



CASE STUDY

# Central Utah Water Conservancy District

Participation Rate

81.5%

Number of Employees

222

## Company Overview

Central Utah Water Conservancy District (CUWCD) delivers safe, reliable drinking water to over one million people in the state of Utah. CUWCD works to conserve water through preparation for the future. Their dedication to protecting current resources and planning for the future carries over to their approach toward health and wellbeing of their employees.

## Investing In The Future

Central Utah Water Conservancy District has a twelve-year history with wellness and has always been enthusiastic about their program and supporting their employees, but they wanted more. CUWCD decided to work with HealthCheck360 to help their employees identify health risks, motivate them to improve, AND have fun doing it.

Going into their fifth year with HealthCheck360, Central Utah Water Conservancy District has a comprehensive program with a number of approaches designed to engage employees and improve their health. Spouses are also eligible for the program, which adds another layer of support for the employee and develops an inclusive wellness culture. Onsite wellness screenings, health coaching, and incentives are some of the core features of their program, but CUWCD has gone above and beyond in other ways with their approach toward challenges, leadership, and communication.

## RESULTS AT A GLANCE



# 77%

of participants in  
good health



# 62%

Increased total  
minutes of exercise



# 82

Average Health Score  
on 0-100 scale

## Positive Impact

One example of this above and beyond attitude is seen in a recent challenge CUWCD hosted for employees. The CUWCD leadership and the wellness committee added some local flair to their HealthCheck360 First Down Fitness Challenge by incorporating the popular rivalry between college football teams BYU and the University of Utah into their challenge. Teams were named after the two schools and a healthy tailgate party was held to celebrate the challenge kick off.

This personalized approach and culture of well-being have helped CUWCD see extraordinary engagement in wellness challenges. On average, 75% employees and spouses participate, nearly four times the rate of the average participation rate of 21%.<sup>1</sup>

### Before the challenge

- 43% of participants were exercising 2 – 3 days per week
- 10% of participants were exercising 6+ days per week

### After the challenge

- 46% of participants were exercising 4 – 5 days per week
- 62% of participants improved their total minutes of exercise

Their success wasn't just related to participation. 62% of CUWCD challenge participants increased their total minutes of exercise, supporting the development of healthy habits and behaviors.

## Moving Forward

Supporting their employees in creating healthy habits is paying off for CUWCD. 77% of participants are considered to be in good health and their average health score is 6% higher than the average HealthCheck360 participant.

Central Utