (0.017) N=2,404 |
| Sedentary [survey] | 0.002 (0.027) N=3,565 | -0.003 (0.026) N=3,565 | -0.012 (0.020) N=3,555 | 0.074*** (0.021) N=2,408 | 0.056*** (0.021) N=2,408 | -0.003 (0.016) N=2,402 |

Notes: See notes to Appendix Table A.5a.

TABLE A.5h: First-Year Treatment Effects: Experimental versus Observational Estimates

| | (1) | (2) | (3) | (4) | (5) | (6) |
|--|--------------------------------------|--------------------------------------|--------------------------------------|--|---|--|
| | Experimental (IV) | | | Observational (OLS) | | |
| Outcome Variable | No Controls | Strata FEs | Post-Lasso | No Controls | Strata FEs | Post-Lasso |
| D. Medical Utilization (Quantity) [admin] | | | | | | |
| Time to first claim <= 1 month [admin] | -0.048 (0.031) <i>N</i> =3,163 | -0.045 (0.029) <i>N</i> =3,163 | -0.015 (0.024) <i>N</i> =3,145 | 0.035 (0.022) <i>N</i> =2,149 | 0.010 (0.021) <i>N</i> =2,149 | 0.027 (0.018) <i>N</i> =2,134 |
| Time to first claim <= 2 months [admin] | -0.007 (0.029) <i>N</i> =3,166 | -0.002 (0.027) <i>N</i> =3,166 | 0.019 (0.023) <i>N</i> =3,145 | 0.054*** (0.021) <i>N</i> =2,152 | 0.030 (0.020) <i>N</i> =2,152 | 0.032* (0.017) <i>N</i> =2,134 |
| Time to first claim <= 3 months [admin] | 0.013 (0.027) <i>N</i> =3,167 | 0.016 (0.025) <i>N</i> =3,167 | 0.034 (0.023) <i>N</i> =3,145 | 0.060*** (0.019) <i>N</i> =2,153 | 0.035* (0.019) <i>N</i> =2,153 | 0.041** (0.017) <i>N</i> =2,134 |
| Time to first claim <= 6 months [admin] | -0.014 (0.023) <i>N</i> =3,176 | -0.011 (0.022) <i>N</i> =3,176 | 0.002 (0.020) <i>N</i> =3,147 | 0.070*** (0.017) <i>N</i> =2,160 | 0.050*** (0.016) <i>N</i> =2,160 | 0.051*** (0.015) <i>N</i> =2,136 |
| Time to first claim <= 12 months [admin] | -0.013 (0.018) <i>N</i> =3,239 | -0.012 (0.018) <i>N</i> =3,239 | 0.004 (0.016) <i>N</i> =3,152 | 0.061*** (0.014) <i>N</i> =2,208 | 0.043*** (0.013) <i>N</i> =2,208 | 0.036*** (0.012) <i>N</i> =2,140 |
| Pharmaceutical events (days/month) [admin] | -0.035 (0.061) <i>N</i> =3,239 | -0.013 (0.058) <i>N</i> =3,239 | 0.015 (0.030) <i>N</i> =3,152 | -0.106** (0.045) <i>N</i> =2,208 | -0.136*** (0.043) <i>N</i> =2,208 | -0.043** (0.022) <i>N</i> =2,140 |
| Physician office visits (days/month) [admin] | 0.052 (0.041) <i>N</i> =3,239 | 0.051 (0.041) <i>N</i> =3,239 | 0.016 (0.029) <i>N</i> =3,152 | 0.058* (0.032) <i>N</i> =2,208 | 0.044 (0.034) <i>N</i> =2,208 | 0.042** (0.021) <i>N</i> =2,140 |
| Hospital stays (days/month) [admin] | -0.018 (0.039) <i>N</i> =3,239 | -0.009 (0.038) <i>N</i> =3,239 | 0.041 (0.028) <i>N</i> =3,152 | -0.019 (0.030) <i>N</i> =2,208 | -0.038 (0.030) <i>N</i> =2,208 | -0.027 (0.023) <i>N</i> =2,140 |

Notes: See notes to Appendix Table A.5a.

TABLE A.6a: First-Year Treatment Effects (ITT) by Treatment Group: Total Health Care Spending

| | (1) | (2) | (3) | (4) | (5) | (6) |
|---------------------------|----------------------|----------------------|----------------------|----------------------|----------------------|----------------------|
| Treatment Group (any) | 10.83 (48.50) | 20.95 (48.68) | | | | |
| Group A* (A25, A75) | | | 17.57 (62.07) | 34.23 (62.45) | | |
| Group B* (B25, B75) | | | 82.07 (95.64) | 89.42 (95.16) | | |
| Group C* (C25, C75) | | | 10.02 (59.47) | 16.96 (59.36) | | |
| Group *75 (A75, B75, C75) | | | -53.05 (60.14) | -53.70 (60.23) | | |
| Group A25 | | | | | 21.14 (66.39) | 29.89 (66.55) |
| Group B25 | | | | | 159.19 (129.55) | 171.44 (129.16) |
| Group C25 | | | | | -68.27 (58.59) | -58.39 (57.21) |
| Group A75 | | | | | -39.18 (69.71) | -14.83 (69.46) |
| Group B75 | | | | | -50.99 (70.29) | -49.65 (70.57) |
| Group C75 | | | | | 42.45 (81.02) | 45.81 (80.89) |
| Constant | 568.83*** (38.00) | 561.91*** (37.53) | 568.83*** (38.02) | 562.02*** (37.55) | 568.83*** (38.03) | 562.01*** (37.56) |
| <i>N</i> | 3,239 | 3,239 | 3,239 | 3,239 | 3,239 | 3,239 |
| Strata FE | No | Yes | No | Yes | No | Yes |
| F Test | 0.82 | 0.67 | 0.90 | 0.90 | 0.52 | 0.54 |

Notes: Each column reports estimates from a separate regression estimated over individuals in the treatment and control groups in the claims sample. The outcome in each regression is average monthly health care spending over the first 12 months of the wellness program (August 2016–July 2017), and regressions are weighted by the number of months of coverage. The independent variables are indicators for inclusion in the specified treatment groups. Regressions reported in columns (2), (4), and (6) are the same as those reported in columns (1), (3), and (5) respectively, but with the addition of strata fixed effects. Robust standard errors are reported in parentheses. A */**/** indicates significance at the 10/5/1% level using conventional inference.

TABLE A.6b: First-Year Treatment Effects (ITT) by Treatment Group: Any Health Care Spending

| | (1) | (2) | (3) | (4) | (5) | (6) |
|---------------------------|---------------------|---------------------|---------------------|---------------------|---------------------|---------------------|
| Treatment Group (any) | -0.008 (0.011) | -0.007 (0.011) | | | | |
| Group A* (A25, A75) | | | 0.004 (0.015) | 0.004 (0.015) | | |
| Group B* (B25, B75) | | | -0.012 (0.016) | -0.013 (0.015) | | |
| Group C* (C25, C75) | | | -0.001 (0.016) | -0.006 (0.015) | | |
| Group *75 (A75, B75, C75) | | | -0.009 (0.013) | -0.005 (0.012) | | |
| Group A25 | | | | | 0.017 (0.017) | 0.012 (0.016) |
| Group B25 | | | | | -0.015 (0.018) | -0.014 (0.018) |
| Group C25 | | | | | -0.011 (0.018) | -0.012 (0.017) |
| Group A75 | | | | | -0.018 (0.019) | -0.009 (0.018) |
| Group B75 | | | | | -0.019 (0.019) | -0.017 (0.018) |
| Group C75 | | | | | -0.000 (0.018) | -0.003 (0.018) |
| Constant | 0.907*** (0.009) | 0.907*** (0.009) | 0.907*** (0.009) | 0.907*** (0.009) | 0.907*** (0.009) | 0.907*** (0.009) |
| <i>N</i> | 3,239 | 3,239 | 3,239 | 3,239 | 3,239 | 3,239 |
| Strata FE | No | Yes | No | Yes | No | Yes |
| F Test | 0.477 | 0.495 | 0.699 | 0.745 | 0.566 | 0.778 |

Notes: Each column reports estimates from a separate regression estimated over individuals in the treatment and control groups in the claims sample. The outcome in each regression is an indicator for positive health care spending over the first 12 months of the wellness program (August 2016–July 2017). The independent variables are indicators for inclusion in the specified treatment groups. Regressions reported in columns (2), (4), and (6) are the same as those reported in columns (1), (3), and (5) respectively, but with the addition of strata fixed effects. Robust standard errors are reported in parentheses. A */**/** indicates significance at the 10/5/1% level using conventional inference.

TABLE A.7a: Longer-Run Treatment Effects (ITT)

| Outcome Variable | (1) Horizon (months) | (2) Mean | (3) No Controls | (4) Strata FEs | (5) Post-Lasso |
|--|----------------------------|-------------|--|--|--|
| A. Medical Spending [admin] | | | | | |
| Total spending (dollars/month) [admin] | 30 | 650.5 | -74.7 (58.5) [0.618] <i>N</i> =3,307 | -65.0 (58.0) [0.720] <i>N</i> =3,307 | -39.7 (47.9) [0.754] <i>N</i> =3,155 |
| Drug spending [admin] | 30 | 148.8 | -25.2 (27.7) [0.836] <i>N</i> =3,307 | -23.5 (27.6) [0.864] <i>N</i> =3,307 | -22.2 (16.4) [0.589] <i>N</i> =3,155 |
| Office spending [admin] | 30 | 74.2 | -6.6 (8.6) [0.836] <i>N</i> =3,307 | -6.0 (8.5) [0.864] <i>N</i> =3,307 | -4.8 (5.4) [0.754] <i>N</i> =3,155 |
| Hospital spending [admin] | 30 | 353.5 | -31.7 (35.6) [0.836] <i>N</i> =3,307 | -24.7 (35.5) [0.864] <i>N</i> =3,307 | -20.3 (31.9) [0.754] <i>N</i> =3,155 |
| Nonzero medical spending [admin] | 30 | 0.950 | 0.005 (0.008) [0.836] <i>N</i> =3,307 | 0.006 (0.008) [0.864] <i>N</i> =3,307 | 0.007 (0.007) [0.754] <i>N</i> =3,155 |

Notes: The outcomes in this table constitute a single family of outcomes for calculating family-wise p -values. Each row and column reports estimates from a separate regression, where observations include individuals in the control or treatment groups. The outcome in each regression is specified by the table row. The focal independent variable is an indicator for inclusion in the treatment group, and the control strategy is specified by the column. Post-Lasso controls include covariates selected by Lasso to predict the dependent variable. The set of potential predictors include baseline values of all available variables in the same family of outcomes, strata variables, and the baseline (2016) survey variables reported in Table Ia, as well as all two-way interactions between these predictors. Robust standard errors are reported in parentheses. A */**/** indicates significance at the 10/5/1% level using conventional inference, i.e., not adjusting for multiple outcomes. Family-wise p -values, reported in brackets, adjust for the number of outcome variables in the table.

TABLE A.7b: Longer-Run Treatment Effects (ITT)

| Outcome Variable | (1) Horizon (months) | (2) Mean | (3) No Controls | (4) Strata FEs | (5) Post-Lasso |
|--|----------------------------|-------------|---|---|---|
| A. Medical Spending [survey] | | | | | |
| Pharmaceutical drug utilization [survey] | 24 | 0.729 | 0.010 (0.017) [0.911] <i>N</i> =3,019 | 0.012 (0.017) [0.845] <i>N</i> =3,019 | 0.023 (0.016) [0.393] <i>N</i> =2,104 |
| Physician/ER utilization [survey] | 24 | 0.765 | -0.004 (0.016) [0.911] <i>N</i> =3,019 | -0.007 (0.016) [0.874] <i>N</i> =3,019 | -0.009 (0.018) [0.695] <i>N</i> =2,105 |
| Hospital utilization [survey] | 24 | 0.027 | 0.003 (0.006) [0.911] <i>N</i> =3,019 | 0.003 (0.006) [0.874] <i>N</i> =3,019 | 0.006 (0.007) [0.695] <i>N</i> =2,105 |

Notes: The outcomes in this table constitute a single family of outcomes for calculating family-wise p -values. See notes to Appendix Table A.7a for additional details.

TABLE A.7c: Longer-Run Treatment Effects (ITT)

| Outcome Variable | (1) Horizon (months) | (2) Mean | (3) No Controls | (4) Strata FEs | (5) Post-Lasso |
|--|----------------------------|-------------|---|---|---|
| B. Employment and Productivity [admin] | | | | | |
| Annual salary (share of baseline salary) [admin] | 30 | 0.121 | -0.001 (0.007) [1.000] <i>N</i> =3,635 | 0.001 (0.006) [0.996] <i>N</i> =3,635 | -0.001 (0.006) [0.998] <i>N</i> =3,619 |
| Job promotion [admin] | 30 | 0.360 | 0.006 (0.017) [0.996] <i>N</i> =3,635 | 0.004 (0.017) [0.996] <i>N</i> =3,635 | 0.006 (0.016) [0.996] <i>N</i> =3,619 |
| Job title change [admin] | 30 | 0.377 | -0.002 (0.017) [1.000] <i>N</i> =3,635 | -0.004 (0.017) [0.996] <i>N</i> =3,635 | -0.004 (0.017) [0.998] <i>N</i> =3,619 |
| Job terminated [admin] | 30 | 0.204 | 0.002 (0.012) [1.000] <i>N</i> =4,834 | 0.000 (0.012) [0.996] <i>N</i> =4,834 | 0.002 (0.012) [0.998] <i>N</i> =4,753 |
| Sick leave (days/year) [admin] | 30 | 6.066 | 0.013 (0.204) [1.000] <i>N</i> =4,782 | 0.059 (0.175) [0.996] <i>N</i> =4,782 | 0.018 (0.169) [0.998] <i>N</i> =4,712 |

Notes: The outcomes in this table constitute a single family of outcomes for calculating family-wise p -values. See notes to Appendix Table A.7a for additional details.

TABLE A.7d: Longer-Run Treatment Effects (ITT)

| Outcome Variable | (1) Horizon (months) | (2) Mean | (3) No Controls | (4) Strata FEs | (5) Post-Lasso |
|--|----------------------------|-------------|---|---|---|
| B. Employment and Productivity [survey] | | | | | |
| Any sick days in past year [survey] | 24 | 0.591 | -0.009 (0.019) [0.996] <i>N</i> =3,018 | -0.008 (0.019) [0.987] <i>N</i> =3,018 | -0.007 (0.017) [0.995] <i>N</i> =2,976 |
| Worked 50+ hours/week [survey] | 24 | 0.139 | -0.034** (0.014) [0.136] <i>N</i> =3,018 | -0.032** (0.013) [0.154] <i>N</i> =3,018 | -0.023** (0.011) [0.383] <i>N</i> =2,976 |
| Very satisfied with job [survey] | 24 | 0.406 | -0.010 (0.019) [0.996] <i>N</i> =3,017 | -0.012 (0.019) [0.983] <i>N</i> =3,017 | -0.006 (0.017) [0.995] <i>N</i> =2,975 |
| Very or somewhat satisfied with job [survey] | 24 | 0.833 | 0.004 (0.015) [0.996] <i>N</i> =3,017 | 0.003 (0.015) [0.987] <i>N</i> =3,017 | -0.002 (0.013) [0.995] <i>N</i> =2,975 |
| Management priority on health/safety [survey] | 24 | 0.784 | 0.028* (0.016) [0.539] <i>N</i> =3,018 | 0.028* (0.016) [0.534] <i>N</i> =3,018 | 0.024 (0.015) [0.632] <i>N</i> =2,976 |
| Happier at work than last year [survey] | 24 | 0.541 | 0.006 (0.019) [0.996] <i>N</i> =3,012 | 0.005 (0.019) [0.987] <i>N</i> =3,012 | -0.001 (0.019) [0.995] <i>N</i> =2,970 |
| Presenteeism [survey] | 24 | 23.899 | 0.316 (0.282) [0.896] <i>N</i> =3,020 | 0.292 (0.281) [0.923] <i>N</i> =3,020 | 0.258 (0.258) [0.924] <i>N</i> =2,978 |
| Feel very productive at work [survey] | 24 | 0.437 | -0.005 (0.019) [0.996] <i>N</i> =3,017 | -0.007 (0.019) [0.987] <i>N</i> =3,017 | -0.008 (0.019) [0.995] <i>N</i> =2,975 |
| Received promotion [survey] | 24 | 0.487 | -0.008 (0.019) [0.996] <i>N</i> =3,017 | -0.013 (0.019) [0.983] <i>N</i> =3,017 | -0.017 (0.019) [0.930] <i>N</i> =2,975 |
| Job search very likely [survey] | 24 | 0.119 | 0.018 (0.012) [0.742] <i>N</i> =3,016 | 0.016 (0.012) [0.797] <i>N</i> =3,016 | 0.017 (0.012) [0.740] <i>N</i> =2,974 |
| Job search somewhat/very likely [survey] | 24 | 0.296 | 0.015 (0.018) [0.962] <i>N</i> =3,016 | 0.018 (0.017) [0.923] <i>N</i> =3,016 | 0.019 (0.016) [0.872] <i>N</i> =2,974 |

Notes: The outcomes in this table constitute a single family of outcomes for calculating family-wise p -values. See notes to Appendix Table A.7a for additional details.

TABLE A.7e: Longer-Run Treatment Effects (ITT)

| Outcome Variable | (1) Horizon (months) | (2) Mean | (3) No Controls | (4) Strata FEs | (5) Post-Lasso |
|--|-------------------------|-----------------|------------------------------|------------------------------|------------------------------|
| B. Employment and Productivity [admin/survey] | | | | | |
| Productivity index [survey/admin] | 24 | 0.000 | -0.015 (0.062) [0.805] | -0.025 (0.062) [0.686] | -0.054 (0.056) [0.328] |
| | | <i>N</i> =2,890 | <i>N</i> =2,890 | <i>N</i> =2,890 | <i>N</i> =2,881 |

Notes: The outcomes in this table constitute a single family of outcomes for calculating family-wise p -values. See notes to Appendix Table A.7a for additional details.

TABLE A.7f: Longer-Run Treatment Effects (ITT)

| Outcome Variable | (1) Horizon (months) | (2) Mean | (3) No Controls | (4) Strata FEs | (5) Post-Lasso |
|---|----------------------------|-----------------|------------------------------|------------------------------|-----------------------------|
| C. Health Status and Behaviors [admin] | | | | | |
| IL Marathon/10K/5K 2018 [admin] | 30 | 0.052 | 0.006 (0.007) [0.625] | 0.006 (0.007) [0.594] | 0.001 (0.006) [0.995] |
| | | <i>N</i> =4,834 | <i>N</i> =4,834 | <i>N</i> =4,834 | <i>N</i> =4,817 |
| Campus gym visits (days/year) [admin] | 30 | 5.047 | -0.342 (0.660) [0.625] | -0.337 (0.649) [0.595] | 0.001 (0.367) [0.998] |
| | | <i>N</i> =4,834 | <i>N</i> =4,834 | <i>N</i> =4,834 | <i>N</i> =4,817 |

Notes: The outcomes in this table constitute a single family of outcomes for calculating family-wise p -values. See notes to Appendix Table A.7a for additional details.

TABLE A.7g: Longer-Run Treatment Effects (ITT)

| Outcome Variable | (1) Horizon (months) | (2) Mean | (3) No Controls | (4) Strata FEs | (5) Post-Lasso |
|--|-------------------------|-------------|---|---|---|
| C. Health Status and Behaviors [survey] | | | | | |
| Ever screened [survey] | 24 | 0.962 | 0.029*** (0.008) [0.006] N=3,020 | 0.031*** (0.008) [0.003] N=3,020 | 0.027*** (0.007) [0.005] N=3,010 |
| Physically active [survey] | 24 | 0.373 | 0.039** (0.019) [0.359] N=3,020 | 0.044** (0.019) [0.170] N=3,020 | 0.030** (0.014) [0.363] N=3,010 |
| Trying to be active [survey] | 24 | 0.809 | -0.004 (0.015) [1.000] N=3,020 | -0.001 (0.015) [1.000] N=3,020 | 0.003 (0.013) [0.999] N=3,010 |
| Current smoker (cigarettes) [survey] | 24 | 0.057 | -0.021** (0.010) [0.290] N=3,017 | -0.023** (0.009) [0.180] N=3,017 | -0.013** (0.006) [0.387] N=3,007 |
| Drinker [survey] | 24 | 0.665 | -0.009 (0.018) [1.000] N=3,017 | -0.011 (0.018) [1.000] N=3,017 | 0.003 (0.014) [0.999] N=3,007 |
| Heavy drinker [survey] | 24 | 0.048 | 0.005 (0.008) [1.000] N=3,017 | 0.005 (0.008) [1.000] N=3,017 | 0.007 (0.007) [0.980] N=3,007 |
| Chronic condition [survey] | 24 | 0.758 | -0.003 (0.017) [1.000] N=3,020 | 0.001 (0.016) [1.000] N=3,020 | -0.006 (0.013) [0.999] N=3,010 |
| Excellent or v. good health [survey] | 24 | 0.569 | 0.009 (0.019) [1.000] N=3,020 | 0.008 (0.019) [1.000] N=3,020 | -0.005 (0.017) [0.999] N=3,010 |
| Not poor health [survey] | 24 | 0.992 | -0.006** (0.003) [0.359] N=3,020 | -0.006* (0.003) [0.462] N=3,020 | -0.006** (0.003) [0.456] N=3,010 |
| Physical problems [survey] | 24 | 0.406 | -0.011 (0.019) [1.000] N=3,020 | -0.009 (0.019) [1.000] N=3,020 | -0.011 (0.017) [0.998] N=3,010 |
| Lots of energy [survey] | 24 | 0.316 | 0.030* (0.018) [0.650] N=3,019 | 0.032* (0.018) [0.524] N=3,019 | 0.027* (0.016) [0.625] N=3,009 |
| Bad emotional health [survey] | 24 | 0.296 | -0.005 (0.018) [1.000] N=3,018 | -0.008 (0.018) [1.000] N=3,018 | -0.004 (0.016) [0.999] N=3,008 |
| Overweight [survey] | 24 | 0.564 | 0.005 (0.019) [1.000] N=3,019 | 0.008 (0.019) [1.000] N=3,019 | 0.006 (0.013) [0.999] N=3,010 |
| High BP/cholesterol/glucose [survey] | 24 | 0.330 | -0.011 (0.018) [1.000] N=3,019 | -0.002 (0.018) [1.000] N=3,019 | 0.004 (0.015) [0.999] N=3,009 |
| Sedentary [survey] | 24 | 0.553 | 0.008 (0.019) [1.000] N=3,018 | 0.009 (0.019) [1.000] N=3,018 | -0.007 (0.015) [0.999] N=3,008 |

Notes: The outcomes in this table constitute a single family of outcomes for calculating family-wise p -values. See notes to Appendix Table A.7a for additional details.

TABLE A.8: The Loadings of the First Principal Component of Productivity

| Productivity Variables | (1) Baseline | (2) First-Year Follow-Up | (3) Longer-Run Follow-Up |
|--|-----------------|--------------------------------|--------------------------------|
| Sick leave (days/year) [admin] | -0.429 | -0.064 | -0.053 |
| Any sick days in past year [survey] | -0.402 | -0.050 | -0.042 |
| Worked 50+ hours/week [survey] | 0.293 | -0.035 | -0.024 |
| Management priority on health/safety [survey] | 0.299 | 0.229 | 0.235 |
| Annual salary (dollars) [admin] | 0.364 | N/A | N/A |
| Very or somewhat satisfied with job [survey] | 0.409 | 0.342 | 0.381 |
| Very satisfied with job [survey] | 0.424 | 0.320 | 0.363 |
| Job search somewhat/very likely [survey] | N/A | -0.307 | -0.335 |
| Job search very likely [survey] | N/A | -0.283 | -0.303 |
| Feel very productive at work [survey] | N/A | 0.209 | 0.257 |
| Annual salary (share of baseline salary) [admin] | N/A | 0.232 | 0.208 |
| Received promotion [survey] | N/A | 0.250 | 0.233 |
| Happier at work than last year [survey] | N/A | 0.306 | 0.337 |
| Job title change [admin] | N/A | 0.379 | 0.292 |
| Job promotion [admin] | N/A | 0.386 | 0.309 |

Notes: The first principal component of productivity corresponds to the “productivity index” outcome reported in other tables. This component is calculated as a linear combination of productivity variables, where the weights in that linear combination are equal to the loadings reported in this table and the variables in that linear combination are normalized to have a mean of zero and variance of one. The sum of the squared loadings is equal to one for each column.

TABLE A.9: Associations Between Administrative and Survey Measures of Productivity

| | (1) Annual salary (share of baseline salary) | (2) Job promotion | (3) Job title change | (4) Job terminated | (5) Sick leave (days/year) |
|---|---|---------------------------------|---------------------------------|---------------------------------|----------------------------------|
| Any sick days in past year [survey] | -0.009* (0.005) N=3,322 | 0.005 (0.014) N=3,322 | 0.009 (0.014) N=3,322 | -0.026*** (0.007) N=3,565 | 3.242*** (0.240) N=3,565 |
| Worked 50+ hours/week [survey] | 0.006 (0.007) N=3,323 | -0.032* (0.018) N=3,323 | -0.036** (0.018) N=3,323 | 0.011 (0.010) N=3,566 | -3.278*** (0.295) N=3,566 |
| Very satisfied with job [survey] | 0.011** (0.005) N=3,320 | 0.021 (0.014) N=3,320 | 0.021 (0.014) N=3,320 | -0.013* (0.007) N=3,564 | -1.004*** (0.250) N=3,564 |
| Very or somewhat satisfied with job [survey] | 0.026*** (0.005) N=3,320 | 0.050*** (0.017) N=3,320 | 0.043** (0.017) N=3,320 | -0.026** (0.011) N=3,564 | -1.440*** (0.334) N=3,564 |
| Management priority on health/safety [survey] | 0.013** (0.005) N=3,322 | 0.048*** (0.015) N=3,322 | 0.046*** (0.016) N=3,322 | -0.023** (0.010) N=3,566 | -0.184 (0.299) N=3,566 |
| Happier at work than last year [survey] | 0.026*** (0.005) N=3,319 | 0.085*** (0.013) N=3,319 | 0.089*** (0.013) N=3,319 | -0.004 (0.007) N=3,562 | -0.894*** (0.249) N=3,562 |
| Feel very productive at work [survey] | 0.004 (0.005) N=3,323 | 0.017 (0.014) N=3,323 | 0.014 (0.014) N=3,323 | -0.011 (0.007) N=3,567 | 0.130 (0.245) N=3,567 |
| Received promotion [survey] | 0.050*** (0.005) N=3,319 | 0.229*** (0.013) N=3,319 | 0.225*** (0.013) N=3,319 | -0.013* (0.007) N=3,562 | 0.007 (0.246) N=3,562 |
| Job search very likely [survey] | 0.003 (0.007) N=3,319 | -0.049** (0.019) N=3,319 | -0.046** (0.020) N=3,319 | 0.166*** (0.018) N=3,561 | -1.522*** (0.347) N=3,561 |
| Job search somewhat/very likely [survey] | 0.004 (0.005) N=3,319 | -0.042*** (0.014) N=3,319 | -0.039*** (0.014) N=3,319 | 0.086*** (0.009) N=3,561 | -0.502* (0.262) N=3,561 |
| Sample size (outcome mean) | 3,309 | 3,309 | 3,309 | 3,550 | 3,550 |
| Outcome mean | 0.061 | 0.184 | 0.192 | 0.045 | 6.473 |

Notes: Each row and column reports estimates from a separate regression, where observations include all individuals who completed the one-year follow-up survey. The outcome in each regression is specified by the table column. The independent variable is the survey response, which is always an indicator variable. (The Presenteeism survey variable is omitted from this table.) The outcome mean is calculated for the sample of observations that have non-missing values for all survey variables listed in this table. Regressions are unweighted. Robust standard errors are reported in parentheses. A */**/** indicates significance at the 10/5/1% level using conventional inference, i.e., not adjusting for multiple outcomes.

TABLE A.10: Tests of Differential Attrition Between Control and Treatment Groups

| | (1) Control | (2) Treatment | (3) Difference | (4) <i>p</i> -value |
|---|----------------|------------------|-------------------|------------------------|
| Health insurance enrollment (first 12 months) | 0.634 | 0.638 | 0.004 | 0.768 |
| Health insurance enrollment (first 30 months) | 0.613 | 0.615 | 0.002 | 0.887 |
| Job terminated (first 12 months) | 0.122 | 0.109 | -0.013 | 0.210 |
| Job terminated (first 30 months) | 0.202 | 0.204 | 0.002 | 0.862 |
| 2017 survey | 0.754 | 0.730 | -0.024 | 0.075 |
| 2018 survey | 0.646 | 0.615 | -0.031 | 0.036 |
| Sample size | 1,534 | 3,300 | | |

Notes: This table reports health insurance enrollment rates and job termination rates for the first 12 and the first 30 months following randomization, and completion rates for the 2017 and 2018 online surveys. An individual's insurance enrollment is defined as the number of covered months divided by the length of the sample period (either 12 or 30 months). Columns (1)-(2) report unweighted means for the control and treatment groups. Column (3) reports the difference between the two means and column (4) reports the *p*-value from a joint test of equality of the two means.

TABLE A.11: First-Year Winsorized Medical Spending Treatment Effects

| | (1) | (2) | (3) | (4) | (5) |
|--|----------------------------------|---------------------------------|---------------------------------|---------------------------------|---------------------------------|
| A. ITT Estimates (Post-Lasso) | | | | | |
| Total spending (dollars/month) [admin] | 34.9 (36.9) [-37.5, 107.2] | 16.0 (23.2) [-29.5, 61.5] | 17.2 (19.5) [-21.0, 55.3] | 15.4 (13.5) [-11.0, 41.9] | 10.9 (9.7) [-8.2, 30.0] |
| <i>N</i> | 3,152 | 3,152 | 3,152 | 3,152 | 3,152 |
| Winsorization (percent) | 0 | 0.5 | 1 | 2.5 | 5 |
| B. IV Estimates (Post-Lasso) | | | | | |
| Total spending (dollars/month) [admin] | 52.3 (59.4) [-64.2, 168.7] | 20.4 (38.0) [-54.1, 94.9] | 22.0 (31.7) [-40.2, 84.2] | 21.9 (21.9) [-20.9, 64.8] | 16.6 (15.7) [-14.2, 47.5] |
| <i>N</i> | 3,152 | 3,152 | 3,152 | 3,152 | 3,152 |
| Winsorization (percent) | 0 | 0.5 | 1 | 2.5 | 5 |

Notes: Each row and column reports estimates from a separate regression, where observations include individuals in the control or treatment groups. The outcome in each regression is winsorized (top-coded) average monthly medical spending over the first 12 months of the intervention, winsorized at the level indicated in each column. Regressions are weighted by the number of months of coverage. In Panel A (ITT), the focal independent variable is an indicator for inclusion in the treatment group, and all regressions include the same controls as the ITT post-Lasso specification reported in row 1 and column (3) of Table III. In Panel B (IV), the (endogenous) focal independent variable is an indicator for completing the screening and HRA, the instrument is an indicator for inclusion in the treatment group, and all regressions include the same controls as the IV post-Lasso specification reported in row 1 and column (2) of Table IV. Column (1) replicates the (non-winsorized) ITT and IV post-Lasso results reported in Table III and Table IV. Robust standard errors are reported in parentheses, and 95% confidence intervals are reported in brackets. A */**/** indicates significance at the 10/5/1% level using conventional inference.

TABLE A.12: Longer-Run Winsorized Medical Spending Treatment Effects

| | (1) | (2) | (3) | (4) | (5) |
|--|-----------------------------------|---------------------------------|--------------------------------|---------------------------------|-------------------------------|
| A. ITT Estimates (Post-Lasso) | | | | | |
| Total spending (dollars/month) [admin] | -39.7 (47.9) [-133.7, 54.3] | -1.4 (24.7) [-49.8, 47.0] | 5.7 (20.1) [-33.8, 45.1] | 12.2 (13.9) [-15.0, 39.4] | 10.2 (9.8) [-9.1, 29.5] |
| <i>N</i> | 3,155 | 3,155 | 3,155 | 3,155 | 3,155 |
| Winsorization (percent) | 0 | 0.5 | 1 | 2.5 | 5 |

Notes: Each row and column reports estimates from a separate regression, where observations include individuals in the control or treatment groups. The outcome in each regression is winsorized (top-coded) average monthly medical spending over the first 30 months of the intervention, winsorized at the level indicated in each column. Regressions are weighted by the number of months of coverage. In Panel A (ITT), the focal independent variable is an indicator for inclusion in the treatment group, and all regressions include the same controls as the ITT post-Lasso specification reported in row 1 and column (6) of Table III. Column (1) replicates the (non-winsorized) ITT result reported in Table III. Robust standard errors are reported in parentheses, and 95% confidence intervals are reported in brackets. A */**/** indicates significance at the 10/5/1% level using conventional inference.

TABLE A.13: Meta-Analysis Estimates of Publication Bias

| (1) | (2) | (3) | (4) |
|--|------------------|------------------|--|
| Student- <i>t</i> Distribution of Wellness Program Effects | | | Relative Publication Probability for $p > 0.05$ |
| $\bar{\theta}$ | $\tilde{\tau}$ | ν | $\beta_{1,p}$ |
| -0.583 (0.398) | 0.385 (0.302) | 1.990 (0.478) | 0.369 (0.153) |

Notes: Using the method of [Andrews and Kasy \(forthcoming, 2019\)](#), we estimate the model given by Equation [A.1](#). Table reports the meta-analysis estimates of the bias-corrected distribution of wellness program effects on medical spending and absenteeism, with location ($\bar{\theta}$), scale ($\tilde{\tau}$), and degrees of freedom ($\tilde{\nu}$) parameters for a Student-*t* distribution. Publication probability $\beta_{1,p}$ for studies not significant at the 5% level is normalized relative to studies significant at the 5% level.

TABLE A.14: Variable Definitions

| Variable Name | Data Source | Survey Question(s) | Formula | Time Period |
|--|--------------------------|--------------------|--|---|
| Male | Human resources data (C) | N/A | Sex = Male | May 30, 2016 |
| Age 50+ | Human resources data (C) | N/A | $50 \leq \text{Age}$ | May 30, 2016 |
| Age 37-49 | Human resources data (C) | N/A | $37 \leq \text{Age} \leq 49$ | May 30, 2016 |
| White | Human resources data (C) | N/A | Race = White | May 30, 2016 |
| Salary Q1 (bottom quartile) | Human resources data (C) | N/A | Salary \leq 25th percentile | Pre-period: May 30, 2016 Post-periods: August 15, 2017 January 31, 2019 |
| Salary Q2 | Human resources data (C) | N/A | 25th pctile \leq Salary \leq 50th pctile | Pre-period: May 30, 2016 Post-periods: August 15, 2017 January 31, 2019 |
| Salary Q3 | Human resources data (C) | N/A | 50th pctile \leq Salary \leq 75th pctile | Pre-period: May 30, 2016 Post-periods: August 15, 2017 January 31, 2019 |
| Faculty | Human resources data (C) | N/A | Employment Class = Faculty | May 30, 2016 |
| Academic Staff | Human resources data (C) | N/A | Employment Class = Academic Staff | May 30, 2016 |
| Annual salary | Human resources data (C) | N/A | N/A | Pre-period: May 30, 2016 Post-periods: August 15, 2017 January 31, 2019 |
| Annual salary (share of baseline salary) | Human resources data (C) | N/A | (Current salary / May 30, 2016 Salary) - 1 | Pre-period: N/A Post-periods: August 15, 2017 January 31, 2019 |
| Job title change | Human resources data (C) | N/A | In case of multiple titles, only measures title changes associated with primary job. | Pre-period: N/A Post-periods: August 15, 2017 January 31, 2019 |

TABLE A.14: Variable Definitions

| Variable Name | Data Source | Survey Question(s) | Formula | Time Period |
|------------------------|--|---|---|--|
| Job promotion | Human resources data (C) | N/A | Job title change = 1 & Salary raise > 0 | Pre-period: N/A Post-periods: August 15, 2017 January 31, 2019 |
| Job terminated | Human resources data (C) | N/A | TerminationDate<= Current date | Pre-period: N/A Post-periods: August 15, 2017 January 31, 2019 |
| Sick leave (days/year) | Human resources data (C) | N/A | Sick days are measured monthly for CS employees, and biannually (August 15th and May 15th) for AP and Faculty employees. Number of sick days is normalized by fraction of year employed. | Pre-period: ³⁰ 8/1/15 - 7/31/16 Post-periods: 8/1/16 - 7/31/17 8/1/16 - 1/31/19 |
| Ever screened | 2016 Online survey (A) 2017 Online survey (G) 2018 Online survey (G) | A1 (G1) Have you ever had your cholesterol checked? A2 (G2) Have you ever had a blood test for high blood sugar or diabetes, other than during pregnancy? A3 (G3) Have you ever had a blood test for high blood sugar or diabetes? A4 (G4) In the last 12 months, have you had a Pap test or Pap smear? A5 (G5) In the last 12 months, have you had a mammogram? A8 (G8) In the last 12 months, have you had a sigmoidoscopy or a colonoscopy? A9 (G9) In the last 12 months, have you had a blood test to check for prostate cancer? | Any of A1-A5, A8-A9 (G1-G5, G8-G9) = "Yes" | (A) July 2016 (G) July 2017 (G) July 2018 |
| Physically active | 2016 Online survey (A) 2017 Online survey (G) 2018 Online survey (G) | A11 (G11) Compared with most people your age, would you say you are more physically active, less physically active, or about the same? | A11 (G11) = "More active" | (A) July 2016 (G) July 2017 (G) July 2018 |

30. Pre- and post-period end dates are extended by 15 days for AP and Faculty employees (see description in Formula).

TABLE A.14: Variable Definitions

| Variable Name | Data Source | Survey Question(s) | Formula | Time Period |
|-----------------------------|--|---|---|---|
| Trying to be active | 2016 Online survey (A) 2017 Online survey (G) 2018 Online survey (G) | A12 (G12) In the last 12 months, have you been told by a doctor or health professional to increase your physical activity or exercise? A13 (G13) Are you currently trying to increase your physical activity or exercise? | A12 (G12) = “Yes” or A13 (G13) = “Yes” | (A) July 2016 (G) July 2017 (G) July 2018 |
| Current smoker (cigarettes) | 2016 Online survey (A) 2017 Online survey (G) 2018 Online survey (G) | A16 (G16) Have you smoked at least 100 cigarettes in your entire life? A17 (G17) Do you now smoke cigarettes every day, some days, or not at all? | A16 (G16) = “Yes” and A17 (G17) = “Every day” or “Some days” | (A) July 2016 (G) July 2017 (G) July 2018 |
| Current smoker (other) | 2016 Online survey (A) 2017 Online survey (G) 2018 Online survey (G) | A22 (G22) Do you now smoke or use any other type of tobacco product, such as pipes, cigars, or chewing tobacco, every day, some days, or not at all? A23 (G23) Do you now use e-cigarettes (also known as vape-pens, hookah-pens, e-hookahs, or e-vaporizers) every day, some days, or not at all? | A22 (G22) & A23 (G23) != “Not at all” | (A) July 2016 (G) July 2017 (G) July 2018 |
| Former smoker | 2016 Online survey (A) 2017 Online survey (G) 2018 Online survey (G) | A16 (G16) Have you smoked at least 100 cigarettes in your entire life? A17 (G17) Do you now smoke cigarettes every day, some days, or not at all? | A16 (G16) = “Yes” and A17 (G17) = “Not at all” | (A) July 2016 (G) July 2017 (G) July 2018 |
| Drinker | 2016 Online survey (A) 2017 Online survey (G) 2018 Online survey (G) | A24 (G24) In the last 7 days, on how many days did you drink any type of alcoholic beverage? | A24 (G24) != 0 | (A) July 2016 (G) July 2017 (G) July 2018 |
| Heavy drinker | 2016 Online survey (A) 2017 Online survey (G) 2018 Online survey (G) | A25 (G25) In the last 7 days, on the days when you did drink alcohol, how many drinks did you usually have per day? One “drink” is a 12 ounce can of beer, a 5 ounce glass of wine, or a 1.5 ounce shot of liquor. | A25 (G25) ≥ 4 if female A25 (G25) ≥ 5 if male | (A) July 2016 (G) July 2017 (G) July 2018 |
| Chronic condition | 2016 Online survey (A) 2017 Online survey (G) 2018 Online survey (G) | A27 (G27) Have you ever been told by a doctor or other health professional that you have any of the following? Mark all that apply. | At least one box is checked | (A) July 2016 (G) July 2017 (G) July 2018 |
| Excellent or v. good health | 2016 Online survey (A) 2017 Online survey (G) 2018 Online survey (G) | A28 (G28) Overall, how would you rate your health during the past 4 weeks? | A28 (G28) = “Excellent” or “Very good” | (A) July 2016 (G) July 2017 (G) July 2018 |
| Not poor health | 2016 Online survey (A) 2017 Online survey (G) 2018 Online survey (G) | A28 (G28) Overall, how would you rate your health during the past 4 weeks? | A28 (G28) != “Poor” | (A) July 2016 (G) July 2017 (G) July 2018 |

TABLE A.14: Variable Definitions

| Variable Name | Data Source | Survey Question(s) | Formula | Time Period |
|---------------------------------|------------------------|---|--------------------------------|---------------|
| Physical problems | 2016 Online survey (A) | A29 (G29) During the past 4 weeks, how much | A29 (G29) = "Somewhat?, | (A) July 2016 |
| | 2017 Online survey (G) | did physical health problems limit your usual | "Quite a lot?, "Could not do | (G) July 2017 |
| | 2018 Online survey (G) | physical activities (such as walking or climbing stairs)? | physical activities? or | (G) July 2018 |
| Lots of energy | 2016 Online survey (A) | A30 (G30) During the past 4 weeks, how much | A30 (G30) = "Some?, | (A) July 2016 |
| | 2017 Online survey (G) | difficulty did you have doing your daily work, | "Quite a lot?, "Could not do | (G) July 2017 |
| | 2018 Online survey (G) | both at home and away from home, because of your physical health? | daily work? or | (G) July 2018 |
| Bad emotional health | 2016 Online survey (A) | A31 (G31) How much bodily pain have you | A31 (G31) = "Mild?, | (A) July 2016 |
| | 2017 Online survey (G) | had during the past 4 weeks? | "Moderate?, "Severe?, "Very | (G) July 2017 |
| | 2018 Online survey (G) | | severe? | (G) July 2018 |
| Overweight | 2016 Online survey (A) | A32 (G32) During the past 4 weeks, how much | A32 (G32) = "An | (A) July 2016 |
| | 2017 Online survey (G) | energy did you have? | extraordinary amount", or | (G) July 2017 |
| | 2018 Online survey (G) | | "Quite a lot" | (G) July 2018 |
| High BP / cholesterol / glucose | 2016 Online survey (A) | A33 (G33) During the past 4 weeks, how much | A33 (G33) ov = | (A) July 2016 |
| | 2017 Online survey (G) | have you been bothered by emotional problems | "Moderately", "Quite a lot", | (G) July 2017 |
| | 2018 Online survey (G) | (such as feeling anxious, depressed or irritable)? | "Extremely" | (G) July 2018 |
| Sedentary | 2016 Online survey (A) | A39 (39) How would you describe your body | A39 (G39) = "Overweight" | (A) July 2016 |
| | 2017 Online survey (G) | weight? | or "Very overweight" | (G) July 2017 |
| | 2018 Online survey (G) | | | (G) July 2018 |
| Pharmaceutical drug utilization | 2016 Online survey (A) | A40 (G40) How would you describe your blood | A40 or A41 or A42 | (A) July 2016 |
| | 2017 Online survey (G) | pressure level? That is, if we measured it right | (G40 or G41 or G42) = | (G) July 2017 |
| | 2018 Online survey (G) | now, do you think your blood pressure level would be: | "High" or "Very high" | (G) July 2018 |
| Pharmaceutical drug utilization | 2016 Online survey (A) | A41 (G41) How would you describe your | | (A) July 2016 |
| | 2017 Online survey (G) | cholesterol level? That is, if we measured it | | (G) July 2017 |
| | 2018 Online survey (G) | right now, do you think your cholesterol level would be: | | (G) July 2018 |
| Pharmaceutical drug utilization | 2016 Online survey (A) | A42 (G42) How would you describe your blood | | (A) July 2016 |
| | 2017 Online survey (G) | glucose level? That is, if we measured it right | | (G) July 2017 |
| | 2018 Online survey (G) | now, do you think your blood glucose level would be: | | (G) July 2018 |
| Pharmaceutical drug utilization | 2016 Online survey (A) | A53 (G63) On an average day, how often does | A53 (G63) = "None at all" | (A) July 2016 |
| | 2017 Online survey (G) | your job involve standing or walking around? | or "Some, but less than 1 | (G) July 2017 |
| | 2018 Online survey (G) | | hour" | (G) July 2018 |
| Pharmaceutical drug utilization | 2016 Online survey (A) | A34 (G34) How many different prescription | A34 (G34) > 0 or | (A) July 2016 |
| | 2017 Online survey (G) | medications are you currently taking? | A35 (G35) > 0 | (G) July 2017 |
| | 2018 Online survey (G) | A35 (G35) How many different | | (G) July 2018 |
| | | over-the-counter medications are you currently taking? | | |

TABLE A.14: Variable Definitions

| Variable Name | Data Source | Survey Question(s) | Formula | Time Period |
|--------------------------------------|--|---|--|---|
| Physician/ER utilization | 2016 Online survey (A) 2017 Online survey (G) 2018 Online survey (G) | A36 (G36) In the last 6 months, how many times did you go to a doctor's office, clinic, emergency room, or other healthcare provider to get care for yourself? Do not include dental visits. Your best estimate is fine. | A36 (G36) != "None" | (A) July 2016 (G) July 2017 (G) July 2018 |
| Hospital utilization | 2016 Online survey (A) 2017 Online survey (G) 2018 Online survey (G) | A37 (G37) = In the last 6 months, how many different times were you a patient in a hospital at least overnight? Do not include hospital stays to deliver a baby. Your best estimate is fine. | A37 (G37) != "None" | (A) July 2016 (G) July 2017 (G) July 2018 |
| Any sick days in past year | 2016 Online survey (A) 2017 Online survey (G) 2018 Online survey (G) | A45 (G46) In the last 12 months, about how many days of work have you missed because of disability or poor health? Your best estimate is fine. | A45 (G46) != 0 | (A) July 2016 (G) July 2017 (G) July 2018 |
| Worked 50+ hours/week | 2016 Online survey (A) 2017 Online survey (G) 2018 Online survey (G) | A44 (G45) About how many hours a week do you usually work at your current job or jobs? | A44 (G45) = "50 or more" | (A) July 2016 (G) July 2017 (G) July 2018 |
| Very satisfied with job | 2016 Online survey (A) 2017 Online survey (G) 2018 Online survey (G) | A46 (G53) How satisfied are you with your current job? | A46 (G53) = "Very satisfied" | (A) July 2016 (G) July 2017 (G) July 2018 |
| Very or somewhat satisfied with job | 2016 Online survey (A) 2017 Online survey (G) 2018 Online survey (G) | A46 (G53) How satisfied are you with your current job? | A46 (G53) = "Very satisfied" or "Somewhat satisfied" | (A) July 2016 (G) July 2017 (G) July 2018 |
| Management priority on health/safety | 2016 Online survey (A) 2017 Online survey (G) 2018 Online survey (G) | A52 (G62) How much of a priority do you think your unit's management places on the health and safety of workers? | A52 (G62) = "Very high priority" or "Some priority" | (A) July 2016 (G) July 2017 (G) July 2018 |
| Happier at work than last year | 2017 Online survey (G) 2018 Online survey (G) | G54 Do you feel happier at work this year than you did last year? | G54 = Yes | (G) July 2017 (G) July 2018 |
| Presenteeism | 2017 Online survey (G) 2018 Online survey (G) | G47 Despite having disability or poor health, I was able to finish hard tasks in my work. G48 At work, I was able to focus on achieving my goals despite disability or poor health. G49 Despite having disability or poor health, I felt energetic enough to complete all my work. G50 Because of disability or poor health, the stresses of my job were much harder to handle. G51 My disability or poor health distracted me from taking pleasure in my work. G52 I felt hopeless about finishing certain work tasks, due to my disability or poor health. | Stanford Presenteeism Scale (SPS-6), using G47-G52 | (G) July 2017 (G) July 2018 |

TABLE A.14: Variable Definitions

| Variable Name | Data Source | Survey Question(s) | Formula | Time Period |
|-----------------------------------|--|--|---|---|
| Feel very productive at work | 2017 Online survey (G) | G56 How productive do you feel at work? | G56 = "Very productive" | (G) July 2017 |
| | 2018 Online survey (G) | | | (G) July 2018 |
| Received promotion | 2017 Online survey (G) | G57 During the last 12 months, have you been given a promotion or more responsibility at work? | G57 = "Yes" | (G) July 2017 |
| | 2018 Online survey (G) | | | (G) July 2018 |
| Job search very likely | 2017 Online survey (G) | G64 Taking everything into consideration, how likely are you to make a genuine effort to find a job with a new employer (outside the university) within the next year? | G64 = "Very likely" | (G) July 2017 |
| | 2018 Online survey (G) | | | (G) July 2018 |
| Job search somewhat / very likely | 2017 Online survey (G) | G64 Taking everything into consideration, how likely are you to make a genuine effort to find a job with a new employer (outside the university) within the next year? | G64 = "Very likely" or "Somewhat likely" | (G) July 2017 |
| | 2018 Online survey (G) | | | (G) July 2018 |
| Productivity index | 2016 Online survey (A) 2017 Online survey (G) 2018 Online survey (G) Human resources data (C) | All productivity-related questions described above. | First principle component of all productivity-related measures listed in this table | (A) July 2016 |
| | | | | (G) July 2017 |
| | | | | (G) July 2018 |
| | | | | (C) May 30, 2016 |
| | | | | (C) August 15, 2017 |
| Total spending (dollars/month) | Health Insurance Claims Data (B) | N/A | Monthly Average | Pre-period: 7/1/15 - 7/31/16 |
| | | | | Post-periods: 8/1/16 - 7/31/17 8/1/16 - 1/31/19 |
| Drug spending | Health Insurance Claims Data (B) | N/A | Monthly Average | Pre-period: 7/1/15 - 7/31/16 |
| | | | | Post-periods: 8/1/16 - 7/31/17 8/1/16 - 1/31/19 |
| Office spending | Health Insurance Claims Data (B) | N/A | Monthly Average | Pre-period: 7/1/15 - 7/31/16 |
| | | | | Post-periods: 8/1/16 - 7/31/17 8/1/16 - 1/31/19 |
| Hospital spending | Health Insurance Claims Data (B) | N/A | Monthly Average | Pre-period: 7/1/15 - 7/31/16 |
| | | | | Post-periods: 8/1/16 - 7/31/17 8/1/16 - 1/31/19 |

TABLE A.14: Variable Definitions

| Variable Name | Data Source | Survey Question(s) | Formula | Time Period |
|-------------------------------|----------------------------------|--------------------|--|--|
| Non-zero medical spending | Health Insurance Claims Data (B) | N/A | Monthly Average | Pre-period: 7/1/15 - 7/31/16 Post-periods: 8/1/16 - 7/31/17 8/1/16 - 1/31/19 |
| IL Marathon/10K/5K | Human Resources Data (C) | N/A | Pre-period: participated in <i>at least one</i> event during 2014 - 2016 | Pre-period: April 2014 - April 2016 Post-periods: April 2017 April 2018 |
| Campus gym visits (days/year) | Human Resources Data (C) | N/A | Number of visits to gym, measured by ID card swipe-in | Pre-period: 7/1/15 - 7/31/16 Post-periods: 8/1/16 - 7/31/17 8/1/16 - 1/31/19 |

Notes: Variable definitions are based on our pre-analysis plan, which is available at <http://www.socialscienceregistry.org/trials/1368>. All survey-based variables were prespecified. The following variables were not prespecified: job title change, job promotion, productivity index, drug spending (claims), office spending (claims), hospital spending (claims), and IL Marathon/10K/5K.

APPENDIX B: COMPARISON WITH PRIOR LITERATURE—FURTHER DETAILS

We compiled all treatment effects estimates for health care costs and absenteeism from the studies included in the following review articles on wellness programs: [Baicker, Cutler, and Song \(2010\)](#); [Baxter et al. \(2014\)](#); [?; ?](#); [Soler et al. \(2010\)](#). There are two additional articles included below that are not featured in these review articles: [?](#) and [?](#). For each study, we identify the outcome of interest, i.e., health care costs (HCC) or absenteeism (ABS). We also indicate whether the study estimated a treatment-on-the-treated (TOT) or an intent-to-treat (ITT) effect.

If a study includes only a treatment and control group, we report the levels for each, T_1 and C_1 , respectively. We use the level for the control group as the counterfactual level (CF level). We then calculate the effect as $T_1 - C_1$ and the percent change as the effect divided by the counterfactual level.

Some studies also include pre- and post-levels for the treatment and control, T_0 and C_0 , respectively. In those cases, we calculate the effect as $(T_1 - T_0) - (C_1 - C_0)$, and the counterfactual level as T_1 minus the effect. The percent change is still calculated as the effect divided by the counterfactual level.

Finally, some studies only include pre- and post-levels for the treatment group. In those cases, the effect is calculated as $T_1 - T_0$; the counterfactual level is T_0 , and the percent change is again the effect divided by the counterfactual level.

For entries with a "+" mark, we have taken the results as directly reported in an appendix table from [Baicker, Cutler, and Song \(2010\)](#).

TABLE B.1: Detailed Description of Estimates from Figure VI

| Title(Year) | Outcome | T_0 | T_1 | C_0 | C_1 | CF Level | Effect | % Change | Type |
|-------------|---------|-------|----------|-------|----------|-----------|----------|----------|------|
| ? | HCC | 2,148 | 1,800 | 1,480 | 1,368 | 2,036 | -236 | -0.12 | TOT |
| ? | HCC | | 2,666.07 | | 2,621 | 2,621 | 45.07 | 0.02 | TOT |
| ? | ABS | | 14.71 | | 15.40 | 15.40 | -0.69 | -0.04 | TOT |
| ? | ABS | | 8.15 | | 18.97 | 18.97 | -10.82 | -0.57 | TOT |
| ? | ABS | | 4.8 | | 7.86 | 7.86 | -3.06 | -0.39 | TOT |
| ? | HCC | | | | | 4,090,978 | -311,755 | -0.08 | TOT |
| ? | HCC | | 593.42 | | 1,145.60 | 1,145.60 | -552.18 | -0.48 | TOT |
| ? | ABS | 34.87 | 36.10 | 34.89 | 41.23 | 41.20 | -5.1 | -0.12 | TOT |
| ? | HCC | | 3,868 | | 7,875 | 7,875 | -4007 | -0.51 | TOT |
| ? | ABS | | 53.4 | | 95.0 | 95.0 | -41.6 | -0.44 | TOT |
| ? | HCC | | 5,855 | | 9,850 | 9,850 | -3,995 | -0.41 | TOT |
| ? | ABS | | 53.0 | | 99.0 | 99.0 | -46.0 | -0.46 | TOT |
| ? | ABS | 5.7 | 4.9 | 5.2 | 4.9 | 5.4 | -0.5 | -0.09 | ITT |
| ? | ABS | | 3.0 | | 2.9 | 2.9 | 0.1 | 0.03 | ITT |
| ?+ | ABS | 5.6 | 5.5 | 6.0 | 6.2 | 5.8 | -0.3 | -0.05 | TOT |
| ?+ | HCC | 247 | 655 | 253 | 1,234 | 1,228 | -573 | -0.47 | ITT |

TABLE B.1: Detailed Description of Estimates from Figure VI

| Title(Year) | Outcome | T_0 | T_1 | C_0 | C_1 | CF Level | Effect | % Change | Type |
|---------------|---------|-------|----------|------|----------|----------|---------|----------|------|
| ? (1997–1998) | HCC | | 26.18 | | 10.51 | 10.51 | 15.67 | 1.49 | TOT |
| ? (1997–1998) | ABS | | 0.60 | | 0.41 | 0.41 | 0.19 | 0.45 | TOT |
| ? (1998–1999) | HCC | | 6.22 | | 9.71 | 9.71 | -3.49 | -0.36 | TOT |
| ? (1998–1999) | ABS | | 0.18 | | 0.24 | 0.24 | -0.06 | -0.26 | TOT |
| ? | HCC | | 2,334 | | 3,046 | 3,046 | -709.27 | -0.23 | TOT |
| ? | ABS | 86.50 | 20.80 | | | 86.50 | -65.70 | -0.76 | TOT |
| ? | ABS | 29.3 | 23.2 | 22 | 23.3 | 30.60 | -7.40 | -0.24 | ITT |
| ? | ABS | | 1.86 | | 3.15 | 3.15 | -1.29 | -0.41 | TOT |
| ? | HCC | | 1,181 | | 2,990 | 2,990 | -1809 | -0.61 | TOT |
| ? | ABS | | 50 | | 109 | 109 | -59 | -0.54 | TOT |
| ? | HCC | | 1,351 | | 1,580 | 1,580 | -229 | -0.14 | TOT |
| ? | HCC | | 4,484.66 | | 5,359.66 | 5,360 | -875.00 | -0.16 | TOT |
| ? | ABS | | 294.2 | | 366.82 | 366.82 | -72.62 | -0.20 | TOT |
| ? | ABS | | 161 | | 231 | 231 | -70 | -0.30 | TOT |
| ? | HCC | | 5,264 | | 5,825 | 5,825 | -561 | -0.10 | ITT |
| ? | HCC | 24.6 | -4.4 | 10.4 | 6.0 | 100 | -24.60 | -0.25 | ITT |

TABLE B.1: Detailed Description of Estimates from Figure VI

| Title(Year) | Outcome | T_0 | T_1 | C_0 | C_1 | CF Level | Effect | % Change | Type |
|-------------|---------|-------|---------|-------|----------|----------|-----------|----------|------|
| ? | ABS | | 7.6 | | 10.1 | 10.1 | -2.5 | -0.25 | ITT |
| ? | HCC | | 946.27 | | 6,518.32 | 6,518.32 | -5,572.04 | -0.85 | TOT |
| ? | ABS | | 35 | | 63 | 63 | -28 | -0.44 | TOT |
| ? | HCC | | 13,829 | | 14,909 | 14,909 | -1080 | -0.07 | TOT |
| ? (1) | HCC | 765 | 951 | 721 | 1,021 | 1,065 | -114 | -0.11 | ITT |
| ? (2) | HCC | 616 | 811 | 721 | 1,021 | 916 | -105 | -0.11 | ITT |
| ? (3) | HCC | 448 | 516 | 721 | 1,021 | 748 | -232 | -0.31 | ITT |
| ? | HCC | 1,376 | 1,730 | 1,188 | 1,685 | 1,873 | -143 | -0.08 | ITT |
| ? | ABS | | 4.30 | | 5.50 | 5.50 | -1.20 | -0.22 | ITT |
| ? | HCC | 1,138 | 834 | 632 | 567 | 1,075 | -241 | -0.22 | TOT |
| ? | ABS | 3.85 | 2.95 | 1.8 | 1.6 | 3.66 | -0.71 | -0.19 | TOT |
| ? | HCC | 97.37 | 227.38 | 84.52 | 297.73 | 311.03 | -83.20 | -0.27 | TOT |
| ? | HCC | | 1,053 | | 1,041 | 1,041 | 12 | 0.01 | TOT |
| ? | HCC | | 191,992 | | 469,694 | 469,694 | -277,702 | -0.59 | TOT |
| ? | HCC | | 212 | | 279 | 279 | -67 | -0.24 | ITT |
| ? | ACC | | 12.3 | | 9.1 | 9.1 | 3.2 | 0.35 | ITT |

TABLE B.1: Detailed Description of Estimates from Figure VI

| Title(Year) | Outcome | T_0 | T_1 | C_0 | C_1 | CF Level | Effect | % Change | Type |
|-------------|---------|--------|--------|--------|--------|----------|--------|----------|------|
| ? (imputed) | ACC | | 14.4 | | 15.7 | 15.7 | -1.3 | -0.08 | ITT |
| ? | HCC | | 3,835 | | 4,400 | 4,400 | -565 | -0.13 | ITT |
| ? | ABS | 0.052 | 0.051 | 0.065 | 0.077 | 0.06 | -0.01 | -0.20 | TOT |
| ? | HCC | 225.74 | 227.77 | 226.75 | 276.01 | 275.0 | -47.23 | -0.17 | ITT |
| ? | HCC | | 1,970 | | 4,353 | 4,353 | -2,383 | -0.55 | TOT |
| ? | ABS | | 1.1 | | 3.1 | 3.1 | -2.0 | -0.65 | TOT |
| ? | HCC | | 586.57 | | 645.82 | 645.82 | -59.25 | -0.09 | TOT |
| ? | ABS | 18.0 | 13.5 | 19.1 | 18.2 | 18.0 | -3.6 | -0.2 | ITT |
| ? | ABS | 43.19 | 46.63 | 33.33 | 43.39 | 53.25 | -6.62 | -0.12 | ITT |
| ? | ABS | 9.1 | 10.2 | 9.1 | 10.8 | 10.8 | -0.6 | -0.06 | TOT |
| ? | ABS | 10.17 | 5.40 | 13.75 | 13.65 | 10.06 | -4.66 | -0.46 | TOT |
| ?+ | HCC | 2,171 | 1,695 | 1,881 | 1,995 | 2,285 | -590 | -0.26 | ITT |
| ? | ABS | 18.0 | 17.2 | 18.0 | 19.4 | 19.4 | -2.2 | -0.11 | ITT |
| ? | ABS | | 5.11 | | 14.0 | 14.0 | -8.89 | -0.64 | TOT |
| ? | ABS | | 9.83 | | 5.75 | 5.75 | 4.08 | 0.71 | ITT |
| ? | ABS | 4.40 | 3.70 | 5.57 | 5.49 | 4.32 | -0.62 | -0.14 | TOT |

TABLE B.1: Detailed Description of Estimates from Figure VI

| Title(Year) | Outcome | T_0 | T_1 | C_0 | C_1 | CF Level | Effect | % Change | Type |
|--------------|---------|--------|---------------|--------|-----------|-----------|------------|----------|------|
| ? | ABS | 0.158 | 0.077 | 0.143 | 0.095 | 0.11 | -0.03 | -0.30 | ITT |
| ? | ABS | | 56.4 | | 73.5 | 73.5 | -17.1 | -0.23 | TOT |
| ? | HCC | | - 17,900.0 | | -17,979.4 | -17,979.4 | 79.4 | 0.04 | ITT |
| ? | HCC | | 2,838.0 | | 4,806.6 | 4,806.6 | -1,968.6.0 | -0.41 | TOT |
| ? | HCC | 2,960 | 1,539 | 3,002 | 2,522 | 2,480 | -941 | -0.38 | ITT |
| ? | ABS | 0.38 | 0.35 | 0.58 | 0.76 | 0.56 | -0.21 | -0.38 | TOT |
| ? (G1 vs G2) | HCC | 7.8 | 6.2 | 7.0 | 5.9 | 6.70 | -0.50 | -0.07 | ITT |
| ? (G1 vs G3) | HCC | 7.9 | 6.0 | 7.0 | 5.9 | 6.70 | -0.80 | -0.12 | ITT |
| ? | ABS | | 22.66 | | 29.08 | 29.08 | -6.42 | -0.22 | TOT |
| ? | HCC | 1,658 | 1,819 | 1,413 | 2,219 | 2,464 | -647 | -0.26 | TOT |
| ? | HCC | 1,531 | 2,907 | 1,427 | 3,429 | 3,533 | -626 | -0.18 | TOT |
| ? | ABS | 6.0 | 2.9 | 4.5 | 7.4 | 8.9 | -6.0 | -0.67 | ITT |
| ? (DM) | HCC | 625.46 | 734.99 | 470.33 | 646.97 | 802.10 | -67.11 | -0.08 | TOT |
| ? (DM) | ABS | 67.87 | 76.3 | 67.38 | 72.52 | 73.02 | 3.28 | 0.04 | TOT |
| ? (LM) | HCC | 403.19 | 481.46 | 302.68 | 407.87 | 508.38 | -26.93 | -0.05 | TOT |

TABLE B.1: Detailed Description of Estimates from Figure VI

| Title(Year) | Outcome | T_0 | T_1 | C_0 | C_1 | CF Level | Effect | % Change | Type |
|---------------------------|---------|-------|---------|-------|----------|----------|----------|----------|------|
| ? (LM) | ABS | 60.36 | 65.66 | 57.57 | 64.08 | 66.88 | -1.22 | -0.02 | TOT |
| ? | ABS | | 7.88 | | 13.75 | 13.75 | -5.87 | -0.43 | TOT |
| ? | HCC | 170 | 212 | 180 | 257 | 247 | -35 | -0.14 | TOT |
| ? | HCC | | 169,780 | | 105,220 | 105,220 | 64,560 | 0.61 | TOT |
| ? | ABS | | 600 | | 800 | 800 | -200 | -0.25 | TOT |
| ? | ABS | | 0.33 | | 0.49 | 0.49 | -0.16 | -0.32 | ITT |
| ? | ABS | | 0.01 | | 0.015 | 0.015 | -0.005 | -0.33 | TOT |
| ? | ABS | | 3,745 | | 4,505 | 4,505 | -760 | -0.17 | ITT |
| ? | ABS | 17.2 | 21.0 | 15.2 | 25.25 | 27.25 | -6.25 | -0.23 | ITT |
| ? | HCC | | 236 | | 325 | 325 | -89 | -0.27 | ITT |
| ? | HCC | | 2,413 | | 2,327.86 | 2,327.86 | 85.14 | 0.04 | TOT |
| ? (High CV risk subgroup) | HCC | | 3,425 | | 4,251.95 | 4,251.95 | -826.95 | -0.19 | TOT |
| ? | ABS | | 14.22 | | 67.44 | 67.44 | -53.22 | -0.79 | TOT |
| ? | ABS | | 3.0 | | 4.22 | 4.22 | -1.22 | -0.29 | TOT |
| ? | HCC | | 134,700 | | 289,141 | 289,141 | -154,441 | -0.53 | ITT |

TABLE B.1: Detailed Description of Estimates from Figure VI

| Title(Year) | Outcome | T_0 | T_1 | C_0 | C_1 | CF Level | Effect | % Change | Type |
|--------------|---------|--------|----------|--------|----------|----------|---------|----------|------|
| ? | ABS | 6.6 | 17.2 | 6.6 | 23.3 | 23.3 | -6.1 | -0.26 | TOT |
| ? | HCC | 314.50 | 523.20 | 224.00 | 400.00 | 490.50 | 32.70 | 0.07 | TOT |
| ? | ABS | 29.2 | 27.8 | 33.2 | 38.1 | 34.1 | -6.3 | -0.18 | TOT |
| ? | HCC | | 3,130.33 | | 3,397.00 | 3,397.00 | -266.67 | -0.08 | TOT |
| ? | HCC | 294 | 296 | 295 | 396 | 395 | -99 | -0.25 | ITT |
| ? (G1 vs G2) | HCC | 547.98 | 424.21 | 582.05 | 465.25 | 431.18 | -6.97 | -0.02 | ITT |
| ? (G1 vs G2) | ABS | 4.96 | 4.69 | 5.05 | 4.78 | 4.69 | 0.0 | 0.0 | ITT |
| ? (G1 vs G3) | HCC | 580.84 | 410.89 | 582.05 | 462.25 | 464.05 | -53.15 | -0.11 | ITT |
| ? (G1 vs G3) | ABS | 5.15 | 4.08 | 5.05 | 4.78 | 4.88 | -0.8 | -0.16 | ITT |
| ? (G1 vs G4) | HCC | 601.84 | 384.43 | 582.05 | 465.25 | 485.05 | -100.62 | -0.21 | ITT |
| ? (G1 vs G4) | ABS | 5.22 | 3.24 | 5.05 | 4.78 | 4.95 | -1.71 | -0.35 | ITT |
| ? | HCC | | 5,042.06 | | 5,683.38 | 5,683.38 | -641.32 | -0.11 | TOT |
| ? | ABS | | 2.3 | | 3.32 | 3.32 | -1.02 | -0.31 | TOT |
| ? | HCC | | 925 | | 1109 | 1109 | -184 | -0.17 | ITT |
| ? | HCC | 17.4 | 19.3 | 17.1 | 29.9 | 30.2 | -10.9 | -0.36 | ITT |
| ? | ABS | | 10.20 | | 13.45 | 13.45 | -3.25 | -0.24 | ITT |

TABLE B.1: Detailed Description of Estimates from Figure VI

| Title(Year) | Outcome | T_0 | T_1 | C_0 | C_1 | CF Level | Effect | % Change | Type |
|-------------|---------|-------|-------|-------|-------|----------|--------|----------|------|
| ? | ABS | 0.74 | 0.31 | 0.75 | 1.16 | 1.16 | -0.85 | -0.73 | ITT |
| ? | ABS | 2.5 | 2.32 | 2.87 | 4.19 | 3.82 | -1.50 | -0.39 | TOT |
| ? | HCC | 6,185 | 7,743 | 5,249 | 7,734 | 8,670 | -927 | -0.11 | TOT |

APPENDIX C: MULTIPLE HYPOTHESIS TESTING

METHODOLOGY

Multiple hypotheses arise when there are multiple outcomes of interest, multiple subgroups of interest, multiple independent variables of interest, or some combination thereof. Consider testing $K > 1$ different null hypotheses. The family-wise error rate (FWER) is the probability of rejecting at least one true null hypothesis (i.e., a “false discovery”) belonging to this “family” of K hypotheses. A procedure is said to provide strong control of the FWER if it does not depend on which of the K null hypotheses happen to be true.

We estimate the FWER using the free step-down resampling method of [Westfall and Young \(1993\)](#) (Algorithm 2.8, p. 66–67). The procedure consists of the following steps:¹

1. Estimate $\{\widehat{\beta}_1, \widehat{\beta}_2, \dots, \widehat{\beta}_K\}$. Estimate the conventional, unadjusted p -values $\{p_1, p_2, \dots, p_K\}$ that correspond to separately testing each null hypothesis $\widehat{\beta}_k = 0$. Without loss of generality, assume the estimated p -values are indexed such that $p_1 \leq p_2 \leq \dots \leq p_K$.
2. Draw with replacement from the dataset to create a bootstrap sample.
 - (a) Estimate $\{\widehat{\beta}_{i1}^*, \widehat{\beta}_{i2}^*, \dots, \widehat{\beta}_{iK}^*\}$. Estimate the conventional, unadjusted p -values $\{p_{i1}^*, p_{i2}^*, \dots, p_{iK}^*\}$ that correspond to separately testing each null hypothesis $\widehat{\beta}_{ik}^* = \widehat{\beta}_k$. The k index here corresponds to the ranking computed in step 1. It will not generally be the case that $p_{i1}^* \leq p_{i2}^* \leq \dots \leq p_{iK}^*$.
 - (b) Enforce monotonicity with respect to the original ordering in step 1 by computing the successive minima:

1. Our program was written in Stata and is easily applied to other settings. The module can be obtained by typing “`ssc install wyoung, replace`” at the Stata prompt or by downloading directly from ideas.repec.org/c/boc/bocode/s458440.html. The latest developer’s version is available on GitHub at www.github.com/reifjulian/wyoung.

$$\begin{aligned}
q_{iK}^* &= p_{iK}^* \\
q_{i,K-1}^* &= \min(q_{iK}^*, p_{i,K-1}^*) \\
q_{i,K-2}^* &= \min(q_{i,K-1}^*, p_{i,K-2}^*) \\
&\vdots \\
&\vdots \\
q_{i1}^* &= \min(q_{i2}^*, p_{i1}^*).
\end{aligned}$$

3. Repeat step 2 N times. For each bootstrap sample i and hypothesis k , define the indicator $COUNT_{ik} = 1$ if $q_{ik}^* \leq p_k$ and 0 otherwise.²

4. For each hypothesis $k = 1, 2, \dots, K$, calculate the fraction of successive minima that were lower than the original p -value:

$$r_k = \frac{1}{N} \sum_{i=1}^N COUNT_{ik}.$$

5. Enforce monotonicity using successive maximization to calculate the adjusted p -value:

$$\begin{aligned}
p_1^{adj} &= r_1 \\
p_2^{adj} &= \max(r_1, r_2) \\
&\vdots \\
&\vdots \\
p_K^{adj} &= \max(r_{K-1}, r_K).
\end{aligned}$$

This resampling algorithm exhibits strong control of the FWER under subset pivotality, which is a multivariate generalization of pivotality.³ This condition requires that the mul-

2. To compute “single-step” p -values instead of “step-down” p -values, define the indicator $COUNT_{ik} = 1$ if $\min\{p_{i1}^*, p_{i2}^*, \dots, p_{iK}^*\} < p_k$ and 0 otherwise. Resampling-based single-step methods often control family-wise type III (sign) error rates. Whether their step-down counterparts also control type III error rates is unknown (Westfall and Young 1993, p. 51).

3. The sampling distribution of a pivotal statistic does not depend upon which distribution generated the data; the t -statistic is a common example.

tivariate distribution of any subvector of p -values is unaffected by the truth or falsehood of hypotheses corresponding to p -values not included in the subvector. The condition is satisfied in many settings, including testing the significance of coefficients in a general multivariate regression model with possibly non-normal or heteroskedastic errors ([Westfall and Young 1993](#), p. 122–123).

It is possible for this algorithm to produce adjusted p -values that are smaller than unadjusted p -values. For example, consider the extreme case where the number of bootstraps is equal to one (so that $N = 1$ in steps 3 and 4). Then all adjusted p -values are equal to either zero or one. The ones that are equal to zero will, of course, be smaller than the unadjusted values. For this reason, we recommend employing a large number of bootstraps. [Westfall and Young \(1993\)](#) recommend at least 10,000 bootstrap draws. If adjusted p -values remain significantly smaller than the unadjusted p -values, even when the number of bootstraps is large, this may indicate model misspecification. For example, in simulations with clustered errors (described below), we found that adjusted p -values are frequently smaller than unadjusted values when we fail to employ a cluster bootstrap.

We ran four different sets of simulations to evaluate the effectiveness and statistical power of this resampling algorithm. Let μ be a ten-dimensional zero vector $(0, 0, \dots, 0)'$. Let I be a 10×10 identity matrix. Let Σ be a 10×10 covariance matrix where all off-diagonal elements are equal to 0.9. The data-generating process for each simulation scenario is described below:

1. Normal i.i.d. errors (ten outcomes)

$$e \sim \mathcal{N}(\mu, I)$$

$$Y = e$$

2. Normal i.i.d. errors (one outcome, ten subgroups)

$$e \sim \mathcal{N}(0, 1)$$

$$Y = e$$

3. Correlated errors (ten outcomes)

$$X \sim \mathcal{N}(\mu, I)$$

$$e \sim \mathcal{N}(\mu, \Sigma)$$

$$Y = 0.2X + e$$

4. Lognormal, mean-zero i.i.d. errors (ten outcomes)⁴

$$e \sim \exp[\mathcal{N}(\mu, I)] - \sqrt{\exp[1]}$$

$$Y = e$$

We simulated 2,000 datasets for each of these four data-generating processes. In each of these 2,000 simulations, we estimated a series of 10 regressions:

$$Y_i = \alpha + \beta_i X_i + \varepsilon_i, i = 1 \dots 10.$$

The sample size for each regression was 100. The regressor $X_i \sim N(0, 1)$ in simulations 1, 2, and 3. In scenario 4, the regressor is just a constant equal to one (α is omitted). There are ten null hypotheses that correspond to these ten regressions: $\beta_i = 0, i = 1, \dots, 10$. These ten null hypotheses are all true in scenarios 1, 2, and 4; the hypotheses are all false in scenario 3 (correlated errors).

Table C.1 compares the effectiveness of the Westfall-Young resampling algorithm to other well-known multiple inference adjustment methods.⁵ Each column in the table reports how often at least one null hypothesis was rejected using each adjustment method. When outcomes are independent and normally distributed, the probability that at least one of the ten hypotheses is statistically significant is equal to $1 - (1 - 0.05)^{10} = 0.401$. This calculation

4. The mean of the standard lognormal distribution is $\sqrt{\exp[1]}$.

5. The Bonferroni-Holm and Sidak-Holm (step-down) p -values are calculated as follows. Sort the K unadjusted p -values so that $p_1 \leq p_2 \leq \dots \leq p_K$. The Bonferroni-Holm adjusted p -values are calculated as $\{p_1 K, \max[p_1, p_2(K-1)], \dots, \max[p_{K-1}, p_K]\}$. The Sidak-Holm adjusted p -values are calculated as $\{1 - (1 - p_1)^K, \max[p_1, 1 - (1 - p_2)^{(K-1)}], \dots, \max[p_{K-1}, p_K]\}$. If the calculation yields a value larger than one, then the adjusted p -value is set equal to one.

accords well with the simulation: the first row of column (1) reports that at least one of the ten hypotheses was rejected at $\alpha = 0.05$ in 39.8 percent of the 2,000 simulations when no adjustment was performed. By contrast, the Bonferroni-Holm, Sidak-Holm, and Westfall-Young adjustments reject at least one null hypothesis only about 4 percent of the time, thus achieving a FWER of less than 5 percent.

In column (2), the ten hypotheses arise from examining multiple subgroups rather than multiple outcome variables. Failing to adjust the p -values again results in a high rejection rate of nearly 40 percent. The Bonferroni-Holm, Sidak-Holm, and Westfall-Young adjustment methods, however, all achieve rejection rates of around 5 percent.

The downside of the Bonferroni-Holm and Sidak-Holm adjustment methods is that they assume outcomes are independent and therefore can be too conservative when outcomes are correlated. This is demonstrated in column (3), which reports rejection rates for a scenario where the ten null hypotheses are all false. Here, the Bonferroni-Holm and Sidak-Holm methods reject at least one hypothesis only about 35 percent of the time. The Westfall-Young resampling algorithm, however, achieves a rejection rate in excess of 50 percent.

Although traditional adjustment methods such as Bonferroni-Holm and Sidak-Holm are generally thought to be conservative, [Westfall and Young \(1993\)](#) emphasize that these traditional methods can actually over-reject when the data-generating process is nonnormal. This is demonstrated in column (4): the resampling method of Westfall-Young achieves a FWER of under 6 percent, but the Bonferroni-Holm and Sidak-Holm methods reject at least one null hypothesis over 20 percent of the time.

Clustered Standard Errors

[Westfall and Young \(1993\)](#) do not discuss how to perform multiple inference in regression models where observations can be grouped into clusters, with model errors correlated within clusters. The presence of clustered errors does not violate subset pivotality, which is automatically satisfied in linear regression models. However, in this case it is important that the resampling in step 2 of the procedure be done over entire clusters rather than individ-

ual observations. This is accomplished by specifying the `cluster()` option of the `wyoung` command.

We demonstrate the importance of resampling over clusters by performing another set of simulations. Again, let μ be a ten-dimensional zero vector $(0, 0, \dots, 0)'$, and let I be a 10×10 identity matrix. The data-generating process for this simulation scenario is

5. Serially correlated errors (ten outcomes)

$i = 1 \dots 100$ clusters

$t = 1 \dots 10$ time periods

$$\eta_i \sim \mathcal{N}(\mu, I)$$

$$e_{it} \sim \mathcal{N}(\mu, I)$$

$$Y_{it} = \eta_i + e_{it}$$

We again simulated 2,000 datasets. In each simulation, we estimated the following ten regressions:

$$Y_{it} = \alpha + \beta_i D_{it} + \varepsilon_{it}, i = 1 \dots 10,$$

where the dummy variable $D_{it} = 1\{t > START_i\}$ and $START_i$ is a Poisson random variable with mean equal to five. We estimated these regressions under two different assumptions about the standard errors (homoskedastic or clustered) and with and without a bootstrap cluster. Our results are reported in Table [C.2](#).

Comparing column (2) to column (1) in the first row of Table [C.2](#) shows that estimating the model using clustered standard errors results in a smaller FWER relative to a model that assumes errors are homoskedastic. Nevertheless, the rejection rate for the unadjusted value in column (2) still significantly exceeds 5 percent because this specification does not account for the number of hypotheses being tested.⁶

6. By construction, the values in columns (2) and (3) are identical in the first three rows because these two columns vary only the bootstrapping methodology, which matters only for the Westfall-Young correction.

The second and third rows of Table C.2 show that the Bonferroni-Holm and Sidak-Holm corrections achieve a 5 percent rejection rate when the standard errors are clustered. This is unsurprising since the outcome variables in this simulation are independent.

The fourth row of Table C.2 demonstrates the importance of properly accounting for clustered standard errors when implementing the Westfall-Young correction. Column (2) shows that (erroneously) employing a simple bootstrap that resamples over individual observations causes the Westfall-Young correction to perform worse than even the unadjusted specification. However, column (3) shows that the Westfall-Young correction achieves a 5 percent rejection rate when the cluster bootstrap is employed.

TABLE C.1: Family-wise rejection proportions at $\alpha = 0.05$

| | (1) | (2) | (3) | (4) |
|---------------------|---------------|--------------------|-------------------|------------------|
| Adjustment method | Normal errors | Multiple subgroups | Correlated errors | Lognormal errors |
| Unadjusted | 0.398 | 0.387 | 0.685 | 0.577 |
| Bonferroni-Holm | 0.040 | 0.047 | 0.344 | 0.234 |
| Sidak-Holm | 0.040 | 0.051 | 0.347 | 0.237 |
| Westfall-Young | 0.041 | 0.045 | 0.513 | 0.058 |
| Num. observations | 100 | 100 | 100 | 100 |
| Num. hypotheses | 10 | 10 | 10 | 10 |
| Hypotheses are true | Y | Y | N | Y |

Notes: Table reports the fraction of 2,000 simulations where at least one null hypothesis in a family of 10 hypotheses was rejected. All hypotheses are true for the simulations reported in columns (1), (2), and (4), i.e., lower rejection rates are better. All hypotheses are false for the simulation reported in column (3), i.e., higher rejection rates are better. The Westfall-Young correction is performed using 1,000 bootstraps.

TABLE C.2: Family-wise rejection proportions at $\alpha = 0.05$, when the data generating process is serially correlated

| | (1) | (2) | (3) |
|-------------------|---------------|-----------|-----------|
| Unadjusted | 0.652 | 0.401 | 0.401 |
| Bonferroni-Holm | 0.187 | 0.049 | 0.049 |
| Sidak-Holm | 0.188 | 0.049 | 0.049 |
| Westfall-Young | 0.191 | 0.498 | 0.046 |
| Num. observations | 1,000 | 1,000 | 1,000 |
| Num. hypotheses | 10 | 10 | 10 |
| Model std. errors | Homoskedastic | Clustered | Clustered |
| Cluster bootstrap | N | N | Y |

Notes: Table reports the fraction of 2,000 simulations where at least one null hypothesis in a family of 10 hypotheses was rejected. The difference between columns (1) and (2) is the assumption about the standard errors (homoskedastic or clustered). The difference between columns (2) and (3) is the method of bootstrapping (resampling over individual observations versus clusters), which matters only for the Westfall-Young correction. All null hypotheses are true, i.e., lower rejection rates are better. Each simulation generated 100 panels (clusters) with 10 time periods. The Westfall-Young correction is performed using 1,000 bootstraps.

APPENDIX D: DETAILS OF THE ILLINOIS WORKPLACE WELLNESS STUDY

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D.1. Sample Selection and Study Overview

We designed and implemented a randomized controlled trial of an employee wellness program called iThrive at the University of Illinois at Urbana-Champaign. To participate in the study, university employees had to first digitally sign an informed consent form and complete an online baseline survey (described below). Employees who completed the baseline survey received a \$30 Amazon.com gift card. Participants were subsequently randomly assigned either to a control group or to one of six different treatment groups. Treatment groups differed only in the amount of financial rewards that participants were offered: \$0, \$100, or \$200 for completing a health screening and online health risk assessment (HRA) and \$25 or \$75 for each completed round of wellness activities. Treatment group participants were informed of their reward amounts at the time of their assignment.

Contact with members of the control group was minimized whenever possible. Participants in the control group were aware that they were participating in a study exploring “the link between wellness program incentives and program participation and health outcomes among employees,” as stated in their informed consent form, but the details of the program and the size of the incentives for those in the treatment group was not revealed to them. Nevertheless, it is likely that many members of the control group were aware that others on campus were participating in wellness activities and were receiving rewards for doing so.

The 2016-2017 iThrive wellness program had three main components:

1. Health screening (August 15–September 16)
2. Online HRA (September 8–October 4)
3. Wellness activities
 - (a) Fall 2016 (October 10–December 16)
 - (b) Spring 2017 (January 31–April 25)

Steps 1 and 2 were mandatory. Participants who failed to complete them received no rewards and were not allowed to participate in subsequent wellness activities. Participants who successfully completed steps

1 and 2 were given the opportunity to participate in fall and spring wellness activities. Participation in fall activities was not required in order to participate in the spring activities.

The 2017–2018 iThrive wellness program maintained the same structure as the 2016–2017 program and then concluded with a final health screening:

1. 2017 health screening (August 21–September 22)
2. 2017 online HRA (August 21–September 22)
3. Wellness activities
 - (a) Fall 2017 (October 16–December 15)
 - (b) Spring 2018 (February 5–April 26)
4. 2018 health screening (August 21–September 22)

Appendix Figures [D.1](#) and [D.2](#) illustrate the experimental design of the Illinois Workplace Wellness Study. The control group was invited to complete the 2017 (12-month follow-up) and 2018 (24-month follow-up) health screenings and online surveys. The control group was not allowed to participate in the 2016 (baseline) health screening. In addition, the control group was never allowed to participate in any of the online HRAs or in any of the iThrive fall and spring wellness activities.

The relationship between the different datasets employed in our study is illustrated in Appendix Figure [D.3](#). Because some of the steps in the study were required in order to continue participating (e.g., taking the baseline survey), the datasets collected in later periods are often only available for a strict subset of participants from previous periods. For example, 2016 health screening data are available for any treatment group member who completed a wellness activity in the first year of the program, but some people who completed the 2016 health screening were ineligible to sign up for a wellness activity because they did not complete the 2016 HRA.

D.1.1. 2016 Online Baseline Survey (July 11–July 31)

The University of Illinois provided us with a list of 12,486 active employees who met the following criteria as of June 10, 2016: (1) employed at the Urbana-Champaign campus (specifically, those with a University of Illinois System HR “District/Division” code of UIUC, as opposed to UIC or UIS); and (2) eligible for part- or full-time employee benefits from the Illinois Department of Central Management Services. This list included first and last names, mailing addresses, and email addresses. We dropped records that did not include a university email and also dropped members of the research team, their family members, and other individuals heavily involved in the study. Following these exclusions, we were left with a total of 12,459 employees.

We mailed a postcard (see Appendix Figure D.4) on July 6, 2016, to each of these 12,459 employees, informing them that they would receive an invitation to participate in an online survey for the Illinois Workplace Wellness Study. We included the UIUC-affiliated members of the research team in this mailing and confirmed that the postcards were delivered by July 9, 2016. The provost of UIUC sent an email on the morning of July 11 to these employees indicating the university’s support for the study (see Appendix Figure D.5).

An email invitation (see Appendix Figure D.6) containing the link to the online baseline survey was sent to each of the 12,459 employees on the morning of July 11, shortly after the email from the provost. Reminder emails were sent on July 19, July 27, and August 1 to employees who had not yet completed the survey. The survey closed at noon on August 1, at which point 4,834 employees had successfully completed it. Participants who completed the survey immediately received a confirmation email (see Appendix Figure D.7). They also received an electronic \$30 Amazon.com gift card about one week after completing the survey (see Appendix Figure D.8).

D.1.2. 2016 Study Randomization (August 1–August 8)

We randomly assigned 3,300 of the 4,834 employees who completed the online baseline survey to one of six different iThrive treatment groups, denoted A25, A75, B25, B75, C25, and C75. Treatment groups differed only in the size of incentives offered for completing various steps of the iThrive program. Treated

individuals in groups beginning with the letter A, B, or C were offered \$0, \$100, or \$200, respectively, for completing the health screening and online HRA portions of the experiment. The second part of the treatment group name, 25 or 75, indicates the reward amount offered for each round (spring and/or fall) of wellness activities the individual completed.

For randomization, the sample was stratified by six baseline, demographic “strata” variables: (1) employee class (faculty, academic staff, or civil service); (2) sex (male or female); (3) age, as of the baseline survey launch date of July 11, 2016 (≤ 36 , $37 - 49$, or ≥ 50); (4) above or below median annual salary; (5) quartile of annual salary; and (6) race (white or nonwhite). To create the strata, we sequentially split the sample in the order listed above for these strata variables. At each step in this sequence, we would only split a cell by the next strata variable if doing so resulted in cell sizes of at least 20. This ensured that, for every stratum, at least two employees could be assigned to the control and each of the six treatment groups (i.e., $20 \cdot p_{A,B,C} \cdot p_{25,75} > 2$, where $p_{A,B,C} \cdot p_{25,75}$ is the proportion of each stratum assigned to each treatment arm, as described below). This stratification process resulted in 69 strata, with the sample size per stratum ranging from 20 to 251.

Within each stratum, a proportion $p_{A,B,C} = 1100/4834 \approx 0.228$ of employees were randomly selected to be offered one of the three levels of incentive tied to completing the screening and HRA (\$0, \$100, and \$200). This randomization was done such that exactly 1,100 employees in total would be assigned to each of these three levels of screening incentive. Next, within each stratum and screening incentive level, a proportion $p_{25,75} = 0.5$ of employees were randomly selected to be offered each of the two levels of activity incentive (\$25 or \$75). This resulted in six treatment groups with the following sample sizes: A25 ($N = 551$), A75 ($N = 549$), B25 ($N = 552$), B75 ($N = 548$), C25 ($N = 551$), and C75 ($N = 549$).

D.1.3. 2016 Health Screening (August 15–September 16)

We sent email invitations on August 9, 2016, to the 3,300 participants randomly selected to participate in iThrive. This email informed them of their selection and their monetary rewards for completing the different parts of the iThrive program and explained how to sign up for a health screening (see Appendix Figure D.9). We also mailed postcards to these participants (Appendix Figure D.10) informing them of

their selection. The postcards did not specify the monetary amounts and were delivered a few days after the initial email invitation. We sent reminder emails on August 12, August 23, and September 12 to participants who had not yet signed up for a health screening. Each of these participants was given login access to the iThrive website (see Appendix Figure D.11 and Appendix Figure D.12), which provided them with information about the iThrive program and reported on their progress throughout the year.

Health screenings were offered at seven different locations on the UIUC campus and also at Presence Covenant Medical Center, located about one mile away from the center of campus. A map displaying these locations is available in Appendix Figure D.13. Participants signed up for a date and time to receive their health screening using an online appointment scheduler (see Appendix Figure D.14).¹

Appointments were available Monday through Saturday, from August 15 to September 16, with the exception of Saturday, September 3 and Monday, September 5 (Labor Day). Appointment times were generally available from 6:00 a.m. until 10:50 a.m. Only one campus location was available each day. The full schedule of appointment times and locations is displayed in Appendix Table D.1.

Participants who successfully signed up for an appointment received a confirmation email containing the date, time, and a link to a map of their appointment's location. The online appointment scheduler sent participants an automated reminder email 24 hours prior to their appointment (see Appendix Figure D.15) and an automated text message if they had provided their cell phone number when making their appointment. We also sent participants a reminder email emphasizing that they should “not have anything to eat or drink (besides water) for 12 hours” before the health screening (see Appendix Figure D.16).

Upon showing up for their appointment, participants were asked to provide a form of identification, to sign a second informed consent form, and to complete a brief questionnaire (see Appendix Figure D.17) concerning their beliefs about their health status.² Participants then filled out the top half of a health screening form (Appendix Figure D.18) and were subsequently then directed to an open “station” where a clinician from Presence Covenant Medical Center measured their height, weight, waist circumference, and

1. A small number (less than ten) of participants showed up for a health screening without an appointment, but we were able to accommodate them.

2. The ID was not a formal requirement, so in the small number of cases where participants did not have an ID, we allowed them to receive their health screening anyway. Fraud was not a concern because (1) participants had to make appointments online in their name prior to their arrival and (2) all reward payments were made later in the study by direct deposit via university payroll.

blood pressure. Next, they obtained blood chemistry measurements using the CardioChek Plus Analyzer, which is manufactured by PTS Diagnostics. This fingerstick measures cholesterol (total, HDL, and LDL), triglycerides, and glucose. All measures were recorded on the health screening form. At the end of the screening, a health coach reviewed the results with each individual participant in private. Depending on the measures, participants were sometimes recommended to make minor lifestyle changes or to seek medical attention (see Appendix Figure D.19 for the guidelines employed by the health coach). Recommendations were recorded on the health screening form. Upon departure, participants were given a carbon copy of their health screening form and a postcard reminding them to check their email for an invitation to take the online HRA (Appendix Figure D.20). The HRA was available as early as one week after the beginning of biometric screening and remained open until two weeks after the last screening. From start to finish, the entire health screening lasted, on average, for about 20 minutes.

D.1.4. 2016 Online Health Risk Assessment (September 8–October 4)

After completing their health screening, participants were invited over email to complete an online HRA (Appendix Figure D.21). We sent reminder emails on September 21 and September 29 to participants who had not yet completed their online HRA. After completing the survey, participants received a confirmation email from us within a few days.

The server hosting the survey became overloaded with requests on the first day of the survey (September 8), causing many participants to experience technical problems and to be unable to complete the survey. This was fixed within 24 hours, although a small number of participants continued to report difficulties taking the HRA throughout the survey period. Nevertheless, 97 percent of participants who completed the health screening managed to complete the online HRA, so these technical glitches do not appear to have caused major difficulties for participants.

D.1.5. 2016 Fall Wellness Activities (October 10–December 16)

We sent email invitations for the fall 2016 wellness activities on September 27 to participants who had successfully completed their online HRA (Appendix Figure D.22).³ Participants were able to sign up for activities immediately via the iThrive website, but no activities began before October 10. Appendix Table D.2 lists the different activities that were available. Most classes were filled to capacity, and nearly 80 percent of people who registered were signed up for HealthTrails, which had unlimited capacity.

Out of 1,848 people eligible to participate, 1,304 people signed up for a wellness activity, and 903 people successfully completed them. People who completed an activity received either \$25 or \$75, paid by direct deposit via university payroll, depending on which treatment group they had been assigned to.

D.1.6. 2017 Spring Wellness Activities (January 31–April 25)

We sent email invitations for the spring 2017 wellness activities on January 17 to participants who had successfully completed their online HRA (Appendix Figure D.23). Participants did not have to complete a fall activity to be eligible to participate in a spring activity. Participants were able to sign up for activities immediately via the iThrive website, and activities began on January 31. Appendix Table D.3 lists the different activities that were available. Most classes were filled to capacity, and over 75 percent of people who registered were signed up for Spring Into Motion, which had unlimited capacity.

Out of 1,848 people eligible to participate, 1,059 people signed up for a wellness activity, and 740 people successfully completed them. People who completed an activity received either \$25 or \$75, paid by direct deposit via university payroll, depending on which treatment group they had been assigned to.

D.1.7. 2017 Online Follow-Up Survey (July 10–August 9)

We mailed a postcard (see Appendix Figure D.24) to 4,824 participants in our study on July 5, 2017.⁴ We included the UIUC-affiliated members of the research team in this mailing and confirmed the postcards

3. We sent a separate invitation on October 3 to the small number of participants who completed their online HRA after September 27.

4. A total of 4,834 participants completed the 2016 baseline survey, but 10 had subsequently withdrawn from the study at the time of this invitation.

were delivered by July 8, 2017.

We sent an email invitation (see Appendix Figure D.25) containing the link to the online follow-up survey to each of the 4,824 study participants on the morning of July 10. Reminder emails were sent on July 18, July 26, August 2, and August 7 to participants who had not yet completed the survey. The survey closed at 10:20 a.m. on August 9, at which point 3,561 study participants (73.7 percent) had successfully completed it.⁵ Participants who completed the survey immediately received a confirmation email, and they also received an electronic \$20 Amazon.com gift card about one week after completing the survey. The confirmation email and gift card were formatted similarly to the ones employed for the initial baseline survey (see Appendix Figures D.7 and D.8).

The August 2 reminder informed participants that ten people who completed the follow-up survey would be chosen at random to receive a \$100 Amazon.com gift card (see Appendix Figure D.26). This new potential reward was in addition to the guaranteed \$20 Amazon.com gift card. Participants who had already completed the survey prior to August 2 were included in this drawing.

D.1.8. 2017 Follow-Up Health Screening (August 21–September 22)

All study participants, whether in the control or treatment groups, were eligible to complete the one-year follow-up health screening in 2017. We randomly assigned these individuals to one of two groups, which differed only in the size of incentives (\$0 or \$125) offered for completing the follow-up screening.

Our method of randomization for the follow-up screening incentive combined explicit stratification plus rerandomization. Our follow-up strata were constructed by splitting the original strata by study arm. Because there were 69 original strata (see Section D.1.2) and 7 study arms (6 treatment groups plus a control group), this resulted in $483 = 69 \times 7$ follow-up strata, with the sample size per follow-up stratum ranging from 2 to 80.

To implement the stratified rerandomization, we generated multiple potential follow-up treatment assignments T_j as follows:

5. The survey was accidentally reopened later that month for several weeks. Although all participants had been told that the survey would close on August 9, seven participants nevertheless completed the survey after the August 9 deadline, bringing the final number of completions up to 3,568.

1. Draw a random integer s_j and set the random-number seed to equal s_j .
2. Randomly sort all 4,834 original study participants first by follow-up strata and then within each follow-up strata. Drop the individuals ($N = 15$) who had withdrawn from the study at the time of randomization (August 4, 2017), leaving a sample of $N = 4,819$ employees to be randomized.
3. Assign alternating observations to the \$0 and \$125 follow-up screening incentive group, and let T_j denote the resulting vector of treatment assignments for each employee.
4. Test for balance between the \$0 and \$125 groups for 60 variables (predetermined at the time of follow-up randomization) grouped into the following 8 families:
 - (a) baseline strata (6 variables)
 - (b) baseline survey (21 variables)
 - (c) salary and age (3 variables)
 - (d) employment (7 variables)
 - (e) health behavior (6 variables)
 - (f) medical spending and coverage (8 variables)
 - (g) sick days taken (2 variables)
 - (h) registration for or completion of 2016 biometric screening, HRA, or fall 2016 or spring 2017 wellness activities (7 variables)

We performed joint tests for balance by family of outcomes (eight balance tests), plus individual tests for balance for each of the medical spending outcomes, with and without coverage weights for average spending outcomes (ten balance tests). In total, we performed 18 tests for balance, and we denote by p_j^{min} the minimum p -value across these tests.

After performing these steps for $j = 1$ to 10,000, we selected the treatment assignment that maximized the p -value p_j^{min} from the balance tests. Specifically, the selected treatment assignment was chosen to be T_{j^*} , where $j^* = \arg \max_j p_j^{min}$.

In total, 2,409 employees were assigned to the \$0 follow-up screening incentive, while 2,410 employees were assigned to the \$125 follow-up screening incentive. On August 14, 2017, we sent email invitations to these employees ($N = 4,819$) informing them of their monetary reward for completing the 2017 health screening and explained how to sign up for it (see Appendix Figure D.27). We sent reminder emails on August 23, September 5, September 13, September 19, and September 21 to participants who had not yet signed up for a health screening.⁶ The final reminder encouraged participants to walk in for a health screening even if they did not have an appointment (see Appendix Figure D.28).

On August 14, 2017, the iThrive website was updated so that treatment group participants could obtain information about the 2017 follow-up health screening and their potential rewards. For the first time, control group members were also given login access to the iThrive website. Everyone was encouraged to visit the website in the August 14 screening invitation email (Appendix Figure D.27). For control group members, the website only displayed information about the health screenings (see Appendix Figure D.29). For treatment group members, the website displayed information about the subsequent HRA and wellness activities once the treatment group member completed a screening (see Appendix Figure D.30).

Health screenings were held in the same locations as in 2016, with the exception of the Physical Plant Services Building, which was unavailable for reservation. Unlike in 2016, people were allowed to make appointments all the way until 3:50 p.m. The full schedule of appointment times and locations is reported in Appendix Table D.4.

The health screening procedure was nearly identical to the procedure employed in 2016 (see Section D.1.3 for a full description). There were only two substantive differences. First, participants were not handed a postcard at the end of the screening reminding them to check their email for an invitation to take the online HRA. This step was omitted in 2017 because follow-up screening participants in that year included employees from the control group, who were not eligible to take the 2017 online HRA. Second,

6. Study participants who signed up for a screening, but later failed to show up for their appointment, were included in these reminder emails.

health screening confirmation emails were sent only to participants who had been assigned a \$125 reward (see Appendix Figure D.31). Screening participants in both the control and treatment groups who were assigned a \$0 reward did not receive a screening confirmation email. However, all participants could confirm their completion status by visiting the iThrive website.

D.1.9. 2017 Online Health Risk Assessment (August 21–October 6)

Treatment group members who completed the 2017 follow-up health screening were invited to complete an online HRA (Appendix Figure D.32). The format of the 2017 online HRA was the same as the 2016 survey. Reminder emails were sent on September 11, September 18, September 28, October 3, and October 6 to participants who had received the invitation but had not yet completed the assessment as of the reminder date. Unlike in 2016, participants did not have to complete the HRA in order to earn their reward for the health screening they had just completed. But as before, participants had to complete the HRA in order to be eligible to sign up for wellness activities in the fall or spring.

D.1.10. 2017 Fall Wellness Activities (October 16–December 15)

We sent email invitations (Appendix Figure D.33) for the fall 2017 wellness activities on October 2 to participants who had successfully completed their 2017 online HRA. Participants were able to sign up for activities immediately via the iThrive website, but no activities began before October 16. Appendix Table D.5 lists the different activities that were available. Over 70 percent of people who registered were signed up for Walktober.

Out of 1,272 people eligible to participate, 771 people signed up for a wellness activity, and 439 people successfully completed one. Twenty people who completed an activity were randomly selected to receive \$50 Amazon.com gift cards.

D.1.11. 2018 Spring Wellness Activities (February 5–April 26)

We sent email invitations (Appendix Figure D.34) for the spring 2018 wellness activities on January 22 to participants who had successfully completed their 2018 online HRA. Participants were able to sign up

for activities immediately via the iThrive website, but no activities began before February 5. Appendix Table D.6 lists the different activities that were available. Over 60 percent of people who registered were signed up for Keep America Active.

Out of 1,272 people eligible to participate, 607 people signed up for a wellness activity, and 342 people successfully completed one. Twenty people who completed an activity were randomly selected to receive \$50 Amazon.com gift cards.

D.1.12. 2018 Online Follow-Up Survey (July 9–August 7)

We mailed a postcard (similar to the one shown in Appendix Figure D.24) to 4,800 participants in our study on July 5, 2018.⁷ We included the UIUC-affiliated members of the research team in this mailing and confirmed that the postcards were delivered by July 11, 2018.⁸

We sent an email invitation (see Appendix Figure D.35) containing the link to the online follow-up survey to each of the 4,800 study participants on the morning of July 9. Reminder emails were sent on July 18, July 25, and August 6 to participants who had not yet completed the survey. The survey closed at 11:59 p.m. on August 7. A total of 3,020 study participants (62.5 percent) successfully completed the survey.⁹ Participants who completed the survey immediately received a confirmation email. They also received an electronic \$20 Amazon.com gift card about one week after completing the survey. The confirmation email and gift card were formatted similarly to the ones employed for the initial baseline survey (see Appendix Figures D.7 and D.8). Unlike in 2017, participants were not also entered into a gift card drawing in return for completing the 2018 survey.

D.1.13. 2018 Follow-Up Health Screening (August 20–September 21)

All study participants, whether in the control or treatment groups, were eligible to complete the two-year follow-up health screening in 2018. We randomly assigned these individuals to one of two groups,

7. The participants who completed the 2016 baseline survey totaled 4,834, but 34 had subsequently withdrawn from the study at the time of this invitation.

8. Some members of the research team received their postcards on July 9, but one person did not receive it until July 10, and another person did not receive it until July 11.

9. Although we told participants that the survey closed on August 7, the survey links were left active until August 24. Fifteen participants completed the survey between August 8 and 24.

which differed only in the size of incentives (\$0 or \$75) offered for completing the follow-up screening. We employed the same method of randomization as in 2017 (see Section [D.1.8](#)).

In total, 2,399 employees were assigned to the \$0 incentive group, and 2,400 employees were assigned to the \$75 incentive group. We sent email invitations on Monday, August 13 to these employees ($N = 4,799$) to inform them of their monetary reward for completing the 2018 health screening and to explain how to sign up for it (see Appendix Figure [D.36](#)). We sent reminder emails on August 22, September 6, September 12, September 18, and September 20 to participants who had not yet signed up for a screening. The full schedule of appointment times and locations is reported in Appendix Table [D.7](#).

The health screening procedure was nearly identical to the procedure employed in 2017 (see Section [D.1.8](#)). One difference is that the formatting of the health screening form (Appendix Figure [D.37](#)) changed slightly from the previous version of the form (Appendix Figure [D.18](#)). In particular, the “clinician’s comment” text box at the bottom of the 2016/2017 forms was removed from the 2018 form. Thus, these text data are not available in 2018.

D.2. Datasets

D.2.1. University Administrative Data

The University of Illinois provided us with an initial list of 12,459 employees who met the following criteria as of June 10, 2016: (1) located at the Urbana-Champaign campus and (2) eligible for part- or full-time employee benefits from the Illinois Department of Central Management Services. The university administrative datasets described below are available for all 12,459 of these employees.

D.2.1.a. Demographics

This dataset includes first and last names, mailing address, email address, exact date of birth, sex, annual salary, job title, race (white, black, or other), employee class (faculty, academic staff, or civil service), home college (49 colleges), home organization (323 organizations), and exact hire date.

D.2.1.b. Employment History

This dataset includes employment history information up through August 15, 2017. It includes the exact hire date for all employees. Out of the initial sample of 12,459 employees, 1,537 of these employees were no longer actively employed by the university as of August 15, 2017. For these former employees, the dataset includes the exact date of employment termination and the associated reason (resigned, retired, deceased, terminated, contract ended, or other). For active employees, the dataset lists their annual salary and job title as of August 15, 2017.¹⁰ Some employees lack a job title, while others sometimes have multiple job titles. In cases with more than one title, this dataset assigns each title a fraction of the employee's salary.

D.2.1.c. Sick Leave

This dataset includes the number of sick days taken by a civil service employee at the monthly level, for the time period January 2015 through May 2017. For non-civil service employees (i.e., academic staff and faculty), the dataset includes the total number of sick days taken during the two time periods, August 16, 2015, through August 15, 2016; and August 16, 2016, through May 15, 2017. Sick leave for faculty (25 percent of our sample) is self-reported and exhibits little variation: more than 75 percent of the faculty in our sample reported zero days of sick leave during the August 16, 2015, through August 15, 2016, academic year.

The vast majority of employee sick leave is noncompensable (i.e., it cannot be “cashed out” when the employee terminates employment).¹¹ Civil service employees accrue sick leave at the rate of 0.0462 hours for each hour worked, which corresponds to approximately 12 days per year for a full-time employee, and this sick leave is cumulative (i.e., rolls over from one year to the next). Full-time academic staff and faculty earn 12 cumulative and 13 non-cumulative sick leave days per year, and their total sick leave is recorded in the data only twice a year: on May 16 and on August 16.

10. Civil service, academic staff, and faculty received a mid-year salary increase in the second half of February, 2017. The salary increase was explicitly merit based, and the total salary pool was capped at 2 percent of aggregate base salaries.

11. Prior to 1999, employees could accrue compensable sick leave. A few older employees still have positive compensable sick leave balances, but this is very rare.

D.2.1.d. Gym Attendance

This dataset includes a list of the exact dates that each employee visited one of the university’s campus recreational facilities during the time period January 1, 2015 through July 31, 2017. There are three recreational facilities located on the university campus: the Activities and Recreation Center (ARC), the Campus Recreation Center East (CRCE), and the Ice Arena. Membership costs \$40 per month for university employees and retirees. Entering these facilities requires swiping a university identification card through a machine, which is the basis for the observations in this dataset.

D.2.2. Illinois Marathon Data

The Illinois Marathon is a running event held annually in Champaign, Illinois. The races offered include a marathon, a half marathon, a 5K, and a 10K. When registering for a race, a participant must provide her name, age, sex, and hometown. That information, along with the results of the race, are published online after the races have concluded.¹²

We downloaded Illinois Marathon data for the 2014–2018 races and matched it to individuals in our study data using full name, age, sex, and hometown. An individual in our study data was counted as participating in a running event in a given year if either (a) University and Illinois Marathon records matched on full name, age (+/- 1 year), and sex; or (b) University and Illinois Marathon records matched on the first two letters of last name, age (+/- 1 year), sex, and hometown. Among university employees that match to the Illinois Marathon records using either match measure, both measures generate a match in 73.7, 74.6, 84.4, 79.6, and 77.6 percent of cases for the years 2014, 2015, 2016, and 2017, respectively.

D.2.3. Health Insurance Claims Data

We obtained health insurance claims data for 8,461 university employees (anonymized for non-study participants) who were listed in our university administrative dataset and who were members of Health Alliance at any point during the period January 1, 2015, through January 31, 2019. (Note: 8,096 employees were members during the pre-period July 1, 2015, through July 31, 2016.) The dataset includes all

12. See <http://illinoismarathon.com/resultscertificatesphotos/#results>.

inpatient, outpatient, and prescription drug claims with a date of service between January 1, 2015, through June 30, 2017. Each claim lists a date of service, a physician specialty code, a place of service code, and the total allowed amount, which is the sum of payments to the provider from both the insurer and the beneficiary. Health Alliance also provided an enrollment file listing start and end dates for each member.

Health Alliance, the university's most popular insurer, operates an HMO plan with a \$0 medical deductible and a \$100 annual pharmacy deductible. Physician visits require a \$20 copay, and the plan's out-of-pocket maximum is \$3,000 for the individual and \$6,000 for the family.

The university offers seven different health insurance plans. One of these, Quality Care Health Plan, is a traditional indemnity insurance plan.¹³ The rest are managed care plans, including four Health Maintenance Organizations (BlueAdvantage HMO, Coventry HMO, Health Alliance HMO, and HMO Illinois) and two Open Access Plans (Coventry OAP and HealthLink OAP). Beginning July 1, 2017, Coventry HMO and Coventry OAP were renamed Aetna HMO and Aetna OAP.

Employee contributions are the same for all HMO plans and depend on income. For the 2016–2017 plan year, an employee's monthly contribution for an HMO plan ranged from \$68 per month (annual salary \$30,200 and below) up to \$186 per month (annual salary \$100,001 and above). Contributions for an employee enrolled in Quality Care Health Plan ranged from \$93 per month (annual salary \$30,200 and below) up to \$211 per month (annual salary \$100,001 and above). The seven health plans charge different contributions for dependents, with dependent contributions ranging from \$96 per month (BlueAdvantage HMO) to \$249 per month (Quality Care Health Plan).

Vision insurance is automatically provided for free to enrollees in one of the university's health insurance plans. EyeMed Vision Care is the administrator for the vision coverage. University employees enrolled in these health plans are also eligible to enroll into the university's (separate) dental plan. As of July 1, 2017, dental premiums were \$11 per month for an employee, \$17 per month for an employee and one dependent, and \$19.50 per month for an employee and two dependents. Delta Dental of Illinois is the administrator for the dental plan.

13. This plan was administered by Cigna up through June 30, 2017. Aetna has administered it since July 1, 2017.

D.2.4. Online Survey Data

D.2.4.a. 2016 Baseline Survey

The baseline survey was administered online using survey software provided by SurveyGizmo. An email invitation containing the link to the online baseline survey was sent to 12,459 university employees. Each link was unique and pointed to a survey that could only be completed once. Survey participants navigated the survey by clicking on buttons labeled “Next” and “Back.” They were allowed to skip questions and to change their answers on previous pages if so desired. In order to receive their \$30 Amazon.com gift card, participants had to navigate to the end of the survey and click the “Submit” button. The software did not allow them to change their answers once the survey was submitted. Participants who exited the survey prior to completion could continue from where they left off by clicking on their invitation link again.

The software recorded that 7,468 employees clicked on the link to the survey, 4,918 employees began the survey, and 4,834 employees successfully completed the survey. Among those who completed the survey within an hour of clicking on the survey link for the first time, the average completion time was 15 minutes.

In order to assess the reliability of the survey, we compared participants’ self-reported ages from the survey with the ages available in the university’s administrative data. Of the 4,830 participants who reported an age, only 24 (< 0.5 percent) reported a value that differed from the university’s data by more than one year.

D.2.4.b. 2017 Follow-Up Survey

The 2017 follow-up survey was administered online using survey software provided by SurveyGizmo. An email invitation containing the link to the follow-up survey was sent to 4,824 study participants.¹⁴ The format of the invitation email and the survey were similar to the 2016 baseline survey. In order to receive their \$20 Amazon.com gift card, participants had to navigate to the end of the survey and click the “Submit” button.

The software recorded that 3,642 employees clicked on the link to the survey, 3,611 employees began

14. A total of 4,834 participants completed the 2016 baseline survey, but 10 had subsequently withdrawn from the study at the time of the 2017 survey invitation. Another 5 participants withdrew over the course of the 2017 survey period, so the total number of subjects in our second-year sample is equal to 4,819.

the survey, and 3,567 employees successfully completed the survey. Among those who completed the survey within an hour of clicking on the survey link for the first time, the average completion time was 13.3 minutes. The completion rates for the control and treatment groups were 75.4 and 73.1 percent, respectively. The difference in completion rates is marginally significant ($p = 0.079$).

In order to assess the reliability of the survey, we compared participants' self-reported ages from the survey with the ages available in the university's administrative data. Of the 3,561 participants who reported an age, only 20 (< 0.6 percent) reported a value that differed from the university's data by more than one year.

D.2.4.c. 2018 Follow-Up Survey

The 2018 follow-up survey was administered online using survey software provided by SurveyGizmo. An email invitation containing the link to the follow-up survey was sent to 4,800 study participants.¹⁵ The format of the invitation email and the survey were similar to the 2016 baseline survey. In order to receive their \$20 Amazon.com gift card, participants had to navigate to the end of the survey and click the "Submit" button.

The software recorded that 3,120 employees clicked on the link to the survey. In total, 3,020 employees successfully completed the survey. Among those who completed the survey within an hour of clicking on the survey link for the first time, the average completion time was 16.9 minutes. The completion rates for the control and treatment groups were 64.6 and 61.5 percent, respectively. This difference in completion rates is statistically significant ($p = 0.036$).

In order to assess the reliability of the survey, we compared participants' self-reported ages from the survey with the ages available in the university's administrative data. Of the 3,009 participants who reported an age, only 16 (< 0.6 percent) reported a value that differed from the university's data by more than one year.

15. A total of 4,834 participants completed the 2016 baseline survey, but 34 had subsequently withdrawn from the study at the time of this invitation.

D.2.5. Health Screening Data

D.2.5.a. Fall 2016 Health Screening

The number of participants who signed up for a health screening totaled 2,047, and 1,900 were successfully screened. The top of each participant's screening form (see Appendix Figure D.18) contains the participant's answers to the following questions:

1. "Do you use tobacco of any form?"
2. "In the average week, how many times do you engage in physical activity?"
3. "If you engage in physical activity, for how long?"
4. "How often do you feel tense, anxious, or depressed?"
5. "Do you have a primary physician?"
6. "Did you fast today?"

The following biometric data were recorded on every form: height, weight, waist circumference, body mass index, systolic blood pressure, diastolic blood pressure, total cholesterol, total cholesterol ratio, HDL, LDL, triglycerides, and glucose. Finally, the form also records which (if any) of the following actions were taken by the health coach (see also Appendix Figure D.19) as a result of the patient's biometric readings:

1. Referred patient to a primary care physician.
2. Advised patient to make minor lifestyle changes.
3. Communicated to patient that one or more results were out of the normal range.
4. Communicated to patient that the results require a medical referral.
5. Communicated to patient that the results require immediate medical attention.

In order to ensure accuracy, all of the data on every form was read and entered into a database twice, by two different research assistants. Any disagreements between the two entries were resolved by reexamining the original form.

D.2.5.b. Fall 2017 Health Screening

The control and treatment groups were both invited to the fall 2017 health screening. A total of 2,004 people from both groups were successfully screened. The data were digitized using the procedure outlined in the description of the fall 2016 health screening data.

D.2.5.c. Fall 2018 Health Screening

The control and treatment groups were both invited to the fall 2018 health screening. A total of 1,761 people from both groups were successfully screened. The data were digitized using the procedure outlined in the description of the fall 2016 health screening data.

The screening form was redesigned in 2018 (see Appendix Figure [D.37](#)). Because the 2018 screening form omitted the box for “waist circumference,” the clinicians recorded waist circumference measures using other available space on the form. (The screening form also omitted the box for A1C, but A1C was never measured in any of the 2016–2018 screenings.) In addition, the section for clinician comments at the bottom of the form was removed in 2018, and the formatting of the checkboxes for “Fasting” and “Non-Fasting” changed in 2018. These changes may have affected the recording of some of the waist circumference measures and the checkbox “Fasting” measures on the first day of the 2018 health screenings.

D.2.6. Health Questionnaire Data

D.2.6.a. Fall 2016 Health Questionnaire

Participants were required to fill out a health questionnaire on-site just prior to receiving their health screening, so every participant who was screened (1,900 in total) is also represented in this dataset. A copy of the questionnaire is displayed in Appendix Figure [D.17](#). As with the health screening data, these data were digitized twice in order to ensure accuracy.

D.2.6.b. Fall 2017 Health Questionnaire

Every participant who was screened in 2017 (2,004 in total) is also represented in this dataset. The data were digitized using the procedure outlined in the description of the fall 2016 health questionnaire data.

D.2.6.c. Fall 2018 Health Questionnaire

Every participant who was screened in 2018 (1,761 in total) is also represented in this dataset. The data were digitized using the procedure outlined in the description of the fall 2016 health questionnaire data.

D.2.7. Online Health Risk Assessment and Wellness Activities Data

D.2.7.a. Fall 2016/Spring 2017 Online Health Risk Assessment and Wellness Activities

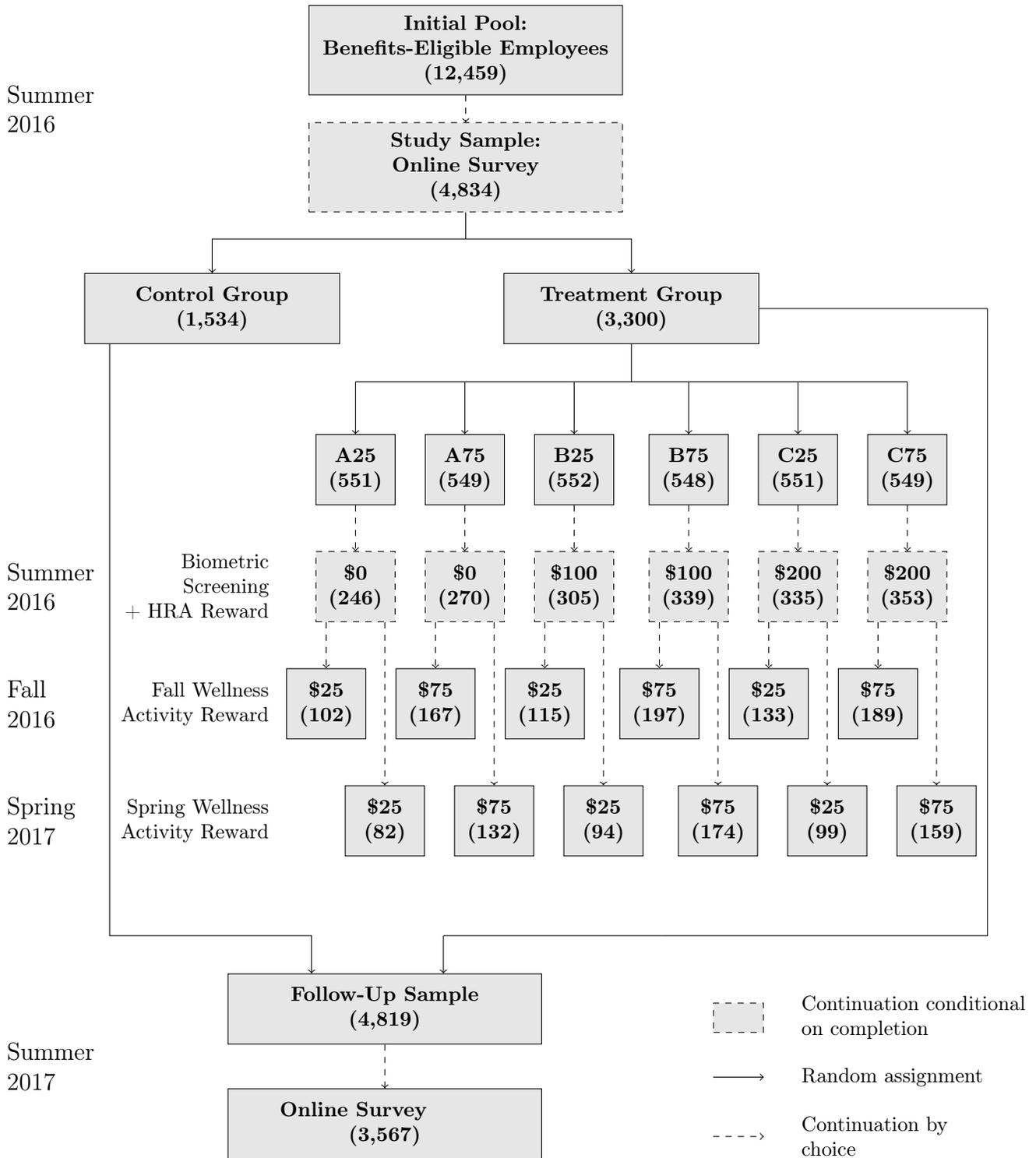
Out of the 1,900 participants who completed a health screening, 1,848 completed an online HRA. These 1,848 participants constitute the set of study participants who were eligible to sign up for wellness activities in the fall and in the spring. Participants were not required to sign up for a fall activity in order to sign up for a spring activity. Out of the 1,848 people eligible to participate, 1,304 people signed up for a fall wellness activity (903 completed it), and 1,059 people signed up for a spring wellness activity (740 completed it).

The online HRA data contain the exact start dates and times that participants began their HRA and the exact end dates and times they completed it. The wellness activity data include indicator variables for whether the participant signed up for a wellness activity and for whether the participant completed that activity. If the participant signed up for an activity, the name of the activity was also recorded. (See Appendix Tables [D.2](#) and [D.3](#) for names and descriptions of the activities that were offered.) The wellness activities data also include information on how much of the activity was completed by the participant, along with the minimum threshold required to qualify for the wellness activity reward.¹⁶

16. For example, the spring 2017 “Lunchtime Walk” activity met on eight separate occasions, and participants were required to participate in at least six of the walks in order to qualify for their reward. The wellness activities data contains a variable specifying how many walks each participant attended.

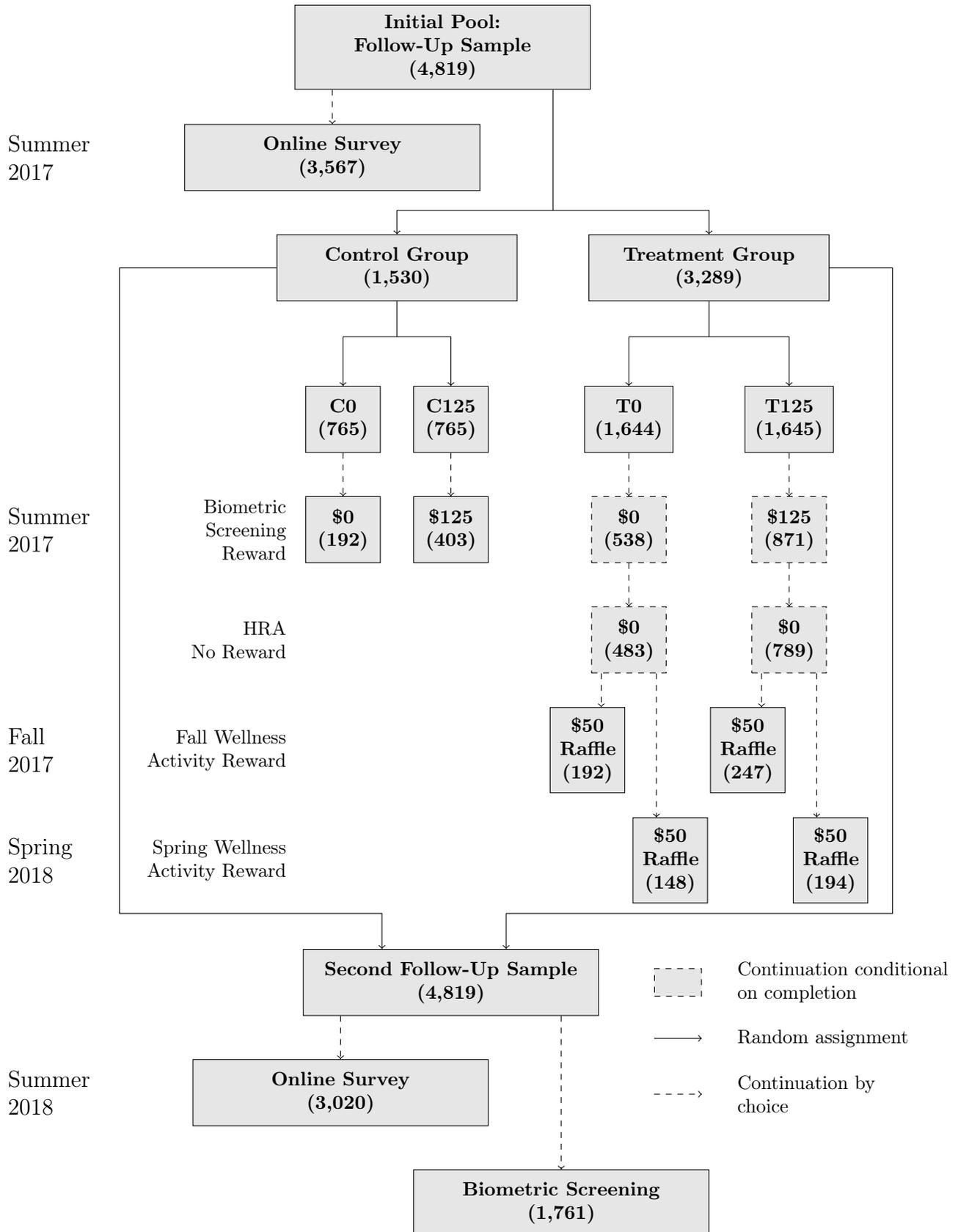
D.3. Online Appendix Figures

FIGURE D.1: Experimental Design of the Illinois Workplace Wellness Study in Year 1



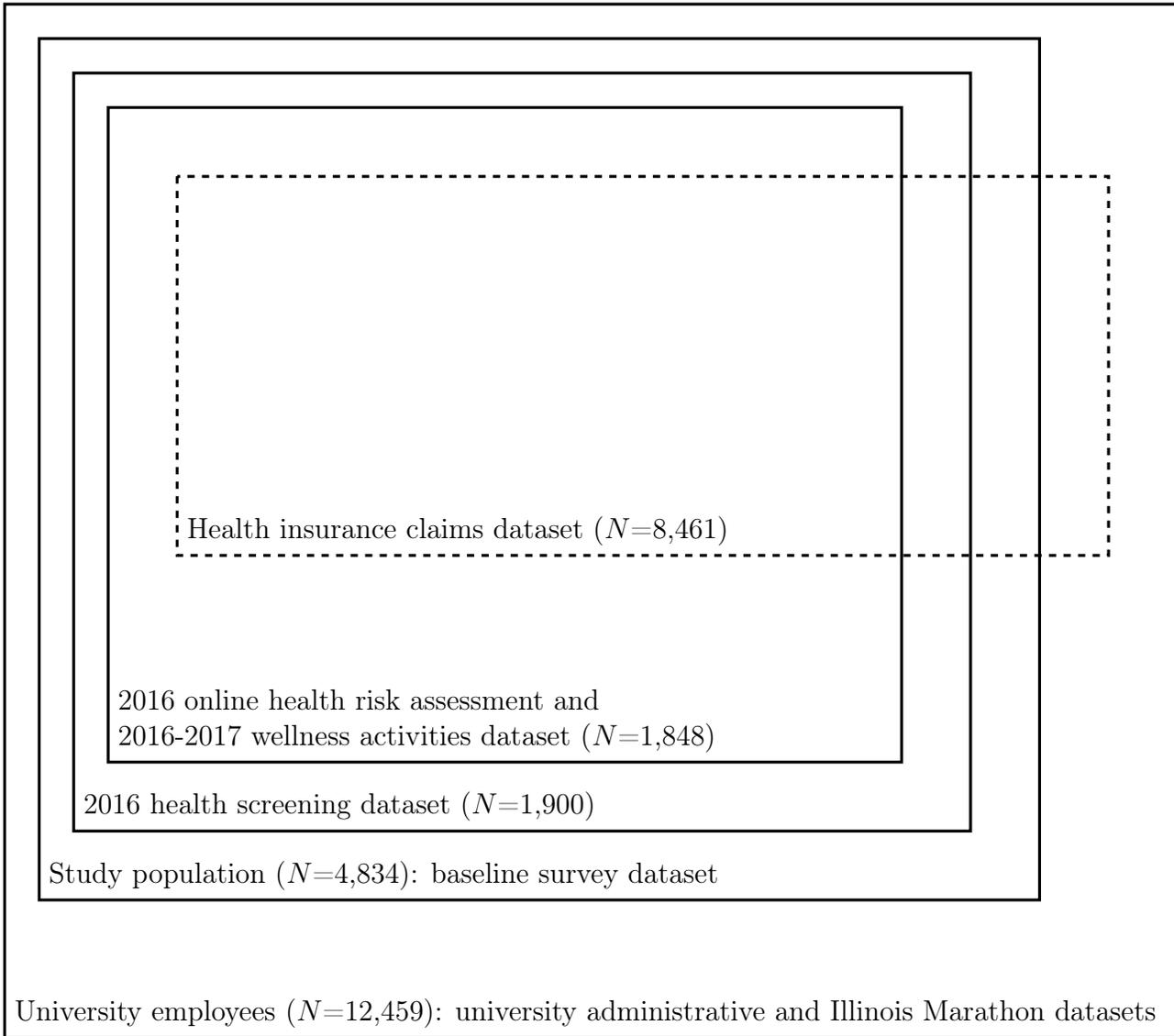
Notes: Sample sizes are given in parentheses.

FIGURE D.2: Experimental Design of the Illinois Workplace Wellness Study in Year 2



Notes: Sample sizes are given in parentheses.

FIGURE D.3: Overlap among datasets



Notes: Number of observations is given in parentheses. Number of observations for the health insurance claims dataset corresponds to the number of employees who were members of Health Alliance at any point during the period January 1, 2015 through January 31, 2019. This figure does not depict all datasets collected as part of the study.

FIGURE D.4: Front and back sides of invitation postcard sent on July 6, 2016

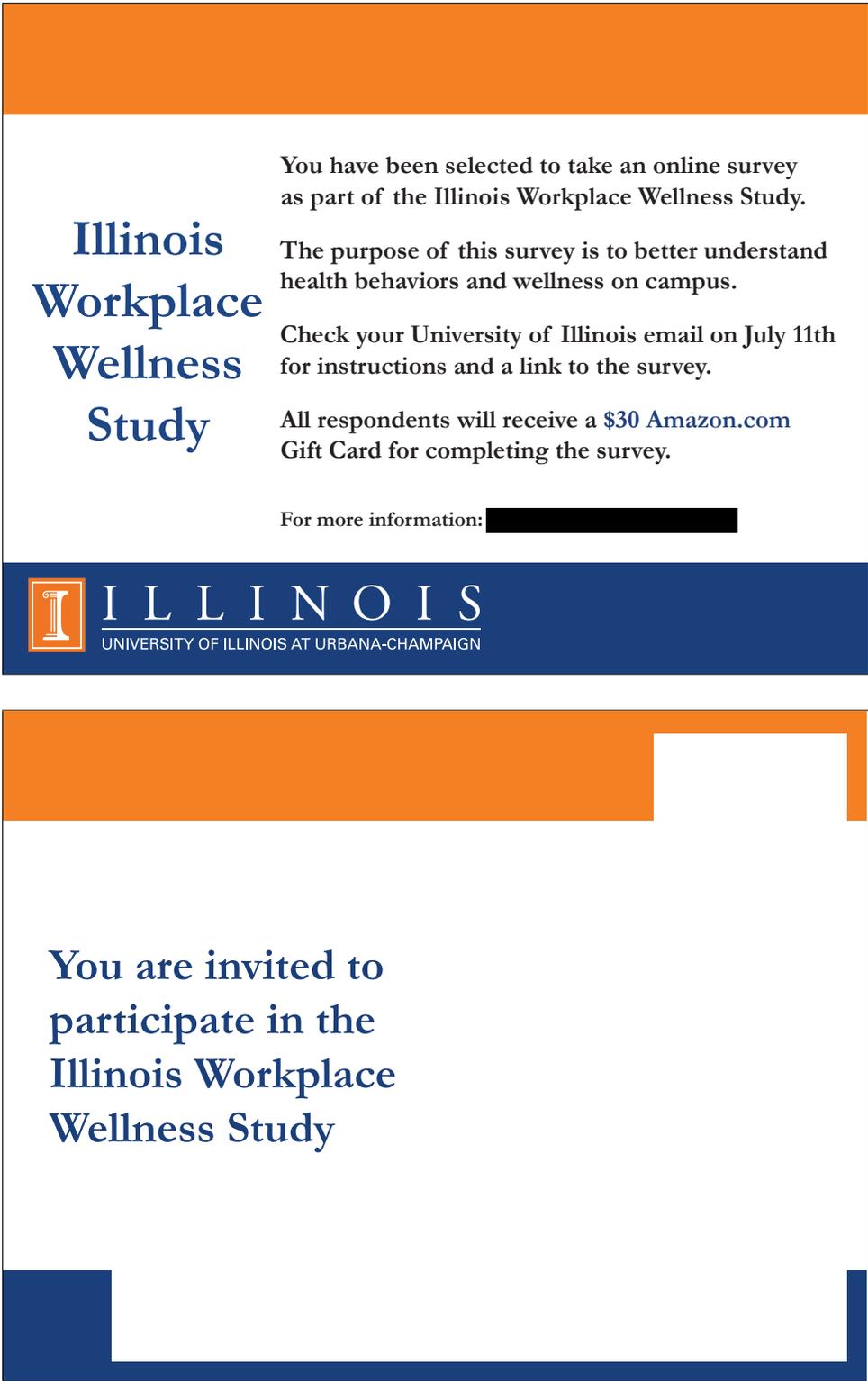
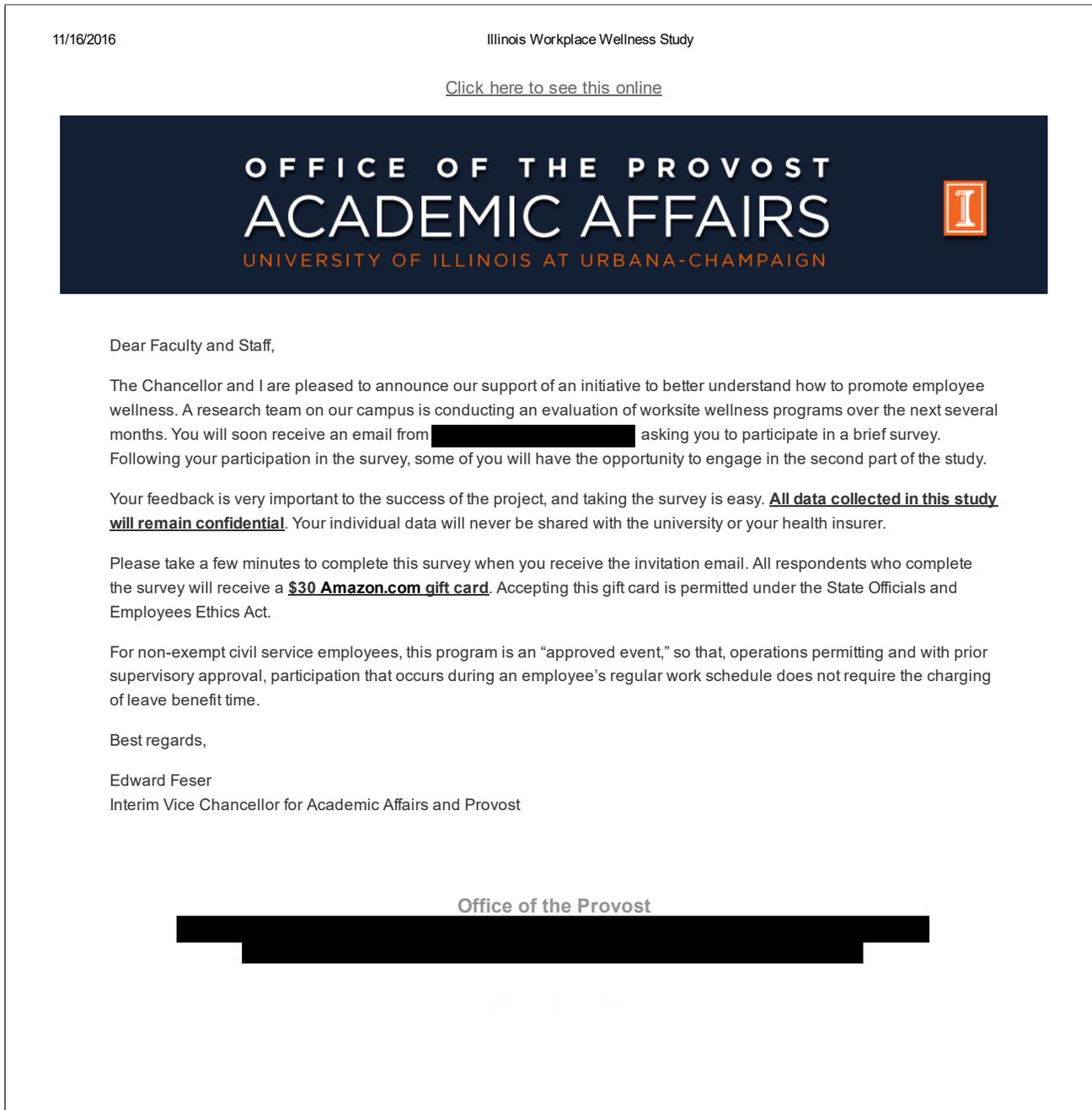


FIGURE D.5: Email sent from the UIUC Provost to university employees on July 11, 2016



Notes: Email also available at <http://illinois.edu/emailer/newsletter/100150.html>.

FIGURE D.6: Invitation email sent to university employees on July 11, 2016

Illinois Workplace Wellness Study Invitation

From: **Illinois Workplace Wellness Study** [REDACTED]
Date: Monday, July 11, 2016 10:34 AM
Subject: Illinois Workplace Wellness Study Invitation
To:

Dear Colleagues,

We invite you to take part in a research study of workplace wellness programs. This study is funded by the National Institutes of Health and will help inform national health policy regarding the costs and benefits of wellness programs.

The first part of the study consists of an online survey about health behaviors and wellness on campus. The survey will take approximately 15 minutes to complete. We know that your time is valuable, so we are offering a **\$30 Amazon.com gift card** to all respondents who complete the survey.

The survey is only available for a limited time, so please complete the survey promptly in order to receive your \$30 gift card. To access the online survey, simply click the following URL or paste it in your browser:

<http://surveys.citl.illinois.edu/go/Wellnessjx421>

This survey is strictly confidential. **Your individual data will never be shared with the university or your health insurer.** Some of you who take the survey will be offered an opportunity to participate in a second part of the research study.

For non-exempt civil service employees, this program is an “approved event,” so that, operations permitting and with prior supervisory approval, participation that occurs during an employee’s regular work schedule does not require the charging of leave benefit time.

Thank you for contributing to this important research project! If you have any questions or need assistance, please contact us at [REDACTED]

Best regards,

Illinois Workplace Wellness Study Team

David Molitor
Assistant Professor, Department of Finance

Laura Payne
Associate Professor, Department of Recreation, Sport and Tourism

Julian Reif
Assistant Professor, Department of Finance and IGPA

FIGURE D.7: Text of the confirmation email sent to study participants who successfully completed the online baseline survey

From: [REDACTED]
Subject: Survey Confirmation: Illinois Workplace Wellness Study

Dear **[First name]**,

Congratulations! This email is confirmation that you have completed the online survey for the Illinois Workplace Wellness Study. You will soon receive an email containing your \$30 Amazon.com gift card. Please allow up to one week for the gift card to be processed.

You may be selected to participate in the second part of the study. If so, we will email you within the next month.

If you have any questions or need assistance, please contact us at [REDACTED]
[REDACTED]

Regards,

Illinois Workplace Wellness Study Team

Notes: The text highlighted in yellow was appropriately customized for each participant.

FIGURE D.8: Electronic Amazon.com gift card sent to participants who completed the baseline survey

You've received a \$30.00 Amazon.com Gift Card!



amazon.com
gift card

\$30.00

Claim Code:
XXXXXXXXXXXXXX

Redeem now

Dear **[NAME]**,

Thank you for taking our online survey!

Regards,
Illinois Workplace Wellness Study

Redeeming your Amazon.com Gift Card

1. Visit www.Amazon.com/redeemgift.
2. Enter the Claim Code and click **Apply to Your Account**.

Gift card funds are applied automatically to eligible orders during the checkout process. Your Claim Code may also be entered during checkout. To redeem your gift card using the Amazon.com 1-Click® service, first add the gift card funds to **Your Account**.

Amazon.com Gift Cards ("GCs") may be used only for the purchase of eligible goods on Amazon.com or certain of its affiliated websites. Except as required by law, GCs cannot be transferred for value or redeemed for cash. Purchases are deducted from the GC balance. To redeem or view a GC balance, visit "Your Account" on Amazon.com. Amazon.com is not responsible if a GC is lost, stolen, destroyed or used without permission. For complete terms and conditions, see www.amazon.com/gc-legal. GCs are issued by ACI Gift Cards LLC., a Washington corporation. All Amazon®, ™ & © are IP of Amazon.com, Inc. or its affiliates. No expiration date or service fees.

Serial Number: XXXXXXXXXXXXXXXX Order Number: XXXXXXXXXXXXXXXX

Notes: The text highlighted in yellow was appropriately customized for each participant.

FIGURE D.9: Text of invitation email sent to participants in treatment group C75 (\$350 incentive) on August 9, 2016

From: [REDACTED]
Subject: Illinois Workplace Wellness Study: iThrive Invitation

Dear [First Name]:

Last month, you completed a health survey as part of the Illinois Workplace Wellness Study. You have been selected to participate in the second part of this research study: [iThrive](#), a program to promote health and wellness among campus faculty and staff.

iThrive offers you the opportunity to participate in valuable health screening and wellness activities at no cost to you. In addition, **you can earn up to \$350 in financial rewards**, as described below.

The opportunity to participate in iThrive is only available for a limited time. To learn more about how to get started and earn rewards, visit the iThrive website: [iThrive.illinois.edu](#)

The iThrive website provides personalized information on your progress, links for signing up for iThrive opportunities, answers to frequently asked questions (FAQs), and a summary of your rewards. To help you get started, you will receive an invitation later today from Presence Health, in order to schedule your health screening.

The iThrive program is summarized below.

How iThrive Works

iThrive begins with a health screening and health assessment survey. Once you complete the screening and health assessment, you are eligible to enroll in wellness activities in Fall 2016 and again in Spring 2017.

Step 1: Health Screening + Health Assessment Survey (\$200 reward)

The health screening is your gateway to iThrive. The purpose of a health screening is to measure physical health characteristics (e.g., height, weight, blood pressure, cholesterol) and use the information as a benchmark for health promotion and management. For your convenience, Presence Health will offer these screenings at various dates and locations across campus.

After completing the health screening, you will receive an invitation to complete an online health assessment survey. The health assessment will provide you with a detailed health summary and evaluation of health risks. Upon completion of the health screening and health assessment survey, you will receive a reward of \$200.

Step 2: Wellness Activities (up to \$150 reward)

After completing your health screening and health assessment survey, you will have the opportunity to participate in a wellness activity that aligns with an area of your health that you would like to improve. These areas include physical activity, weight management, stress management, chronic disease self-management, and tobacco cessation. You will have the option to participate in programs that meet in person, or you may choose to participate in one of our online, self-paced programs.

These activities will be offered in Fall 2016 and again in Spring 2017. Completing your chosen wellness activity in Fall 2016 will entitle you to a \$75 reward. Completing an activity in Spring 2017 will entitle you to another \$75 reward, for a total possible reward of \$150 for wellness activities. If you do not complete an activity in Fall 2016, you are still eligible to participate in Spring 2017 and receive a \$75 reward.

Enrolling in iThrive

You enroll in iThrive by scheduling your health screening. When scheduling your health screening, please use the email address to which this email was sent (netid@illinois.edu). This email address will be referred to as your "iThrive contact email". You will receive an email from Presence Health today with a link to the online scheduler. You can also access the online scheduler now by copying and pasting the following URL into your browser:

ithrive.acuityscheduling.com

You may also visit the iThrive website at any time: ithrive.illinois.edu. This website will provide personalized information on your progress, links for signing up for iThrive opportunities, and a summary of your rewards.

For non-exempt civil service employees, iThrive is an "approved event," so that, operations permitting and with prior supervisory approval, participation that occurs during an employee's regular work schedule does not require the charging of leave benefit time.

As with every part of the Illinois Workplace Wellness Study, your participation in iThrive is completely voluntary and your **individual data will never be shared with your health insurance provider or your employer**. You can read [here](#) about the purpose of our study as well as the steps we will take to keep your information confidential. If you have any questions or need assistance, please contact us at [REDACTED]

Yours in good health,

Illinois Workplace Wellness Study Team

Notes: The text highlighted in yellow was appropriately customized for each participant.

FIGURE D.10: Front and back sides of the postcard mailed to participants selected to participate in iThrive, week of September 8, 2016



FIGURE D.11: Login page for the iThrive website

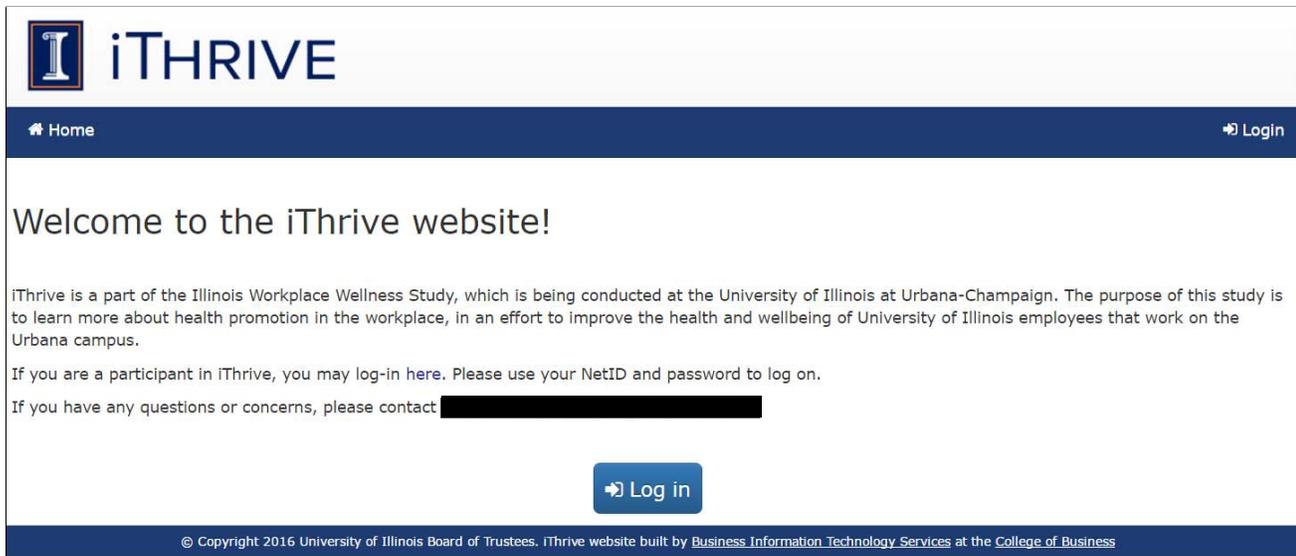


FIGURE D.12: Main home page for the iThrive website

iTHRIVE

My Portal Health Screening & Assessment Wellness Activities FAQ Contact Welcome John Doe Logout

My Portal

My Portal gives you information about your progress in iThrive, a program to promote health and wellness among campus faculty and staff. iThrive offers you the opportunity to participate in valuable health screening and wellness activities at no cost to you. In addition, you can receive financial rewards for completing certain elements of iThrive.

To earn rewards and to participate in Wellness Activities, you must complete your Health Screening by Friday, September 16th and the Health Assessment by Friday, September 30.

Your participation reward: \$200.00 of \$350.00 earned so far

Step 1: Health Screening & Assessment

The first step in iThrive is to complete your Health Screening and Health Assessment. After you complete your Health Screening, you will be able to access your online Health Assessment. [Learn more about Health Screening & Assessment »](#)

Congratulations! You have completed your Health Screening and Health Assessment.

Reward for completing both the Health Screening and Health Assessment: \$200.00

- ✓ Health Screening completed
- ✓ Health Assessment completed

Step 2: Wellness Activities

After you have completed Step 1, you may register to participate in a wellness activity. You may use the information provided to you in your Health Assessment to select a program that best addresses an area of your health that you would like to improve. [Learn more about Wellness Activities »](#)

Registration for Fall Activities is now closed. More information about Spring Activity registration will be made available soon.

Reward for completing Fall activity: \$75.00

Reward for completing Spring activity: \$75.00

- ✗ Fall activity not completed. Registered for HealthTrails
- ✗ Spring activity not completed

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Notes: This participant was randomly assigned to treatment group C75, and thus is eligible for a total of $\$200 + 2 \times \$75 = 350$ in rewards.

FIGURE D.13: 2016 screening locations

Health screening locations

Health screening locations

📍 ACES Library

📍 Alice Campbell Alumni Center

📍 Beckman Institute

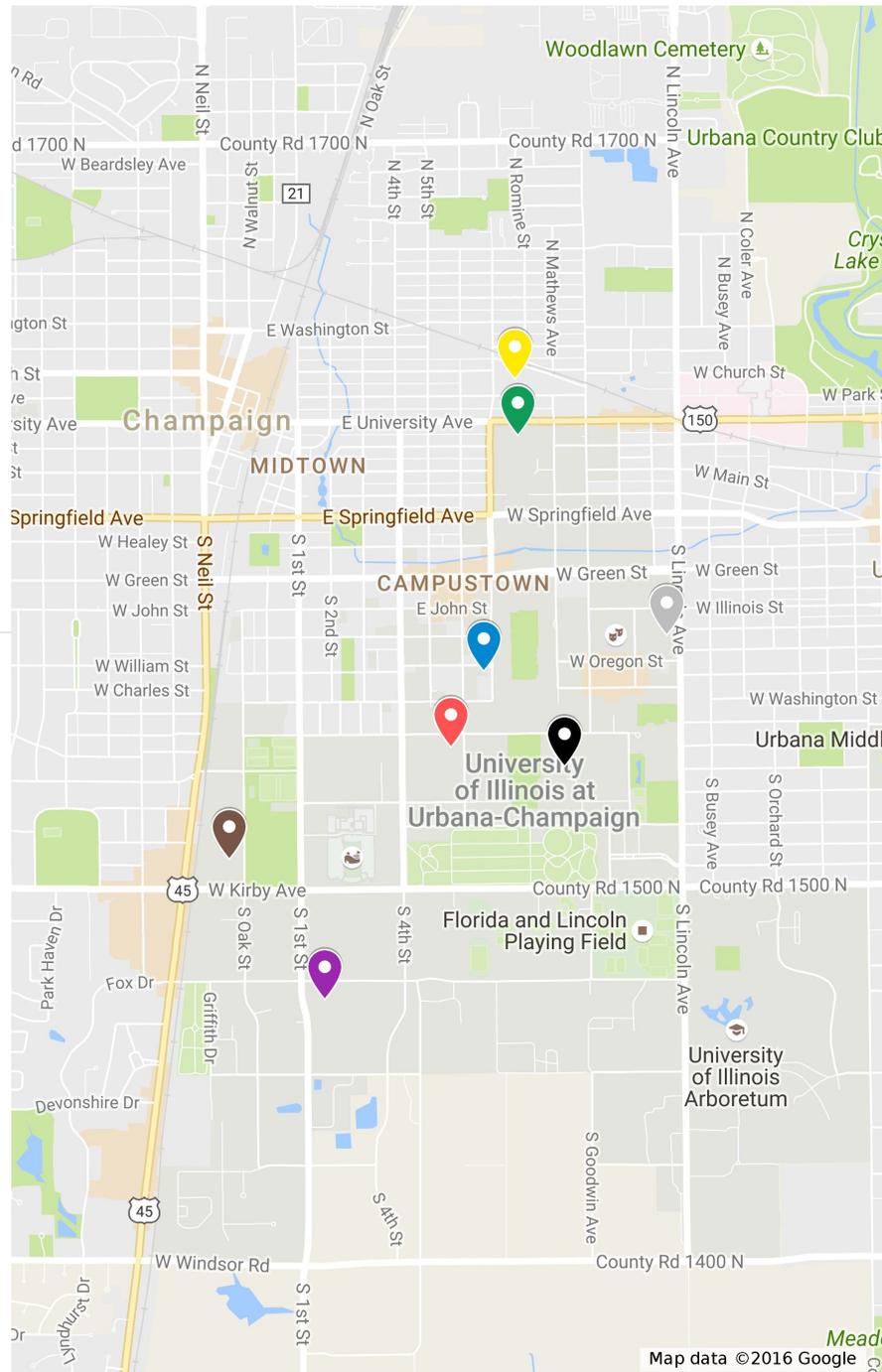
📍 Business Instructional Facility

📍 iHotel

📍 Physical Plant Services Building

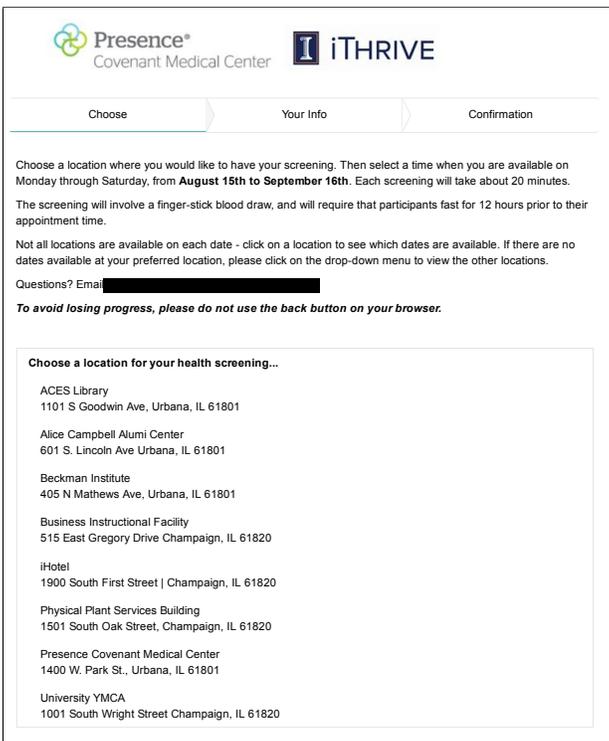
📍 Presence Covenant Medical Center

📍 University YMCA



Notes: This map displays the locations of the 8 different places where health screenings were held in 2016.

FIGURE D.14: First and second pages of the online appointment application used to sign up for a health screening



Presence[®] Covenant Medical Center | iTHRIVE

Choose | Your Info | Confirmation

Choose a location where you would like to have your screening. Then select a time when you are available on Monday through Saturday, from **August 15th to September 16th**. Each screening will take about 20 minutes. The screening will involve a finger-stick blood draw, and will require that participants fast for 12 hours prior to their appointment time.

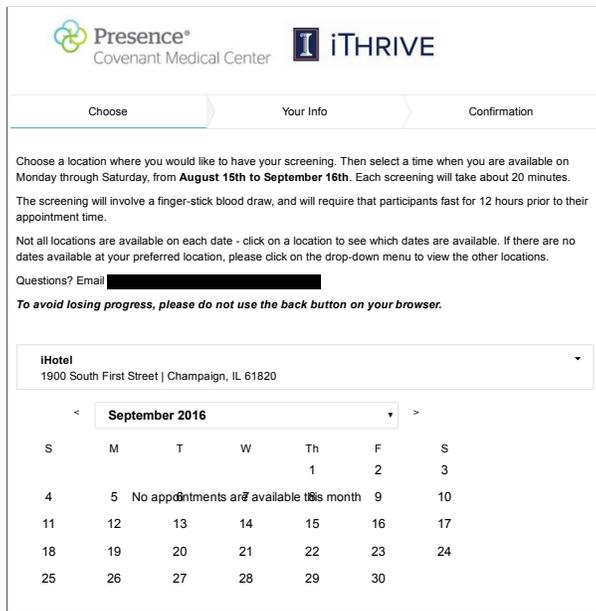
Not all locations are available on each date - click on a location to see which dates are available. If there are no dates available at your preferred location, please click on the drop-down menu to view the other locations.

Questions? Email [redacted]

To avoid losing progress, please do not use the back button on your browser.

Choose a location for your health screening...

- ACES Library
1101 S Goodwin Ave, Urbana, IL 61801
- Alice Campbell Alumni Center
601 S. Lincoln Ave Urbana, IL 61801
- Beckman Institute
405 N Mathews Ave, Urbana, IL 61801
- Business Instructional Facility
515 East Gregory Drive Champaign, IL 61820
- iHotel
1900 South First Street | Champaign, IL 61820
- Physical Plant Services Building
1501 South Oak Street, Champaign, IL 61820
- Presence Covenant Medical Center
1400 W. Park St., Urbana, IL 61801
- University YMCA
1001 South Wright Street Champaign, IL 61820



Presence[®] Covenant Medical Center | iTHRIVE

Choose | Your Info | Confirmation

Choose a location where you would like to have your screening. Then select a time when you are available on Monday through Saturday, from **August 15th to September 16th**. Each screening will take about 20 minutes. The screening will involve a finger-stick blood draw, and will require that participants fast for 12 hours prior to their appointment time.

Not all locations are available on each date - click on a location to see which dates are available. If there are no dates available at your preferred location, please click on the drop-down menu to view the other locations.

Questions? Email [redacted]

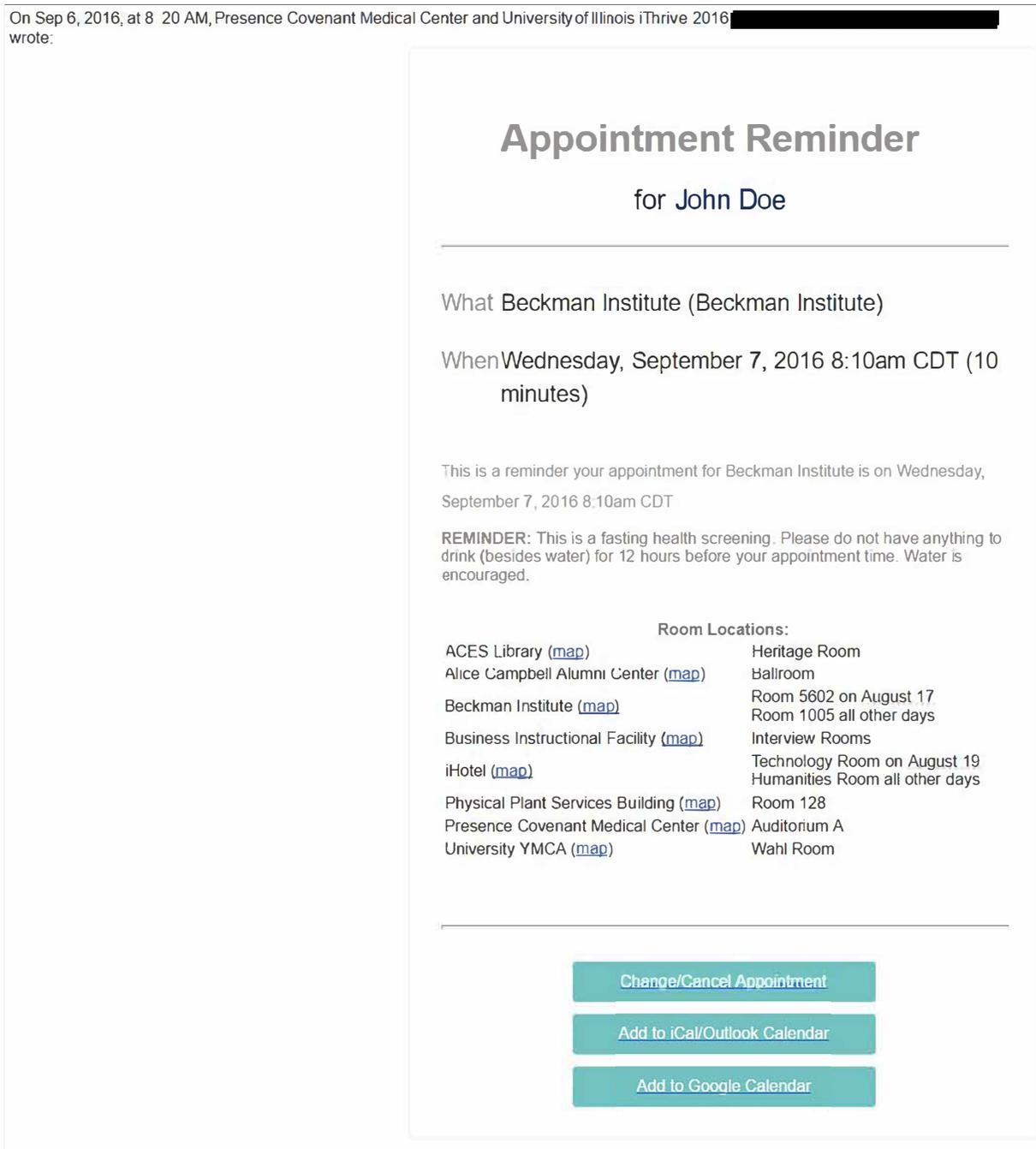
To avoid losing progress, please do not use the back button on your browser.

iHotel
1900 South First Street | Champaign, IL 61820

< **September 2016** >

| S | M | T | W | Th | F | S | |
|----|----|--|----|----|----|----|----|
| | | | | 1 | 2 | 3 | |
| 4 | 5 | No appointments are available this month | | | | 9 | 10 |
| 11 | 12 | 13 | 14 | 15 | 16 | 17 | |
| 18 | 19 | 20 | 21 | 22 | 23 | 24 | |
| 25 | 26 | 27 | 28 | 29 | 30 | | |

FIGURE D.15: Example of a reminder email sent out by the online appointment scheduler



Notes: These reminders were delivered one day before the participant's health screening appointment.

FIGURE D.16: Example of a reminder email sent by the research team to participants one day prior to their health screening

Hello,

You are receiving this email because you are scheduled for an iThrive health screening appointment **tomorrow, September 2nd, at the Funk ACES Library**. The address is as follows:

**Funk ACES Library
1101 S Goodwin Ave
Urbana, IL 61801**

Tomorrow's health screenings will be held in the **Heritage Room**. Enter the ACES Library from the main entrance. The Heritage Room is located on the main level of ACES, on the West Side of the atrium. Once you enter the building doors, you will continue into the Atrium where the stairs are, and you will see the Heritage Room.

Note: Please do not have anything to eat or drink (besides water) for 12 hours before your appointment time. Water is encouraged.

Please allow about 20-25 minutes for your screening appointment.

If you have any questions tonight or tomorrow morning, please email [REDACTED] and we will do our best to respond to your email as soon as possible.

Sincerely,

Lauren Geary

Lauren E. Geary
Project Manager || iThrive
University of Illinois at Urbana-Champaign
[REDACTED]

FIGURE D.17: Health questionnaire filled out by participants at the health screening

ID _____

We would like to ask you a few questions about your health.

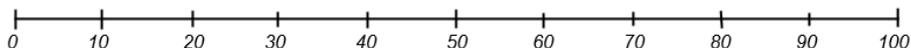
1. What is your weight, in pounds? Make your best guess.

_____ (weight in pounds)

2. What is your height, in feet and inches? Make your best guess.

_____ ft. and _____ in.

Below is a drawing of a ruler with a scale from 0 to 100. For the next set of questions, please use this scale as an indicator of how confident you are in your answer.



Absolutely
No Chance

Not Likely

Unsure

Likely

Absolutely
Certain

3. Using a number from zero to one hundred, where 0 equals absolutely no chance and 100 equals absolutely certain, what do you think the chances are that you have high cholesterol today?

_____ (0 to 100)

4. What do you think the chances are that you have high blood pressure today?

_____ (0 to 100)

5. What do you think the chances are that you have impaired fasting glucose today?

_____ (0 to 100)

6. A body mass index that exceeds 30 indicates that a person may be obese. What do you think the chances are that your body mass index exceeds 30?

_____ (0 to 100)

FIGURE D.18: Health screening form used by clinicians to record health measures



**Worksite Wellness
SCREENING REGISTRATION and CONSENT**

| | | | |
|--|--|--|----------------|
| Name: <input type="checkbox"/> M <input type="checkbox"/> F | | Date: | |
| Address: | | Zip Code | Date of Birth: |
| Telephone: | | Name of primary care physician: | |
| Email: | | If none, would you like a referral? <input type="checkbox"/> Y <input type="checkbox"/> N | |
| Insurance provider: | | | |

I consent to the screenings listed on this page and to the collection of screening results by Presence Health. The wellness screening includes taking body measurements, vital signs, and a "finger stick" to obtain a blood sample to measure glucose, etc. I understand that my participation in the wellness screening is voluntary and that the screening results are considered preliminary and do not constitute a diagnosis of any particular disease or condition. I understand that I will be given the results of the screening and that it is my responsibility to follow up with my health care provider regarding any treatment options. I understand that my results will be kept confidential. I acknowledge that I was provided information about Presence Health's privacy practices.

Signature of patient, or, if patient is a minor, signature of parent/guardian

Witness

Last 4 digits of SSN

Do you use tobacco of any form?
 Yes No Use E-cigarette

In the average week, how many times do you engage in physical activity?
 None 1-2 times per week 3 or more per week

If you engage in physical activity, for how long?
 Do not engage 20 minutes 40 minutes

How often do you feel tense, anxious, or depressed?
 Rarely or Never Sometimes Often

Do you have a primary physician?
 Yes No

Fasting Non-Fasting

| Test | Results | Desirable Levels (Source-American Heart Association, Mayo Clinic) |
|-------------------------|---------|--|
| Height | | |
| Weight | | |
| Waist Circumference | | Ideal Range for Women - < 35 inches; Ideal Range for Men - < 40 inches |
| Body Mass Index | | Less than 25 - Normal 25-29 - Overweight 30 or more - Obese |
| Blood Pressure | | Less than 120/80 - Normal 120-139/80-89 - Pre-hypertension Over 140/90 - High Blood Pressure |
| Total Cholesterol | | Less than 200 More than 240 - High |
| Total Cholesterol Ratio | | Less than 3.5 - Optimal |
| HDL | | More than 60 - Optimal More than 40 - Moderate |
| LDL | | Less than 100 - Optimal primary prevention Less than 70 - Optimal for history of diagnosed cardiovascular disease |
| Triglycerides | | Less than 150 - Optimal 151-199 - Borderline High |
| Glucose | | Less than 100 - Normal 101-125 - Pre Diabetes |
| A1C | | 4.0 - 6.5% - Optimal |

PCP referral Results require medical referral
 Make minor lifestyle changes Results require immediate medical attention
 Identification of 1 or more results out of the normal range

Clinician's comments:

Revision Date: 7/16 Form #PH-100

Notes: A carbon copy of this was given to participants upon completion of their health screening in 2016 and in 2017.

FIGURE D.19: Health coaching guidelines

| | |
|--|--|
| <p>Increased Blood Pressure (180/100)</p> <p>1. <i>Does the participant have a history of high blood pressure?</i></p> <p>If yes: ask the participant if they are working with their PCP to decrease their blood pressure.</p> <p>If no: make the patient aware of the damage consistently increased blood pressure has on their body.</p> <p>Give educational materials.</p> | <p>If yes: ask the participant if they are working with their PCP to decrease the triglycerides.</p> <p>If no: make the patient aware of the damage increased triglycerides has on their body.</p> <p>Give educational materials.</p> |
| <p>2. <i>Do they have a primary care provider?</i></p> <p>If yes: tell participant to make an appointment with their provider and take the screening form with.</p> <p>If no: give a list of providers and make the participant aware of the importance.</p> | <p>Increased Triglycerides (>500), Increased Total Cholesterol Ratio (>4.0)</p> <p>1. <i>Ask the participant if they did indeed fast for 8-12 hours prior to health screening.</i></p> <p>If no: then explain the test is not an accurate measurement of triglycerides, but there is still concern with the elevated cholesterol ratio.</p> <p>If yes: proceed to step 2.</p> <p>2. <i>Do they have a primary care provider?</i></p> |
| <p>Increased Glucose (>210 Fasting)</p> <p>1. <i>Does the participant have a family history of diabetes?</i></p> <p>If yes: ask the participant if they are working with their PCP.</p> <p>If no: make the patient aware of the possibility of diabetes, and the importance of being tested. Give educational materials.</p> <p>2. <i>Do they have a primary care provider?</i></p> <p>If yes: tell participant to make an appointment with their provider and take the screening form with.</p> <p>If no: give a list of providers and make the participant aware of the importance.</p> | <p>If yes: tell participant to make an appointment with their provider and take the screening form with.</p> <p>If no: give a list of providers and make the participant aware of the importance.</p> <p>3. <i>Does the participant have a family history of heart disease?</i></p> <p>If yes: ask the participant if they are working with their PCP to prevent heart disease.</p> <p>If no: make the patient aware of the damage increased triglycerides and bad cholesterol has on their body.</p> <p>Give educational materials.</p> |
| <p>Decreased Glucose (<65)</p> <p>1. <i>Ask the patient if they are feeling well.</i></p> <p>If yes: let them know their glucose levels are low and they may want to eat something.</p> <p>If no: sit them down immediately, and give them juice and a granola bar.</p> | <p>Increased Triglycerides (>500), Increased Total Cholesterol Ratio (>4.0), Increased Blood Pressure</p> <p>1. <i>Ask the participant if they did indeed fast for 8-12 hours prior to health screening.</i></p> <p>If no: then explain the test is not an accurate measurement of triglycerides, but the elevated cholesterol ratio and blood pressure are cause for concern.</p> <p>If yes: proceed to step 2.</p> <p>2. <i>Do they have a primary care provider?</i></p> |
| <p>Increased Triglycerides (>500)</p> <p>1. <i>Ask the participant if they did indeed fast for 8-12 hours prior to health screening.</i></p> <p>If no: then explain the test is not an accurate measurement of triglycerides.</p> <p>If yes: proceed to step 2.</p> <p>2. <i>Do they have a primary care provider?</i></p> <p>If yes: tell participant to make an appointment with their provider and take the screening form with.</p> <p>If no: give a list of providers and make the participant aware of the importance.</p> <p>3. <i>Does the participant have a history of high triglycerides?</i></p> | <p>If yes: tell participant to make an appointment with their provider and take the screening form with.</p> <p>If no: give a list of providers and make the participant aware of the importance.</p> <p>3. <i>Does the participant have a family history of heart disease?</i></p> <p>If yes: ask the participant if they are working with their PCP.</p> <p>If no: make the patient aware their health screening numbers give concern for heart disease. It is essential for the participant to obtain an appointment for further assessment.</p> <p>Give educational materials, and write a personal note on the screening form that states they need to see a PCP.</p> |
| <p>Page 1 of 2</p> | <p>Page 2 of 2</p> |

Notes: These guidelines were employed by health coaches during their private discussions with study participants immediately following the health screening.

FIGURE D.20: Postcard given to participants on site after they completing their health screening

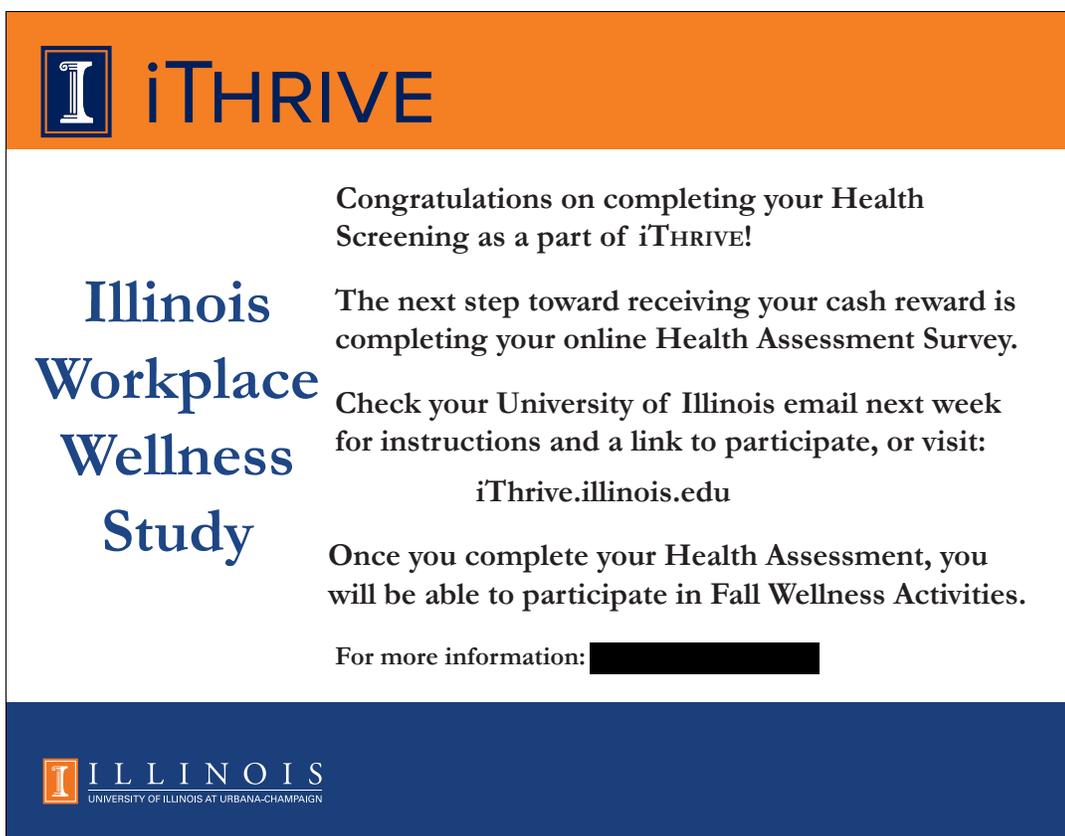


FIGURE D.21: Email invitation for the 2016 online health risk assessment

From: [REDACTED]
Subject: iThrive: Health Assessment Survey Invitation

Dear [First Name]:

Congratulations on completing your iThrive health screening! The next step is to complete your online Health Assessment survey, which will provide you with a personalized health summary and suggest practical ways to improve your health.

The Health Assessment survey takes about 12 minutes. After finishing this survey, you will receive a reward of \$100 and will be eligible to enroll in wellness activities once registration opens.

To access the online Health Assessment survey, simply copy and paste the following URL into your browser:
ithrive.illinois.edu/healthassessment

You must log in using the following username and initial password:

Username: <username>
Password: <password>

Once you are logged in, you must accept the terms of agreement. Next, click on the “Start New Assessment” button and answer a series of questions. You must click “Finish” when you are done, in order to view your report and to become eligible to enroll in wellness activities.

Please note: Some participants have experienced technical difficulties when taking their surveys. Slow response times or error messages sometimes arise when our survey vendor’s servers become overloaded. If you face any technical difficulties while taking the survey, please wait for fifteen minutes and try again later. We are sorry for any inconvenience this might cause for you.

This survey asks questions about seven dimensions of health (i.e., heart health, fitness, nutrition, mental health, diabetes risk, cancer risk, overweight/obesity risk). In order for the software to calculate a personalized wellness score for each dimension, you must answer all of the questions. Your results will give you insights you can use to make goals and plans for health improvement through iThrive programs and activities.

In the consent form you signed at the beginning of this study, you were told that you may refuse to answer any questions and withdraw at any time. This is still true with the Health Assessment, except that if you choose to skip any question in the health assessment, you cannot proceed with the survey. This software limitation only applies to the Health Assessment. If you do not wish to answer all of the survey items, you may withdraw from the study altogether.

For non-exempt civil service employees, iThrive is an “approved event,” so that, operations permitting and with prior supervisory approval, participation that occurs during an employee’s regular work schedule does not require the charging of leave benefit time.

As with every part of the Illinois Workplace Wellness Study, your participation in iThrive is completely voluntary and your **individual data will never be shared with your health insurance provider or your employer**. If you have any questions or need assistance, please contact us at [REDACTED] or call Lauren Geary, Project Manager, at [REDACTED].

Yours in good health,

Illinois Workplace Wellness Study Team

Notes: This was sent only to participants who had completed their health screening. The text highlighted in yellow was appropriately customized for each participant.

FIGURE D.22: Email invitation for Fall 2016 wellness activities

From: [REDACTED]
Subject: iThrive: Wellness Activity Registration Now Open

Dear [First Name]:

Congratulations on completing your iThrive Health Screening and online Health Assessment survey! You are now eligible to enroll in one of the iThrive Wellness Activities for Fall 2016.

You are free to choose a wellness activity, also called a “track,” that best aligns with an area of your health that you would like to improve. These areas include physical activity, weight management, stress management, chronic disease management, and tobacco cessation. You will have the option to participate in classes that meet in-person, or you may choose to participate in one of our online, self-paced programs like HealthTrails.

Completing your chosen wellness track in the Fall will entitle you to a \$[X] reward. If you also complete a wellness track in the Spring, you will receive an additional \$[X]. You do not have to participate in an activity in the Fall in order to be eligible to participate in the Spring.

To view the set of Wellness Activities that will be offered and to enroll, log in to iThrive by copying and pasting the following URL into your browser:

<https://ithrive.illinois.edu/>

After you log in to iThrive, click on the “Wellness Activities” tab near the top of your home page. This page lists the different activities available to you. Below each activity is a registration link. Click on the link that corresponds to the activity in which you would like to enroll, select the option to “log in using your netid,” and complete the registration form. You will receive a confirmation email when you have completed this step. Please note that you may only sign up for one fall activity.

For non-exempt civil service employees, iThrive is an “approved event,” so that, operations permitting and with prior supervisory approval, participation that occurs during an employee’s regular work schedule does not require the charging of leave benefit time.

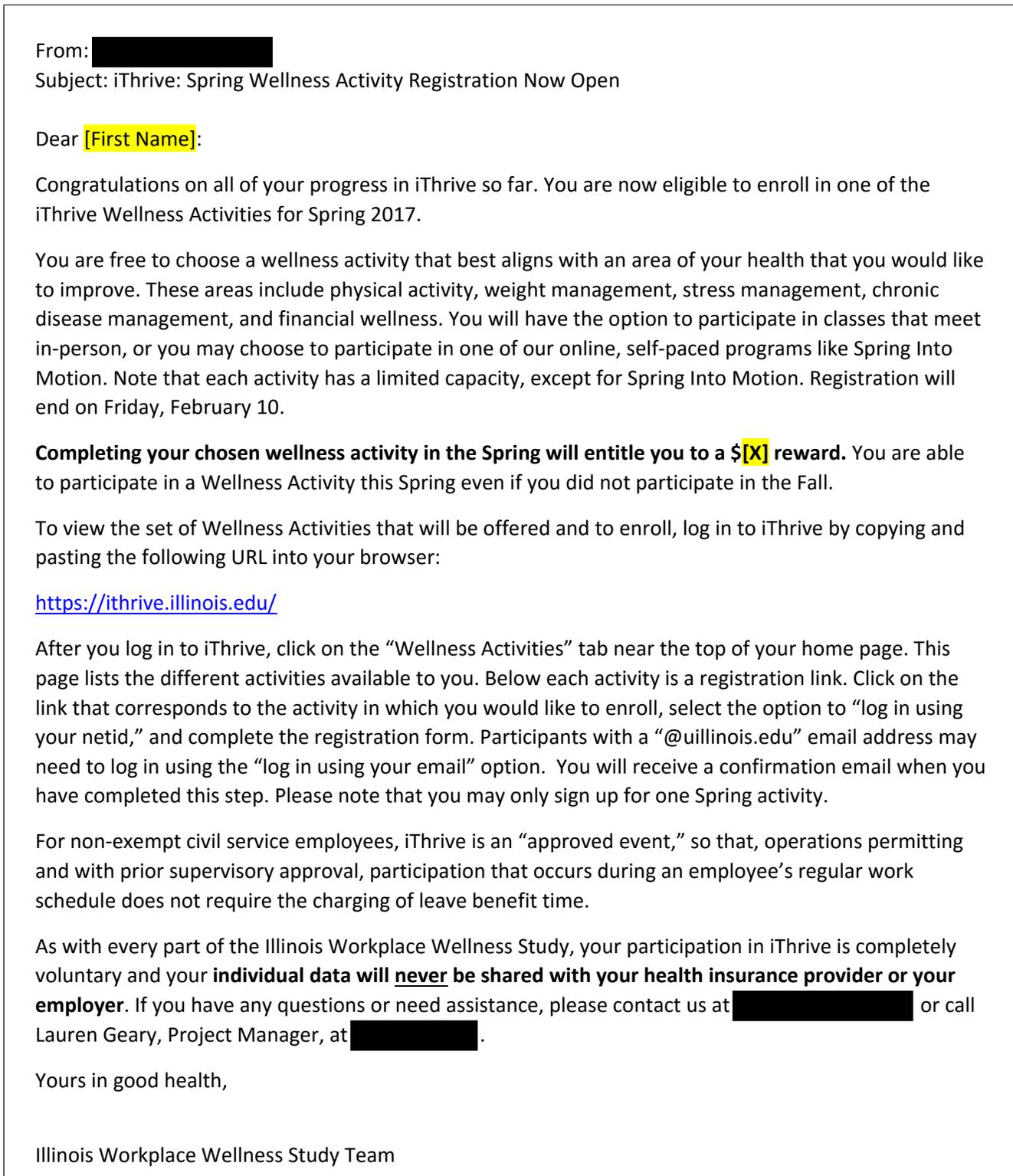
As with every part of the Illinois Workplace Wellness Study, your participation in iThrive is completely voluntary and your **individual data will never be shared with your health insurance provider or your employer.** If you have any questions or need assistance, please contact us at [REDACTED] or call Lauren Geary, Project Manager, at [REDACTED].

Yours in good health,

Illinois Workplace Wellness Study Team

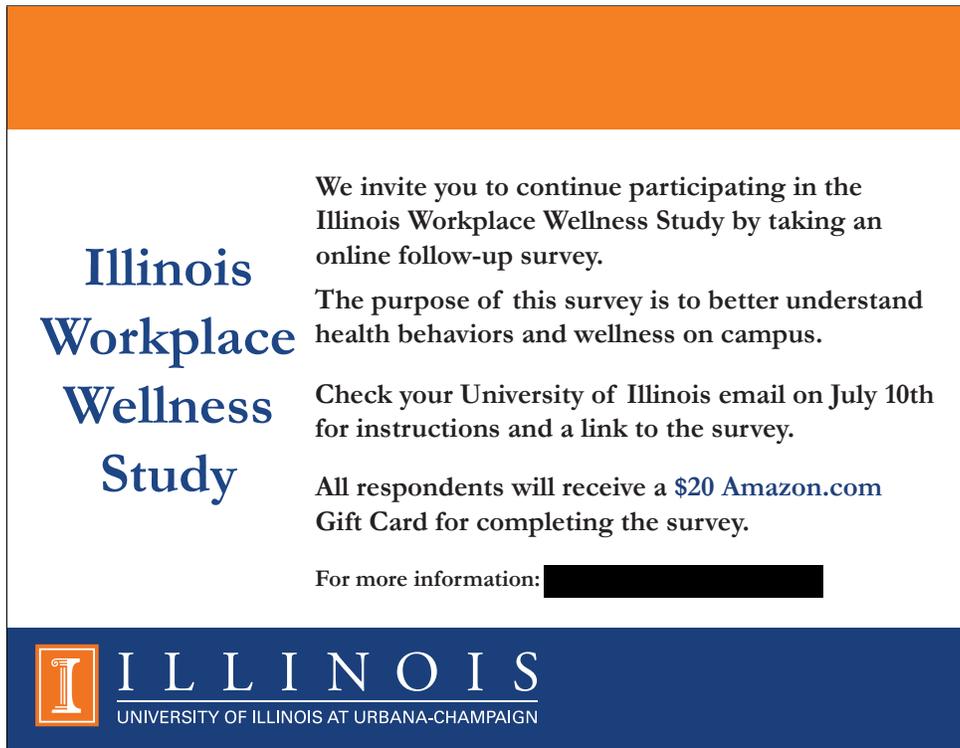
Notes: This was sent only to participants who had completed their online HRA. The text highlighted in yellow was appropriately customized for each participant.

FIGURE D.23: Email invitation for Spring 2017 wellness activities



Notes: This was sent only to participants who had completed their online HRA. The text highlighted in yellow was appropriately customized for each participant.

FIGURE D.24: Front and back sides of invitation postcard sent on July 6, 2017



The front side of the invitation postcard features a white background with an orange header bar at the top. On the left, the text "Illinois Workplace Wellness Study" is written in a blue serif font. To the right, there are three paragraphs of black text. The first paragraph invites the recipient to continue participating in the study by taking an online follow-up survey. The second paragraph explains the purpose of the survey is to better understand health behaviors and wellness on campus. The third paragraph asks the recipient to check their University of Illinois email on July 10th for instructions and a link to the survey. Below this, it states that all respondents will receive a \$20 Amazon.com Gift Card for completing the survey. At the bottom, it says "For more information:" followed by a black redaction box. At the very bottom, there is a dark blue footer bar containing the University of Illinois logo (a stylized 'I' with a column) and the text "ILLINOIS UNIVERSITY OF ILLINOIS AT URBANA-CHAMPAIGN" in white.

**Illinois
Workplace
Wellness
Study**

We invite you to continue participating in the Illinois Workplace Wellness Study by taking an online follow-up survey.

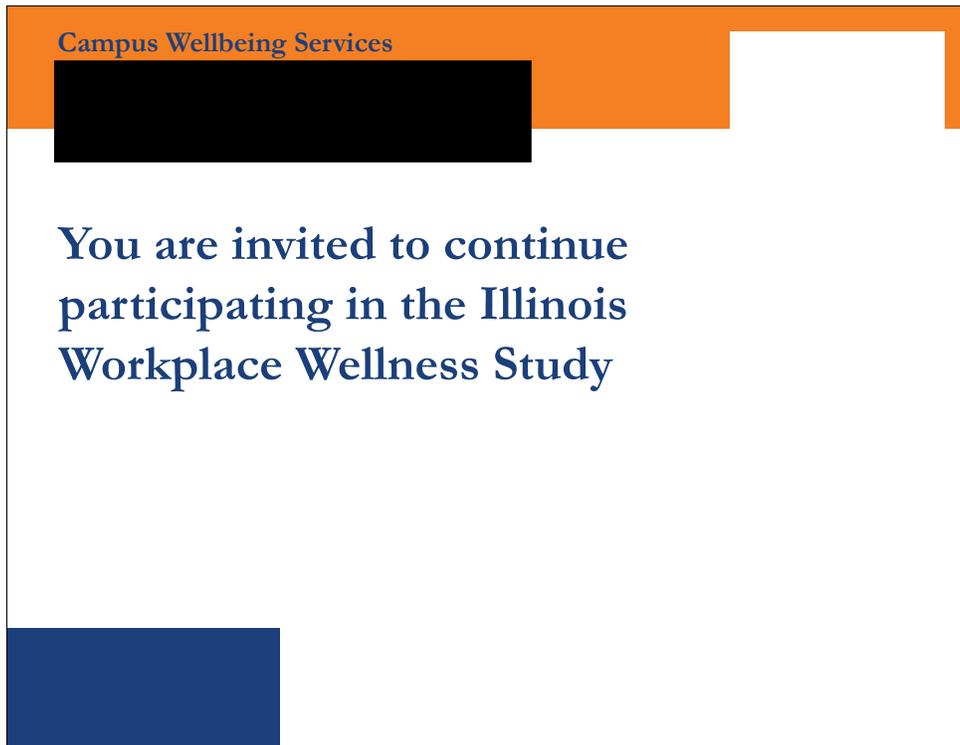
The purpose of this survey is to better understand health behaviors and wellness on campus.

Check your University of Illinois email on July 10th for instructions and a link to the survey.

All respondents will receive a \$20 Amazon.com Gift Card for completing the survey.

For more information: [REDACTED]

 **ILLINOIS**
UNIVERSITY OF ILLINOIS AT URBANA-CHAMPAIGN



The back side of the invitation postcard features a white background with an orange header bar at the top. The text "Campus Wellbeing Services" is written in a blue serif font. Below this, there is a large black redaction box. The main text, "You are invited to continue participating in the Illinois Workplace Wellness Study", is written in a blue serif font. At the bottom left, there is a dark blue rectangular block.

Campus Wellbeing Services

[REDACTED]

**You are invited to continue
participating in the Illinois
Workplace Wellness Study**

[REDACTED]

FIGURE D.25: One-year follow-up survey invitation sent to study participants on July 10, 2017

Dear <FirstName>,

Last summer, you participated in an online survey for the Illinois Workplace Wellness Study. Your participation has allowed the Illinois Workplace Wellness Study Team to conduct important research about workplace wellness programs on the UIUC campus.

We invite you to take part in a second survey for the Illinois Workplace Wellness Study. As before, this online survey includes questions about health behaviors and wellness on campus. The survey will take approximately 15 minutes to complete. We know that your time is valuable, so we are offering a **\$20 Amazon.com gift card** to all respondents who complete the survey. This gift card is taxable.

The survey is only available for a limited time, so please complete the survey promptly in order to receive your \$20 gift card. To access the online survey, simply copy and paste the following URL in your browser:

<link>

This survey is strictly confidential. **Your individual data will never be shared with the university or your health insurer.**

For non-exempt civil service employees, this program is an “approved event,” so that, operations permitting and with prior supervisory approval, participation that occurs during an employee’s regular work schedule does not require the charging of leave benefit time.

Thank you for contributing to this important research project! If you have any questions or need assistance, please contact us at [REDACTED] or [REDACTED].

Best regards,

Illinois Workplace Wellness Study Team

David Molitor
Assistant Professor, Department of Finance

Laura Payne
Professor, Department of Recreation, Sport and Tourism

Julian Reif
Assistant Professor, Department of Finance and IGPA

Notes: The text highlighted in yellow was appropriately customized for each participant.

FIGURE D.26: One-year follow-up survey reminder sent on August 2, 2017

From: [REDACTED]
Subject: \$100 gift card drawing: Illinois Workplace Wellness Study

Dear [FIRSTNAME],

We are pleased to announce that those who complete the online survey for the Illinois Workplace Wellness Study will be entered into a drawing to win a \$100 Amazon.com gift card.

Ten (10) people who complete the brief survey will be selected at random to receive a \$100 Amazon.com gift card. This gift card will be in addition to the \$20 Amazon.com gift card that all participants receive for completing the online survey. The drawing for the \$100 Amazon.com gift card will occur after the survey closes. Winners will be notified by email.

To access the online survey, simply copy and paste the following URL in your browser:

<personalized study url>

If you have already completed the survey, then you will automatically be entered into the drawing.

If you have any questions or need assistance, please contact us at [REDACTED]
or [REDACTED]

Best Regards,

Illinois Workplace Wellness Study Team

Notes: The text highlighted in yellow was appropriately customized for each participant. This reminder informed participants for the first time that completing the follow-up survey would enter them into a drawing for an additional \$100 reward.

FIGURE D.27: Text of screening invitation email sent to study participants on August 14, 2017

| | |
|--|--|
| <p>Dear [First Name]:</p> <p>You have been selected to participate in the 2017 iThrive Health Screenings. The iThrive Health Screenings are a component of the Illinois Workplace Wellness Study.</p> <p>The iThrive program offers you the opportunity to participate in a valuable health screening at no cost to you. In addition, you will earn \$125 for completing the iThrive Health Screening.</p> <p>The opportunity to participate in the iThrive Health Screening is only available for a limited time. To learn more about iThrive and to sign up for an appointment, visit the iThrive website:</p> <p>ithrive.illinois.edu</p> <p>The iThrive Health Screening is summarized below.</p> <p>Last month, you were invited to take the Illinois Workplace Wellness Study online survey. Even if you did not complete that survey, you are still invited to participate in the health screening. For those of you who took the survey, the random drawing has been completed and the winners have been notified.</p> <hr/> <h3>iThrive Health Screening</h3> <p>You are invited to participate in a free health screening through the iThrive program, beginning on August 21. The purpose of a health screening is to measure physical health characteristics (e.g., height, weight, blood pressure, cholesterol) and use the information as a benchmark for health promotion and management. For your convenience, Presence Health will offer these screenings at various dates and locations across campus. Appointments typically take about 20 to 25 minutes.</p> <p>Upon completion of the health screening, you will receive a reward of \$125.</p> <h3>Scheduling your Health Screening</h3> <p>To schedule your health screening, copy and paste the URL below into your web browser:</p> | <p>https://presencehealth.acuityscheduling.com/</p> <p>When scheduling your health screening, please use the email address to which this email was sent (netid@illinois.edu). This email address will be referred to as your "iThrive contact email".</p> <p>You may also visit the iThrive website at any time: ithrive.illinois.edu. This website provides personalized information about your progress.</p> <p>For non-exempt civil service employees, the iThrive Health Screening is an "approved event," so that, operations permitting and with prior supervisory approval, participation that occurs during an employee's regular work schedule does not require the charging of leave benefit time.</p> <p>As with every part of the Illinois Workplace Wellness Study, your participation in the iThrive Health Screening is completely voluntary and your individual data will never be shared with your health insurance provider or your employer. You can read here about the purpose of our study as well as the steps we will take to keep your information confidential. If you have any questions or need assistance, please contact us at [REDACTED]</p> <p>Yours in good health,</p> <p>Illinois Workplace Wellness Study Team</p> |
|--|--|

Notes: The text highlighted in yellow was appropriately customized for each participant.

FIGURE D.28: Text of reminder email sent to study participants on September 21, 2017

Dear [First Name]:

This is your **last chance** to attend your free iThrive Health Screening. **The final day to complete your iThrive Health Screening is tomorrow, Friday September 22nd, at Beckman Institute.** To schedule a screening, copy and paste the following URL into your browser:

<https://presencehealth.acuityscheduling.com/schedule.php>

As a reminder, you will receive a reward of \$125 after completing your iThrive Health Screening.

Walk-ins are also encouraged! Stop by Beckman Institute, Room 1005 any time between 6am and 12pm on Friday, September 22nd for an appointment.

For non-exempt civil service employees, iThrive is an “approved event,” so that, operations permitting and with prior supervisory approval, participation that occurs during an employee’s regular work schedule does not require the charging of leave benefit time.

As with every part of the Illinois Workplace Wellness Study, your participation in iThrive is completely voluntary and your **individual data will never be shared with your health insurance provider or your employer.** If you have any questions or need assistance, please contact us at

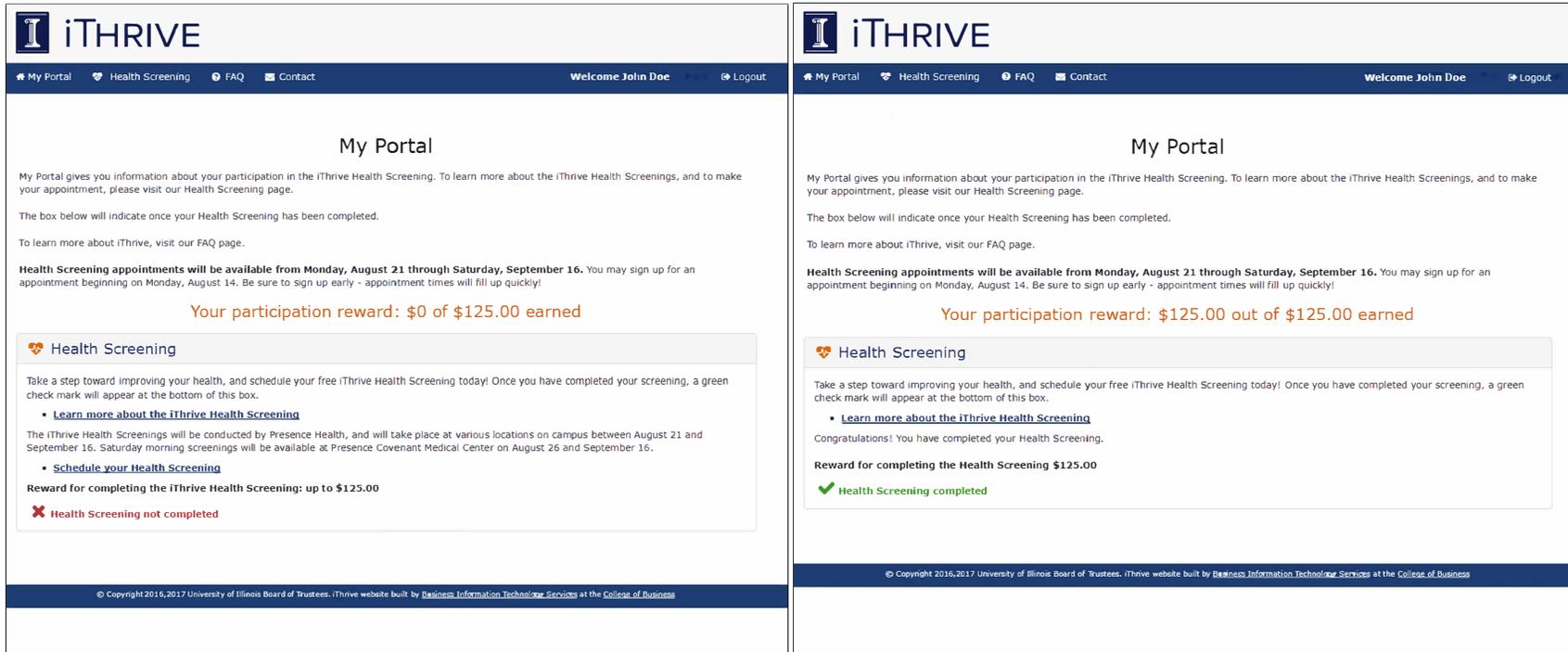
Yours in good health,

Illinois Workplace Wellness Study Team

Notes: The text highlighted in yellow was appropriately customized for each participant.

FIGURE D.29: Main page for the 2017-2018 iThrive website for a control group member in the \$125 screening reward group

D-52



Notes: Follow-up screening participants in the \$0 reward group did not receive a confirmation email. However, all follow-up screening participants could confirm their completion status on the iThrive website.

FIGURE D.30: Main page for the 2017-2018 iThrive website for a treatment group member in the \$125 screening reward group

D-53

The figure displays two screenshots of the iThrive website's 'My Portal' page for a treatment group member in the \$125 screening reward group.

Left Screenshot (Health Screening Not Completed):

- Header:** iTHRIVE logo and navigation menu (My Portal, Health Screening, FAQ, Contact). Welcome John Doe, Logout.
- Section:** My Portal
- Text:** My Portal gives you information about your participation in the iThrive Health Screening. To learn more about the iThrive Health Screenings, and to make your appointment, please visit our Health Screening page.
- Text:** The box below will indicate once your Health Screening has been completed.
- Text:** To learn more about iThrive, visit our FAQ page.
- Text:** Health Screening appointments will be available from Monday, August 21 through Saturday, September 16. You may sign up for an appointment beginning on Monday, August 14. Be sure to sign up early - appointment times will fill up quickly!
- Reward:** Your participation reward: \$0 of \$125.00 earned
- Health Screening Section:**
 - Take a step toward improving your health, and schedule your free iThrive Health Screening today! Once you have completed your screening, a green check mark will appear at the bottom of this box.
 - Learn more about the iThrive Health Screening
 - The iThrive Health Screenings will be conducted by Presence Health, and will take place at various locations on campus between August 21 and September 16. Saturday morning screenings will be available at Presence Covenant Medical Center on August 26 and September 16.
 - Schedule your Health Screening
 - Reward for completing the iThrive Health Screening: up to \$125.00
 - Health Screening not completed
- Footer:** © Copyright 2016,2017 University of Illinois Board of Trustees. iThrive website built by Business Information Technology Services at the College of Business

Right Screenshot (Health Screening Completed):

- Header:** iTHRIVE logo and navigation menu (My Portal, Health Screening & Assessment, Wellness Activities, FAQ, Contact). Welcome John Doe, Logout.
- Section:** My Portal
- Text:** My Portal gives you information about your progress in iThrive, a program to promote health and wellness among campus faculty and staff. iThrive offers you the opportunity to participate in valuable health screening and wellness activities at no cost to you.
- Text:** To be eligible to participate in iThrive Wellness Activities, you must complete your Health Assessment by Friday, October 6, 2017.
- Text:** Registration for iThrive Wellness Activities will open at 12pm CST on Monday, October 2, 2017.
- Reward:** Your participation reward: \$125.00 out of \$125.00 earned
- Health Screening Section:**
 - Health Screening
 - Take a step to improve your health, and schedule your free iThrive Health Screening today! Once you have completed your screening, a green check mark will appear at the bottom of this box.
 - Learn more about the iThrive Health Screening
 - Congratulations! You have completed your Health Screening.
 - Reward for completing the Health Screening: \$125.00
 - Health Screening completed
- Step 2: Health Assessment & Wellness Activities Section:**
 - You are now eligible to complete your Health Assessment Survey. The Health Assessment is an online tool offered by Wellsource.
 - Learn more about the Health Assessment Survey
 - Log in to your Health Assessment
 - Health Assessment username: [REDACTED]
 - Health Assessment password: [REDACTED]
 - Once you have completed your Health Assessment Survey, you will be eligible to participate in iThrive Wellness Activities.
 - Health Assessment not completed
 - Fall activity not completed
 - Spring activity not completed
 - For every semester that you successfully complete an iThrive Wellness Activity, you will be entered into a drawing for a chance to receive a \$50 Amazon.com Gift Card.
- Footer:** © Copyright 2016,2017 University of Illinois Board of Trustees. iThrive website built by Business Information Technology Services at the College of Business

Notes: Follow-up screening participants in the \$0 reward group did not receive a confirmation email. However, all follow-up screening participants could confirm their completion status on the iThrive website.

FIGURE D.31: Text of the confirmation email sent to one-year follow-up screening participants in the \$125 reward group

From: [REDACTED]
Subject: Your iThrive Health Screening Payment

Hello,

Congratulations on completing your iThrive Health Screening! Your \$125 reward for completion will be processed in October, after the iThrive Health Screenings have ended. The payments will be made through direct deposit, and will be included as part of your regularly scheduled paychecks. As a reminder, these payments are taxable.

You may log in to the iThrive website at <https://iThrive.illinois.edu> to view your progress at any time.

Please let us know if you have any questions. We will send an email in October after all of the payments have been made.

Yours in good health,

The Illinois Workplace Wellness Study Team

Notes: Follow-up screening participants in the \$0 reward group did not receive a confirmation email. However, all follow-up screening participants could confirm their completion status on the iThrive website.

FIGURE D.32: Email invitation for the 2017 online health risk assessment

Dear [First Name]:

Congratulations on completing your iThrive health screening! The next step is to complete your online Health Assessment survey, which will provide you with a personalized health summary and suggest practical ways to improve your health.

The Health Assessment survey takes about 12 minutes. After finishing this survey, you will be eligible to sign up for Fall 2017 and Spring 2018 iThrive Wellness Activities. **Twenty (20) people who complete a fall activity, and another twenty (20) people who complete a spring activity, will be selected at random to receive a \$50 Amazon.com gift card.**

To access the online Health Assessment survey, simply copy and paste the following URL into your browser:

ithrive.illinois.edu/healthassessment

You must log in using the following username and initial password:

Username: <username>
Password: <password>

Once you are logged in, you must accept the terms of agreement. Next, click on the “Start New Assessment” button and answer a series of questions. **Note: Be sure to keep a copy of your iThrive Health Screening results, as you may enter that information into your Health Assessment survey for a more detailed report.** You must click “Finish” when you are done, in order to view your report and to become eligible to enroll in wellness activities.

This survey asks questions about seven dimensions of health (i.e., heart health, fitness, nutrition, mental health, diabetes risk, cancer risk, overweight/obesity risk). In order for the software to calculate a personalized wellness score for each dimension, you must answer all of the questions. Your results will give you insights you can use to make goals and plans for health improvement through iThrive programs and activities.

In the consent form you signed at the beginning of this study, you were told that you may refuse to answer any questions and withdraw at any time. This is still true with the Health Assessment, except that if you choose to skip any question in the health assessment, you cannot proceed with the survey. This software limitation only applies to the Health Assessment. If you do not wish to answer all of the survey items, you may withdraw from the study altogether.

For non-exempt civil service employees, iThrive is an “approved event,” so that, operations permitting and with prior supervisory approval, participation that occurs during an employee’s regular work schedule does not require the charging of leave benefit time.

As with every part of the Illinois Workplace Wellness Study, your participation in iThrive is completely voluntary and your **individual data will never be shared with your health insurance provider or your employer.** If you have any questions or need assistance, please contact us at [REDACTED] or call [REDACTED]

Yours in good health,

Illinois Workplace Wellness Study Team

Notes: This was sent only to members of the treatment group who had completed their 2017 health screening. The text highlighted in yellow was appropriately customized for each participant.

FIGURE D.33: Email invitation for Fall 2017 wellness activities

Dear «First_Name»:

Congratulations on completing your iThrive Health Screening and online Health Assessment survey! You are now eligible to enroll in one of the iThrive Wellness Activities for Fall 2017.

For those of you who tried to register at noon, but were unable to do so, we apologize for the inconvenience. The servers where the registration sheets are stored had crashed, but are up and running now.

You are free to choose a wellness activity that best aligns with an area of your health that you would like to improve. These areas include physical activity, weight management, stress management, chronic disease management, and tobacco cessation. You will have the option to participate in classes that meet in-person, or you may choose to participate in one of our online, self-paced programs.

Twenty (20) people who complete a fall activity, and another twenty (20) people who complete a spring activity, will be selected at random to receive a \$50 Amazon.com gift card.

To view the set of Wellness Activities that will be offered and to enroll, log in to iThrive by copying and pasting the following URL into your browser:

<https://ithrive.illinois.edu/>

After you log in to iThrive, click on the “Wellness Activities” tab near the top of your home page. This page lists the different activities available to you. Below each activity is a registration link. Click on the link that corresponds to the activity in which you would like to enroll, select the option to “log in using your netid,” and complete the registration form. If you have a “@uillinois.edu” email address, you may need to select the option to “log in using email”. You will receive a confirmation email when you have completed this step. **Please note that you may only sign up for one fall activity.**

For non-exempt civil service employees, iThrive is an “approved event,” so that, operations permitting and with prior supervisory approval, participation that occurs during an employee’s regular work schedule does not require the charging of leave benefit time.

As with every part of the Illinois Workplace Wellness Study, your participation in iThrive is completely voluntary and your **individual data will never be shared with your health insurance provider or your employer**. If you have any questions or need assistance, please contact us at [REDACTED] or call [REDACTED]

Yours in good health,

Illinois Workplace Wellness Study Team

Notes: This was sent only to participants who had completed their online HRA. The text highlighted in yellow was appropriately customized for each participant.

FIGURE D.34: Email invitation for Spring 2018 wellness activities

Dear [First Name],

Congratulations on all of your progress in iThrive so far. You are now eligible to enroll in one of the iThrive Wellness Activities for Spring 2018.

You are free to choose a wellness activity that best aligns with an area of your health that you would like to improve. These areas include physical activity, weight management, stress management, and others. You will have the option to participate in classes that meet in-person, or you may choose to participate in our online, self-paced health challenge – “Keep America Active”.

Twenty (20) people who complete a spring activity will be selected at random to receive a \$50 Amazon.com Gift Card.

To view the Wellness Activity options that will be offered during the Spring 2018 semester, log in to iThrive by copying and pasting the following URL into your browser:

<https://iThrive.illinois.edu>

After you log in to iThrive, click the “Wellness Activities” tab near the top of your home page. This page lists the different activities available to you. Below each activity is a registration link. Click on the link that corresponds to the activity in which you would like to enroll, select the option to “log in using your NetID,” and complete the registration form. If you have a “@uillinois.edu” email address, you may need to select the option to “log in using email”. You will receive a confirmation email when you have completed this step. **Please note that you may only sign up for one Spring 2018 activity.**

For non-exempt civil service employees, iThrive is an “approved event,” so that, operations permitting and with prior supervisory approval, participation that occurs during an employee’s regular work schedule does not require the charging of leave benefit time.

As with every part of the Illinois Workplace Wellness Study, your participation in iThrive is completely voluntary and your **individual data will never be shared with your health insurance provider or your employer**. If you have any questions or need assistance, please contact us at [REDACTED] or call [REDACTED]

Yours in good health,

Illinois Workplace Wellness Study Team

Notes: This was sent only to participants who had completed their online HRA. The text highlighted in yellow was appropriately customized for each participant.

FIGURE D.35: Two-year follow-up survey invitation sent to study participants on July 9, 2018

Dear <FirstName>,

Two years ago, you completed an online survey for the Illinois Workplace Wellness Study. Your participation has allowed the Illinois Workplace Wellness Study Team to conduct important research about workplace wellness programs on the UIUC campus.

We invite you to take part in another survey for the Illinois Workplace Wellness Study. As before, this online survey includes questions about health behaviors and wellness on campus. The survey will take approximately 10-15 minutes to complete. We know that your time is valuable, so we are offering a **\$20 Amazon.com gift card** to all respondents who complete the survey. This gift card is taxable.

The survey is only available for a limited time, so please complete the survey promptly in order to receive your \$20 gift card. To access the online survey, simply copy and paste the following URL in your browser:

<link>

This survey is strictly confidential. **Your individual data will never be shared with the university or your health insurer.**

For non-exempt civil service employees, this program is an “approved event,” so that, operations permitting and with prior supervisory approval, participation that occurs during an employee’s regular work schedule does not require the charging of leave benefit time.

Thank you for contributing to this important research project! If you have any questions or need assistance, please contact us at [REDACTED]

Best regards,

Illinois Workplace Wellness Study Team

David Molitor
Assistant Professor, Department of Finance

Laura Payne
Professor, Department of Recreation, Sport and Tourism

Julian Reif
Assistant Professor, Department of Finance and IGPA

Notes: The text highlighted in yellow was appropriately customized for each participant.

FIGURE D.36: Text of screening invitation email sent to study participants on August 13, 2018

| | |
|--|---|
| <p>Dear [First Name]:</p> <p>You have been selected to participate in the 2018 iThrive Health Screenings. The iThrive Health Screenings are a component of the Illinois Workplace Wellness Study.</p> <p>The iThrive program offers you the opportunity to participate in a valuable health screening at no cost to you. In addition, you will earn a \$75 Amazon.com Gift Card for completing the iThrive Health Screening.</p> <p>The opportunity to participate in the iThrive Health Screening is only available for a limited time. To learn more about iThrive and to sign up for an appointment, visit the iThrive website:</p> <p>ithrive.illinois.edu</p> <p>The iThrive Health Screening is summarized below.</p> <hr/> <h3>iThrive Health Screening</h3> <p>You are invited to participate in a free health screening through the iThrive program, beginning on August 20, 2018. The purpose of a health screening is to measure physical health characteristics (e.g., height, weight, blood pressure, cholesterol) and use the information as a benchmark for health promotion and management. For your convenience, OSF Heart of Mary Medical Center (formerly Presence Health) will offer these screenings at various dates and locations across campus. Appointments typically take about 20 to 25 minutes.</p> <p>Upon completion of the health screening, you will receive a reward of a \$75 Amazon.com Gift Card. The gift card will be delivered to your University of Illinois email address after the health screenings have ended. You can expect to receive your gift card sometime in late September or early October.</p> <h3>Scheduling your Health Screening</h3> <p>To schedule your health screening, copy and paste the URL below into your web browser:</p> <p>https://ithrivehealthscreening.as.me/schedule.php</p> | <p>Important! When scheduling your health screening, please use the email address to which this email was sent (netid@illinois.edu).</p> <p>You may also visit the iThrive website at any time: ithrive.illinois.edu. This website provides personalized information about your progress, and highlights important information about the iThrive health screenings.</p> <p>For non-exempt civil service employees, the iThrive Health Screening is an "approved event," so that, operations permitting and with prior supervisory approval, participation that occurs during an employee's regular work schedule does not require the charging of leave benefit time.</p> <p>As with every part of the Illinois Workplace Wellness Study, your participation in the iThrive Health Screening is completely voluntary and your individual data will never be shared with your health insurance provider or your employer. You can read here about the purpose of our study as well as the steps we will take to keep your information confidential. If you have any questions or need assistance, please contact us at [REDACTED]</p> <p>Yours in good health,</p> <p>Illinois Workplace Wellness Study Team</p> |
|--|---|

Notes: The text highlighted in yellow was appropriately customized for each participant.

FIGURE D.37: Copy of 2018 health screening form used by clinicians to record health measures

| OSF Health Care | | Screening Information | |
|--|--|-------------------------------|----------------------|
| Worksite Wellness SCREENING REGISTRATION and CONSENT | | | |
| Name: | Date: | | |
| Address: | Zip Code | Date of birth: | |
| Telephone: | Name of primary care physician: | | |
| Email: | If none, would you like a referral? | | |
| Insurance Provider: | <input type="radio"/> Male <input type="radio"/> Female | | |
| I consent to the screenings listed on this page and to the collection of screening results by OSF Health Care. The wellness screening includes taking body measurements, vital signs, and a "finger-stick" to obtain a blood sample to measure glucose, etc. I understand that my participation in the wellness screening is voluntary and that the screening results are considered preliminary and do not constitute a diagnosis of any particular disease or condition. I understand that I will be given the results of the screening and that it is my responsibility to follow up with my health care provider regarding any treatment options. I understand that my results will be kept confidential. I acknowledge that I was provided information about OSF Health Care's privacy practices. | | | |
| _____ Signature of patient, or if patient is a minor, signature of parent/guardian | | _____ Last 4 digits of SSN | |
| <i>Please check the appropriate box below</i> | | | |
| Do you use tobacco of any kind? | Yes | No | Use E-cigarette |
| How many times a week do you engage in physical activity/exercise? | None | 1-2 times/week | 3 or more times/week |
| If you do engage in physical activity, how long? | Do not engage | 20 minutes | 40 or more minutes |
| How often do you feel tense, anxious, or depressed? | Rarely or never | Sometimes | Often |
| Do you have a primary physician? | Yes | No | |

| Fasting | Non-Fasting | |
|-------------------------|-------------|--|
| TEST | RESULTS | DESIRABLE LEVELS <small>(Source: American Heart Association, Mayo Clinic)</small> |
| Height | | |
| Weight | | |
| Body Mass Index | | Less than 25 – Normal 25-29 – Overweight 30 or more - Obese |
| Blood Pressure | | Less than 120/80 – Normal 120-139/80-89 – Pre-hypertension Over 140/90 – High Blood Pressure |
| Total Cholesterol | | Less than 200 More than 240 - High |
| Total Cholesterol ratio | | Less than 3.5 - Optimal |
| HDL | | More than 60 – Optimal More than 40 – Moderate |
| LDL | | Less than 100 – Optimal primary prevention |
| Triglycerides | | Less than 150 – Optimal 151-199 – Borderline High |
| Glucose | | Less than 100 – Normal 101-125 – Pre Diabetes |

- PCP referral
- Make minor lifestyle changes
- Identification of 1 or more results outside the desirable range

- Results require medical attention
- Results require immediate medical attention

Notes: A carbon copy of this was given to participants upon completion of their health screening in 2018.

D.4. Online Appendix Tables

TABLE D.1: Dates, locations, times, and number of health screenings performed in 2016

| Date | Location | Appt Times | Capacity | Appts scheduled | Total Screened |
|-------------------------|----------------------------------|-------------------|-----------------|------------------------|-----------------------|
| Monday, August 15 | Business Instructional Facility | 6:00am - 10:20am | 108 | 67 | 69 |
| Tuesday, August 16 | Business Instructional Facility | 6:00am - 10:20am | 108 | 66 | 65 |
| Wednesday, August 17 | Beckman Institute | 6:00am - 10:20am | 108 | 89 | 90 |
| Thursday, August 18 | Physical Plant Services Building | 7:45am - 10:15am | 64 | 58 | 57 |
| Friday, August 19 | iHotel | 6:00am - 10:20am | 108 | 91 | 93 |
| Saturday, August 20 | Presence Covenant Medical Center | 7:00am - 10:20am | 84 | 74 | 76 |
| Monday, August 22 | iHotel | 6:00am - 10:20am | 108 | 99 | 92 |
| Tuesday, August 23 | Business Instructional Facility | 6:00am - 10:50am | 120 | 75 | 75 |
| Wednesday, August 24 | Business Instructional Facility | 6:00am - 10:50am | 120 | 77 | 74 |
| Thursday, August 25 | Alice Campbell Alumni Center | 7:45am - 10:55am | 80 | 74 | 77 |
| Friday, August 26 | Beckman Institute | 6:00am - 10:50am | 120 | 100 | 94 |
| Saturday, August 27 | Presence Covenant Medical Center | 7:00am - 9:50am | 72 | 52 | 45 |
| Monday, August 29 | Beckman Institute | 6:00am - 10:55am | 120 | 97 | 90 |
| Tuesday, August 30 | iHotel | 6:00am - 10:55am | 120 | 109 | 104 |
| Wednesday, August 31 | University YMCA | 6:00am - 10:50am | 120 | 98 | 94 |
| Thursday, September 1 | University YMCA | 6:00am - 10:50am | 120 | 78 | 71 |
| Friday, September 2 | ACES Library | 8:15am - 10:55am | 68 | 66 | 60 |
| Saturday, September 3 | N/A | N/A | N/A | N/A | N/A |
| Monday, September 5 | N/A | N/A | N/A | N/A | N/A |
| Tuesday, September 6 | iHotel | 6:00am - 10:50am | 120 | 117 | 99 |
| Wednesday, September 7 | Beckman Institute | 6:00am - 10:50am | 120 | 87 | 76 |
| Thursday, September 8 | University YMCA | 6:00am - 10:50am | 120 | 92 | 81 |
| Friday, September 9 | University YMCA | 6:00am - 10:50am | 120 | 66 | 55 |
| Saturday, September 10 | Presence Covenant Medical Center | 7:00am - 9:50am | 72 | 26 | 17 |
| Monday, September 12 | iHotel | 6:00am - 10:50am | 61 | 52 | 45 |
| Tuesday, September 13 | iHotel | 6:00am - 10:50am | 75 | 53 | 45 |
| Wednesday, September 14 | iHotel | 6:00am - 10:50am | 76 | 58 | 53 |
| Thursday, September 15 | iHotel | 6:00am - 10:50am | 76 | 50 | 42 |
| Friday, September 16 | iHotel | 6:00am - 10:50am | 76 | 76 | 61 |
| Total | | | 2,664 | 2,047 | 1,900 |

TABLE D.2: Description of and statistics for the Fall 2016 wellness activities

| | Number of classes | Time and day of week | Start date | End date | Reward requirement | Capacity | Registered | Completed | Description |
|-------------------------|-------------------|--|------------|----------|-----------------------|-----------|--------------|------------|---|
| Freedom from Smoking | 1 | N/A | 10/17/16 | 12/16/16 | 8 weekly calls | 20 | 17 | 9 | The Illinois Freedom from Smoking HelpLine is a one-on-one telephonic coaching program to help participants to quit tobacco for good. Participants are matched with a trained cessation expert. Quitline cessation specialists offer participants expert advice, an assessment of your tobacco treatment, and help you develop a customized quit-plan. Calls take place weekly, and are scheduled at your convenience. |
| HealthTrails | Unlimited | N/A | 10/10/16 | 12/4/16 | 400 virtual miles | Unlimited | 1027 | 715 | HealthTrails is an eight-week self-paced, online wellness activity developed by Health Enhancement Systems – a leader in online wellness campaigns. This program allows participants to virtually travel along famous trails as they practice and record healthy lifestyle behaviors such as physical activity, nutrition, and stress management. HealthTrails includes the option of a mobile application that allows participants to conveniently track their behaviors using their cell phone or other mobile device. The program incorporates challenging wellness goals and fun themes, as well as daily tips throughout the program. Participants who choose to register for HealthTrails can work to improve their health in the areas of: * Physical Activity * Stress Management * Healthy Eating |
| Live Well Be Well | 1 | 5:15pm - 7:15pm (R) | 10/13/16 | 11/17/16 | Attend 5 of 6 classes | 20 | 19 | 16 | Live Well, Be Well is a six-week evidence-based chronic disease self-management program that was developed by Stanford University. This interactive program has been shown empowers participants through learning important lifestyle skills that enhance one's ability to effectively manage ongoing health conditions. This program is open to anyone with an ongoing health condition such as arthritis, heart disease, asthma, lung disease, diabetes, osteoporosis, cancer or any other. Caregivers may also participate. The program is taught by certified facilitators Cheri Burcham and Chelsey Byers, University of Illinois Extension community health educators. |
| Prudential Pathways | 1 | 5:15pm - 6:15pm (R) | 10/13/16 | 11/10/16 | Attend 5 of 5 classes | 25 | 25 | 20 | The Prudential Pathways program offers practical, down-to-earth financial information. Participants will gain an understanding of the fundamentals of financial wellness, and personal financial planning. Prudential Pathways will be facilitated by Peggy Furlong with Prudential Financial, and will cover important topics such as: setting your financial goals, protecting your assets through risk management, investment principles, healthcare planning, retirement and asset distribution planning, tax strategies, estate planning strategies, how your employee benefits fit into your overall financial wellness, and more. |
| Recess for Adults | 2 | 5:15pm - 6:00pm (W), 6:30pm - 7:15pm (W) | 10/12/16 | 12/7/16 | Attend 6 of 8 classes | 50 | 49 | 28 | Recess For Adults is an eight-week program inspired by games typically seen on a playground. This program is perfect for adults to increase their physical activity levels, and to have fun together. A typical class agenda could include, for example, "Red Light, Green Light", "Crazy Kickball", "Blob Tag", and "Group Juggle". This program meets once per week for 45 minutes, for eight weeks. The program will be led by instructor Kerri Schiller, a University of Illinois PhD student in Recreation, Sport, and Tourism. |
| Stress Management | 1 | 5:15pm - 6:15pm (W) | 10/19/16 | 12/14/16 | Attend 6 of 8 classes | 40 | 40 | 27 | This eight-week program provides participants with the knowledge and skills to effectively manage stress in their lives. Participants gain an understanding of how stress affects them. They build awareness of their personal stressors and stress symptoms, of their ability to control how stress affects them, and how to address stress. The program is very interactive; in each session participants learn practical skills they can use in their daily lives. Topics include defining stress, overcoming stressful thought patterns, relaxation techniques, managing stress at work, coping with change, and more. The program is facilitated by Michele Guerra, the Director of the UI Wellness Center. |
| Tai Chi | 3 | 5:15pm - 6:15pm (T), 6:30pm - 7:30pm (T, R) | 10/11/16 | 12/8/16 | Attend 6 of 8 classes | 60 | 60 | 39 | Tai Chi for Relaxation is an eight-week program that aims to improve overall health and wellness through learning basic Tai Chi movements and techniques. The class is taught by local certified Tai Chi instructor Rick Krandel, who maintains certification from the Tai Chi for Health Institute. Three sessions of Tai Chi for Relaxation are scheduled this fall. You may select either the Tuesday evening or Thursday evening sessions. |
| Weight Watchers at Work | 2 | 12:00pm-12:50pm (W,R) | 10/12/16 | 12/8/16 | Attend 6 of 8 classes | 32 | 32 | 27 | Weight Watchers at Work is an eight-week weight management program, that aims to help participants to develop skills to unlock their inner strength to make healthy choices for life. Participants will learn how to see food as a fuel for a healthy life, and to find ways to move more each day. The SmartPoints plan assigns a point value to every food, and members are given a target number of points for each day. Participants can make their own choices about what foods to eat to reach their daily target number of points. Weight Watchers at Work will meet on Wednesdays and Thursdays from 12pm to 1pm. |
| Well at Work | 1 | 12:00pm-12:50pm (M) | 10/10/16 | 12/5/16 | Attend 6 of 8 classes | 35 | 35 | 22 | The Well at Work Series is an eight-week program that provides participants with practical tips on how to stay healthy at work. Each session will focus on a different aspect of workplace wellness. The brief lunch and learn format is conveniently scheduled to increase employees' ability to attend. Facilitator Michele Guerra, the Director of the UI Wellness Center, will cover a variety of workplace health-related topics, including how to: fit physical activity in at work, eat healthfully at work, achieve work-life balance, get a good night's sleep, stay energized during the work day, relax during stressful moments, and more. |
| Total | | | | | | | 1,304 | 903 | |

TABLE D.3: Description of and statistics for the Spring 2017 wellness activities

| | Number of classes | Time and day of week | Start date | End date | Reward requirement | Capacity | Registered | Completed | Description |
|----------------------------------|-------------------|--|------------|-----------|---|-----------|--------------|------------|--|
| Active Living Every Day | 1 | 5:15pm - 6:15pm (T) | 1/31/2017 | 4/25/2017 | Attend 9 out of 12 classes | 30 | 12 | 9 | Active Living Every Day (ALED) helps people become and stay physically active. ALED focuses on lifestyle physical activity into one's life and life management skills. Participants will be provided with a step-by-step process to create their own healthy lifestyle. They will learn a wide variety of life skills, including: *Setting goals *Overcoming challenges *Defusing stress *Making lasting changes, and more ALED is perfect for inactive people, or those who want to be more active, but are having difficulty doing so. Note: This is not an exercise class. |
| Adventures in Financial Wellness | 1 | 5:15pm - 6:15pm (R) | 2/16/2017 | 4/13/2017 | Attend 6 out of 8 classes | 36 | 36 | 21 | Looking to expand or deepen your financial savvy? Sign up for Adventures in Financial Wellness. Each week, Prudential financial professionals* will provide practical information on a different financial wellness topic. Participants will gain a better working knowledge of credit, banking services, saving, investing, and funding college, taxes, life insurance and retirement planning. This program is different from the Pathways program we offered in the fall. Some information may be similar. *No Prudential financial products will be sold or promoted during this series. Are you looking for a safe and effective weight management program? Join the Healthy Weigh! Healthy Weigh is the UI Wellness Center's weight management program. Healthy Weigh equips participants with proper tools to lose weight safely and effectively. |
| Healthy Weigh | 1 | 5:15pm - 6:15pm (W) | 2/8/2017 | 4/5/2017 | Attend 6 out of 8 classes | 40 | 28 | 17 | This program is not a diet. Participants will: *Learn how to lose and maintain a healthy weight *Attain life management skills to help them attain their weight goals *Receive group support to increase self-confidence |
| Live Well Be Well | 1 | 5:15pm - 7:15pm (W) | 2/22/2017 | 4/12/2017 | Attend 5 out of 7 classes | 20 | 9 | 3 | Live Well, Be Well is a six-week evidence-based chronic disease self-management program that was developed by Stanford University. This interactive program has been shown empowers participants through learning important lifestyle skills that enhance one's ability to effectively manage ongoing health conditions. This program is open to anyone with an ongoing health condition such as arthritis, heart disease, asthma, lung disease, diabetes, osteoporosis, cancer or any other. Caregivers may also participate. The program is taught by certified facilitators Cheri Burcham and Chelsey Byers, University of Illinois Extension community health educators. |
| Lunchtime Walk | 1 | 12:10pm - 12:55pm (M) | 2/27/2017 | 4/24/2017 | Attend 6 out of 8 sessions | 35 | 34 | 21 | Do you want to get more physical activity, but can't seem to find the time? It just got easier to fit in a walk during your busy day. Sign up for our Lunchtime Walk program. These walks are designed to fit into the average lunch break, allowing enough time to travel to and from the starting point, get a 30-minute walk, and return to your work area. The first three walks will be inside; once the weather warms up a bit, we will walk outside. Walkers of all abilities are welcome. |
| Mini Stress Relievers | 1 | 12:10pm - 12:55pm (T) | 2/14/2017 | 4/11/2017 | Attend 6 out of 8 classes | 35 | 35 | 28 | Need some "me time"? Join our Mini Stress Relievers program! Each week we will feature an easy-to-do stress reduction activity. Examples of activities include: *Coloring *Practicing muscle relaxation techniques *Taking a contemplative walk *Experiencing the power of aromatherapy *And more! You will also have the opportunity to meet other campus employees in a relaxing atmosphere. |
| Recess for Adults | 1 | 5:15pm - 6:00pm (W) | 2/8/2017 | 4/5/2017 | Attend 6 of 8 classes | 25 | 25 | 15 | Recess For Adults is an eight-week program inspired by games typically seen on a playground. This program is perfect for adults to increase their physical activity levels, and to have fun together. A typical class agenda could include, for example, "Red Light, Green Light", "Crazy Kickball", "Blob Tag", and "Group Juggle". This program meets once per week for 45 minutes, for eight weeks. The program will be led by instructor Kerri Schiller, a University of Illinois PhD student in Recreation, Sport, and Tourism. |
| Spring Into Motion | N/A | N/A | 2/6/2017 | 4/2/2017 | Obtain 40 "Springer Icons" (6,000 steps per day or 30 minutes of physical activity per day for 40 days) | Unlimited | 808 | 588 | Spring Into Motion is an online, self-paced wellness activity that encourages participants to be more active. The program allows participants to track either their steps or physical activity minutes each day, making progress toward a final goal. As they track their activity, participants progress through different, exciting spring events all around the world. This program is great for participants of all fitness levels. Whether you are just starting out, or have a well-established physical activity routine, Spring Into Motion will help to boost energy and improve health. For user convenience, a mobile application is also available to help with on-the-go activity tracking. Participants who own a FitBit or a Jawbone device will have the ability to sync their devices with their Spring Into Motion accounts, allowing for automatic activity tracking. Participants will strive to reach a goal of at least 6,000 steps per day or 30 minutes of physical activity per day, for at least 40 days throughout the program. |
| Tai Chi | 3 | 6:30pm - 7:30pm (T), 6:30pm - 7:30pm (T, R) | 2/7/2017 | 4/6/2017 | Attend 6 of 8 classes | 60 | 60 | 27 | Tai Chi for is an eight-week program that aims to improve overall health and wellness through learning basic Tai Chi movements and techniques. The class is taught by local certified Tai Chi instructor Rick Krandel, who maintains certification from the Tai Chi for Health Institute. Two sessions of Tai Chi for Relaxation are scheduled this fall. You may select either the Tuesday evening or Thursday evening sessions. |
| Tai Chi (Advanced) | 1 | 5:15pm - 6:15pm (T) | 2/7/2017 | 4/4/2017 | Attend 6 of 8 classes | 20 | 12 | 11 | Tai Chi Extension Movements is an eight-week program that aims to improve overall health and wellness through Tai Chi movements. We will be offering the Extension Movements class as an advanced section of Tai Chi, where the instructor will be teaching additional postures that were not covered in the first semester sessions. This class has a limited capacity, and is only open to participants who successfully completed an introductory Tai Chi program in the Fall (attended at least 6 of the 8 sessions). |
| Total | | | | | | | 1,059 | 740 | |

TABLE D.4: Dates, locations, times, and number of health screenings performed in 2017

| Date | Location | Appt Times | Capacity | Appts scheduled | Total Screened |
|-------------------------|----------------------------------|------------------------------------|-----------------|------------------------|-----------------------|
| Monday, August 21 | Business Instructional Facility | 6:00am - 11:20am, 12:40pm - 4:00pm | 208 | 62 | 57 |
| Tuesday, August 22 | Beckman Institute | 6:00am - 11:20am, 12:40pm - 4:00pm | 208 | 152 | 138 |
| Wednesday, August 23 | Business Instructional Facility | 6:00am - 11:20am, 12:40pm - 4:00pm | 208 | 70 | 65 |
| Thursday, August 24 | University YMCA | 6:00am - 11:20am, 12:40pm - 4:00pm | 208 | 106 | 97 |
| Friday, August 25 | iHotel | 6:00am - 11:20am, 12:40pm - 4:00pm | 208 | 178 | 154 |
| Saturday, August 26 | Presence Covenant Medical Center | 7:00am - 10:50am | 96 | 74 | 67 |
| Monday, August 28 | Alice Campbell Alumni Center | 7:45am - 11:15am, 12:40pm - 4:00pm | 168 | 112 | 96 |
| Tuesday, August 29 | Business Instructional Facility | 6:00am - 11:20am, 12:40pm - 4:00pm | 208 | 75 | 63 |
| Wednesday, August 30 | ACES Library | 7:45am - 11:15am, 12:40pm - 4:00pm | 168 | 126 | 120 |
| Thursday, August 31 | iHotel | 6:00am - 11:20am, 12:40pm - 4:00pm | 208 | 148 | 138 |
| Friday, September 1 | Beckman Institute | 6:00am - 11:20am, 12:40pm - 4:00pm | 208 | 38 | 34 |
| Saturday, September 2 | N/A | N/A | | | |
| Monday, September 4 | N/A | N/A | | | |
| Tuesday, September 5 | iHotel | 6:00am - 11:20am, 12:40pm - 4:00pm | 208 | 87 | 75 |
| Wednesday, September 6 | Alice Campbell Alumni Center | 7:45am - 11:15am, 12:40pm - 4:00pm | 168 | 75 | 68 |
| Thursday, September 7 | iHotel | 6:00am - 11:20am, 12:40pm - 4:00pm | 208 | 100 | 85 |
| Friday, September 8 | University YMCA | 6:00am - 11:20am, 12:40pm - 4:00pm | 208 | 84 | 77 |
| Saturday, September 9 | N/A | N/A | | | |
| Monday, September 11 | Beckman Institute | 6:00am - 11:20am, 12:40pm - 4:00pm | 208 | 101 | 93 |
| Tuesday, September 12 | iHotel | 6:00am - 11:20am, 12:40pm - 4:00pm | 208 | 90 | 82 |
| Wednesday, September 13 | University YMCA | 6:00am - 11:20am, 12:40pm - 4:00pm | 208 | 58 | 53 |
| Thursday, September 14 | Beckman Institute | 6:00am - 11:20am, 12:40pm - 4:00pm | 208 | 85 | 79 |
| Friday, September 15 | University YMCA | 6:00am - 11:20am, 12:40pm - 4:00pm | 208 | 67 | 58 |
| Saturday, September 16 | Presence Covenant Medical Center | 7:00am - 10:50am | 96 | 35 | 27 |
| Monday, September 18 | iHotel | 6:00am - 11:20am | 128 | 48 | 44 |
| Tuesday, September 19 | iHotel | 6:00am - 11:20am | 128 | 42 | 38 |
| Wednesday, September 20 | iHotel | 6:00am - 11:20am | 128 | 69 | 61 |
| Thursday, September 21 | University YMCA | 6:00am - 11:20am | 128 | 48 | 45 |
| Friday, September 22 | Beckman Institute | 6:00am - 12:10pm | 156 | 90 | 90 |
| Total | | | 4,692 | 2,220 | 2,004 |

TABLE D.5: Description of and statistics for the Fall 2017 wellness activities

| | Number of classes | Time and day of week | Start date | End date | Reward requirement | Capacity | Registered | Completed | Description |
|--|-------------------|---|----------------------------|----------------------------|----------------------------|-----------|------------|------------|--|
| Freedom from Smoking | 1 | 5:15pm - 6:15pm (T) | 10/17/2017 | 12/5/2017 | Attend 6 out of 8 classes | 20 | 2 | 2 | <p>Have you wanted to quit tobacco but need help and support? Have you tried to quit before unsuccessfully? Increase your chances of quitting for good with the Freedom from Smoking program. Freedom from Smoking is a unique program based on proven addiction and behavior change models. The program offers a structured, systematic approach to quitting. It has a positive focus, with an emphasis on the benefits of better health. Because no one cessation technique is effective for everyone, participants learn a wide variety of evidence-based cessation techniques. Participants address the physical, mental, and social aspects of their addiction.</p> <p>Freedom from Smoking features: *A small group setting that provides peer support and personalized attention *A variety of quit techniques that allow participants to create a quit plan that works for them *An evidence-based approach that increases chances of success *A self-help manual that compliments group sessions.</p> |
| Full Body Fusion - Group Fitness Class | 1 | 5:15pm - 6:15pm (M) | 10/16/2017 | 12/11/2017 | Attend 6 out of 8 classes | 25 | 23 | 16 | <p>Are you looking to improve your overall fitness in a minimum amount of time? Then Full Body Fusion may be for you! Full Body Fusion is an interval training style class that maximizes fun and results. Full Body Fusion will be taught by Kristen Plemons. Kristen is a certified group fitness instructor, and instructs various physical activity programs throughout the Champaign-Urbana community.</p> <p>What is interval training? Interval training is a complete physical activity program. It combines various types of fitness activities in one class. Participants alternate between vigorous activity that increases their heart rate, and muscle strengthening exercises. The result is improvement in a number of fitness areas in less time than in a traditional fitness class.</p> <p>Who is Full Body Fusion for? Full Body Fusion is a strenuous class. It is designed for people who are at least moderately fit, and can exercise at a vigorous level. Participants can work at their own level during the class and make modifications to exercises as necessary, but this may not be the most beneficial option for a beginner. Interval training can carry risks for people with musculoskeletal injuries or heart disease. If you have any of these conditions, please check with your primary care provider before signing up.</p> |
| Lunchtime Walk | 1 | 12:10pm - 12:55pm (Th) | 10/19/2017 | 12/14/2017 | Attend 6 out of 8 sessions | 35 | 22 | 8 | <p>Do you want to get more physical activity, but can't seem to find the time? It just got easier to fit in a walk during your busy day. Sign up for our Lunchtime Walk program. These walks are designed to fit into the average lunch break, allowing enough time to travel to and from the starting point, get a 30-minute walk, and return to your work area. All walks will be outside, weather permitting. In the event of inclement weather, we will walk on the track in the UI Armory.</p> |
| Mini Stress Relievers | 1 | 12:10pm - 12:55pm (W) | 10/18/2017 | 12/13/2017 | Attend 6 out of 8 classes | 35 | 35 | 16 | <p>Need some "me time"? Join our Mini Stress Relievers program! Each week we will feature an easy-to-do stress reduction activity. Examples of activities include: *Coloring *Practicing muscle relaxation techniques *Taking a contemplative walk *Experiencing the power of aromatherapy *And more!</p> <p>You will also have the opportunity to meet other campus employees in a relaxing atmosphere.</p> |
| Recess for Adults | 1 | 5:15pm - 6:00pm (T) | 10/17/2017 | 12/12/2017 | Attend 6 of 8 classes | 25 | 25 | 10 | <p>Recess For Adults is an eight-week program inspired by games typically seen on a playground. This program is perfect for adults to increase their physical activity levels, and to have fun together. A typical class agenda could include, for example, "Red Light, Green Light", "Crazy Kickball", "Blob Tag", and "Group Juggle". This program meets once per week for 45 minutes, for eight weeks. The program will be led by instructor Kerri Schiller, a University of Illinois PhD student in Recreation, Sport, and Tourism.</p> |
| Intro to Mindful Meditation | 2 | 12:10pm - 12:55pm (T), 5:15pm - 6:15pm (W) | 10/17/2017 & 10/18/2017 | 12/12/2017 & 12/13/2017 | Attend 6 out of 8 classes | 50 | 50 | 24 | <p>This beginner-friendly course will introduce the concept of mindful meditation. You will learn how to cultivate tools for mindfulness including breath awareness, visualization, body scan practices, and focus techniques. Each session includes specific mindfulness meditation tips and techniques, a guided meditation session, and time for reflection. By the end of the session, participants will be equipped to integrate mindfulness into their daily lives and maintain their own meditation practice. Participation for all sessions is recommended, but not required.</p> <p>Some benefits of meditation include: -Reduce stress hormones linked to heart disease and immune function -Improve emotional steadiness, gain mental clarity and peace of mind -Build techniques for managing pain, anxiety, and sleeplessness -Enhance brain efficiency and improve concentration and focus -Enhance compassion and improve communication and relationships</p> |
| Tai Chi | 2 | 5:15pm - 6:15pm (W), 6:30pm - 7:30pm (W) | 10/18/2017 | 12/13/2017 | Attend 6 of 8 classes | 40 | 40 | 17 | <p>Introduction to Tai Chi - Core Movements is an eight-week program that aims to improve overall health and wellness through learning basic Tai Chi movements and techniques. All Tai Chi sessions will be taught by Richard Krandel. Richard maintains a certification for Tai Chi from the Tai Chi for Health Institute, and has instructed various programs in the Champaign-Urbana area for the last 7 years. There will be 2 sections of Tai Chi offered this Fall, each with a limited capacity. You may select only one session to attend for the duration of the 8 weeks.</p> |
| Take Charge of Your Diabetes | 1 | 5:15pm - 7:15pm (Th) | 10/19/2017 | 11/30/2017 | Attend 5 out of 6 classes | 16 | 8 | 5 | <p>Diabetes is a chronic and ongoing condition, that many people live with for all of their lives. The good news is that there are ways to manage diabetes, and to prevent or delay serious complications. There is no one way to manage diabetes, and everyone manages slightly differently. In this workshop, you will learn how to use different tools for managing your diabetes, and the instructors will help you to build and carry out a plan that fits your life. This workshop is designed to give you some of the self-management tools needed to take on these tasks, and can help you to be a more active self-manager. This program is a great way to complement any diabetes education that you may be receiving from a medical professional or a registered dietician.</p> |
| Walktober | 1 | N/A | 10/16/2017 | 12/3/2017 | | Unlimited | 546 | 329 | <p>Walktober is an online, self-paced wellness activity that encourages participants to take advantage of the beautiful fall weather and walk! The program allows participants to track either their steps or physical activity minutes each day, making progress toward a final goal. As they track their activity, participants will move along a virtual trail, visiting beautiful autumn spots around the world. This program is great for participants of all fitness levels. Whether you are just starting out, or have a well-established physical activity routine, Walktober will help to boost energy and improve health.</p> <p>For user convenience, a mobile application is also available to help with on-the-go activity tracking. Walktober can sync with the following mobile applications, to allow for automatic activity tracking: Fitbit Garmin Connect Movable YOO Apple Health (Note: Apple Health comes standard on most iPhones.)</p> |
| Weight Watchers | 1 | N/A | 10/16/2017 | 12/15/2017 | Attend at least 6 meetings | Unlimited | 20 | 12 | <p>iThrive participants may choose to attend Weight Watchers meetings in the community as their iThrive Wellness Activity for Fall 2017. If you are interested in Weight Watchers, please thoroughly review the information below. Please note that the process and requirements for participating and documenting your attendance in Weight Watchers is different than it was last year.</p> |
| Total | | | | | | | 771 | 439 | |

TABLE D.6: Description of and statistics for the Spring 2018 wellness activities

| Class Name | Number of classes | Time and day of week | Start date | End date | Reward requirement | Capacity | Registered | Completed | Description |
|--|-------------------|---|------------------------|-----------------------------|---|------------|------------|-----------|--|
| Advanced Tai Chi | 1 | 5:15pm - 6:15pm (Th) | 2/22/2018 | 4/19/2018 | Attend 6 out of 8 classes | 20 | 11 | 7 | Advanced Tai Chi is a program for participants who have successfully completed an Introduction to Tai Chi class through iThrive. This class will build from the foundation established in the Introductory series, and introduce additional postures. |
| Full Body Fusion - Group Fitness Class | 1 | 5:15pm - 6:15pm (M) | 2/5/2018 | 4/2/2018 | Attend 6 out of 8 classes | 25 | 25 | 13 | <p>Are you looking to improve your overall fitness in a minimum amount of time? Then Full Body Fusion may be for you! Full Body Fusion is an interval training style class that maximizes fun and results. Full Body Fusion will be taught by Kristen Plemons. Kristen is a certified group fitness instructor, and instructs various physical activity programs throughout the Champaign-Urbana community.</p> <p>What is interval training? Interval training is a complete physical activity program. It combines various types of fitness activities in one class. Participants alternate between vigorous activity that increases their heart rate, and muscle strengthening exercises. The result is improvement in a number of fitness areas in less time than in a traditional fitness class.</p> <p>Who is Full Body Fusion for? Full Body Fusion is a strenuous class. It is designed for people who are at least moderately fit, and can exercise at a vigorous level. Participants can work at their own level during the class and make modifications to exercises as necessary, but this may not be the most beneficial option for a beginner. Interval training can carry risks for people with musculoskeletal injuries or heart disease. If you have any of these conditions, please check with your primary care provider before signing up.</p> |
| Go With Gratitude | 1 | 12:10pm - 12:55pm (W) | 2/14/2018 | 3/28/2018 | Attend 5 out of 6 classes | 35 | 29 | 14 | <p>Go with Gratitude is a unique program that will help you discover how to enhance your overall quality of life through cultivating an attitude of gratitude. Research suggests that people who intentionally increase and sustain positive emotions, such as gratitude and optimism, are healthier, happier, and more resilient in coping with life's challenges.</p> <p>During this six week program, participants will explore simple ways to feel more grateful, and express gratitude in their daily life. Each week, participants will engage in small group discussion and participate in a gratitude activity. A gratitude practice to continue during the week will also be provided.</p> |
| Healthy Weigh | 1 | 5:15pm - 6:15pm (T) | 2/6/2018 | 4/3/2018 | Attend 6 out of 8 classes | 40 | 14 | 5 | <p>Are you looking for a safe and effective weight management program? Join the Healthy Weigh! Healthy Weigh is the Campus Wellbeing Service's weight management program. Healthy Weigh equips participants with proper tools to lose weight safely and effectively.</p> <p>This program is not a diet. Participants will:</p> <ul style="list-style-type: none"> -Learn how to lose and maintain a healthy weight -Attain life management skills to help them attain their weight goals -Receive group support to increase self-confidence |
| Keep America Active | 1 | N/A | 2/5/2018 | 4/1/2018 | Earn 160 points during the 8-week program | Unlimited | 393 | 262 | <p>Keep America Active is an online, self-paced wellness activity that encourages participants to embark on a journey to better health! Participants will take a virtual trip across the United States of America, stopping at the country's most amazing hot spots as they record their healthy behaviors. The program allows participants to track their steps or physical activity minutes, as well as produce servings. Each day, participants will visit a new attraction, earning points and stars as they record healthy behaviors. You can answer fun trivia questions, learn why each attraction should be on your bucket list, and collect badges. This program is great for participants of all health and fitness levels. Whether you are just starting out, or have a well-established physical activity and wellness routine, Keep America Active will help to boost energy and improve health.</p> <p>For user convenience, a mobile application is also available to help with on-the-go activity tracking. Keep America Active can sync with the following mobile applications, to allow for automatic activity tracking:</p> <ul style="list-style-type: none"> -Fitbit -Garmin Connect -Movable -YOO -Apple Health (Note: Apple Health comes standard on most iPhones.) |
| Lunchtime Walk | 1 | 12:10pm - 12:55pm (Th) | 3/1/2018 | 4/26/2018 | Attend 6 out of 8 sessions | 30 | 16 | 6 | Do you want to get more physical activity, but can't seem to find the time? It just got easier to fit in a walk during your busy day. Sign up for our Lunchtime Walk program. These walks are designed to fit into the average lunch break, allowing enough time to travel to and from the starting point, get a 30-minute walk, and return to your work area. The first three walks (on March 1, March 8, and March 15) will be located in the UI Armory, around the indoor track. After Spring Break, we will meet on the Main Quad in front of the Illini Union, and walk outside. |
| Intro to Mindful Meditation | 2 | 12:10pm - 12:55pm (T), 5:15pm - 6:15pm (W) | 2/20/18 & 2/21/2018 | 4/10/2018 & 4/11/2018 | Attend 5 out of 7 classes | 50 | 43 | 16 | <p>This beginner-friendly course will introduce the concept of mindful meditation. You will learn how to cultivate tools for mindfulness including breath awareness, visualization, body scan practices, and focus techniques. Each session includes specific mindfulness meditation tips and techniques, a guided meditation session, and time for reflection. By the end of the session, participants will be equipped to integrate mindfulness into their daily lives and maintain their own meditation practice. Participation for all sessions is recommended, but not required.</p> <p>Some benefits of meditation include:</p> <ul style="list-style-type: none"> -Reduce stress hormones linked to heart disease and immune function -Improve emotional steadiness, gain mental clarity and peace of mind -Build techniques for managing pain, anxiety, and sleeplessness -Enhance brain efficiency and improve concentration and focus -Enhance compassion and improve communication and relationships |
| Recess for Adults | 1 | 5:15pm - 6:00pm (T) | 2/7/2018 | 4/4/2018 | Attend 6 of 8 classes | 25 | 19 | 4 | Recess For Adults is an eight-week program inspired by games typically seen on a playground. This program is perfect for adults to increase their physical activity levels, and to have fun together. A typical class agenda could include, for example, "Red Light, Green Light", "Crazy Kickball", "Blob Tag", and "Group Juggle". This program meets once per week for 45 minutes, for eight weeks. The program will be led by instructor Kerri Schiller, a University of Illinois PhD student in Recreation, Sport, and Tourism. |
| Tai Chi | 1 | 6:30pm - 7:30pm (Th) | 2/22/2018 | 4/19/2018 | Attend 6 of 8 classes | 20 | 15 | 7 | Introduction to Tai Chi - Core Movements is an eight-week program that aims to improve overall health and wellness through learning basic Tai Chi movements and techniques. All Tai Chi sessions will be taught by Richard Krandel. Richard maintains a certification for Tai Chi from the Tai Chi for Health Institute, and has instructed various programs in the Champaign-Urbana area for the last 7 years. |
| Weight Watchers | 1 | N/A | 1/22/2018 | 4/9/2018 | Attend at least 6 meetings | Unlimited | 12 | 5 | iThrive participants may choose to attend Weight Watchers meetings in the community as their iThrive Wellness Activity for Spring 2018. If you are interested in Weight Watchers, please thoroughly review the information below. Please note that the process and requirements for participating and documenting your attendance in Weight Watchers is different than it was last year. |
| Wellness Potpourri | 1 | N/A | 2/5/2018 | 4/25/2018 | Attend at least 6 activities | Unlimited | 29 | 3 | <p>Wellness Potpourri gives iThrive participants the chance to sample unique wellness opportunities all across the UIUC campus during the Spring 2018 semester. Participants will choose various activities from the list below to attend throughout the Spring semester. Participants will be provided with their own "attendance sheet" upon registration.</p> <p>If you attend an in-person activity: Bring your attendance sheet to the approved event, and obtain a signature from an event facilitator. If you attend an online webinar: Write down the name and date of the webinar program on your attendance sheet, and the iThrive staff will verify your attendance with the webinar facilitators. At the end of the semester, the participant will email a copy of the attendance sheet to iThrive Project Manager Lauren Geary.</p> <p>Note: If there is a cost associated with a Wellness Potpourri event, iThrive participants are responsible for that cost.</p> |
| Total | | | | | | 606 | 342 | | |

TABLE D.7: Dates, locations, times, and number of health screenings performed in 2018

| Date | Location | Appt Times | Capacity | Appts scheduled | Total Screened |
|-------------------------|----------------------------------|-------------------|-----------------|------------------------|-----------------------|
| Monday, August 20 | iHotel | 6:00am - 11:20am | 128 | 124 | 120 |
| Tuesday, August 21 | Beckman Institute | 6:00am - 11:20am | 128 | 117 | 108 |
| Wednesday, August 22 | Wohlers Hall | 6:00am - 11:20am | 128 | 70 | 65 |
| Thursday, August 23 | Wohlers Hall | 6:00am - 11:20am | 128 | 61 | 56 |
| Friday, August 24 | iHotel | 6:00am - 11:20am | 128 | 121 | 107 |
| Saturday, August 25 | OSF Heart of Mary Medical Center | 7:00am - 11:00am | 96 | 53 | 49 |
| Monday, August 27 | iHotel | 6:00am - 11:20am | 128 | 115 | 105 |
| Tuesday, August 28 | ACES Library | 7:30am - 11:20am | 92 | 89 | 84 |
| Wednesday, August 29 | Beckman Institute | 6:00am - 11:20am | 128 | 109 | 101 |
| Thursday, August 30 | University YMCA | 6:00am - 11:20am | 128 | 105 | 99 |
| Friday, August 31 | Physical Plant Services Building | 7:45am - 11:20am | 84 | 41 | 38 |
| Saturday, September 1 | N/A | N/A | | | |
| Monday, September 3 | N/A | N/A | | | |
| Tuesday, September 4 | iHotel | 6:00am - 11:20am | 128 | 97 | 82 |
| Wednesday, September 5 | Levis Faculty Center | 6:00am - 11:20am | 128 | 83 | 80 |
| Thursday, September 6 | University YMCA | 6:00am - 11:20am | 128 | 69 | 61 |
| Friday, September 7 | iHotel | 6:00am - 11:20am | 128 | 94 | 81 |
| Saturday, September 8 | OSF Heart of Mary Medical Center | 7:00am - 11:00am | 96 | 16 | 12 |
| Monday, September 10 | Beckman Institute | 6:00am - 11:20am | 128 | 50 | 45 |
| Tuesday, September 11 | Levis Faculty Center | 6:00am - 11:20am | 128 | 82 | 70 |
| Wednesday, September 12 | Beckman Institute | 6:00am - 11:20am | 128 | 51 | 43 |
| Thursday, September 13 | University YMCA | 6:00am - 11:20am | 128 | 78 | 68 |
| Friday, September 14 | iHotel | 6:00am - 11:20am | 128 | 100 | 84 |
| Saturday, September 15 | N/A | N/A | | | |
| Monday, September 17 | iHotel | 6:00am - 11:20am | 128 | 32 | 24 |
| Tuesday, September 18 | Beckman Institute | 6:00am - 11:20am | 128 | 23 | 18 |
| Wednesday, September 19 | Beckman Institute | 6:00am - 11:20am | 128 | 42 | 36 |
| Thursday, September 20 | iHotel | 6:00am - 11:20am | 128 | 66 | 53 |
| Friday, September 21 | iHotel | 6:00am - 11:20am | 128 | 86 | 72 |
| Total | | | 3,184 | 1,974 | 1,761 |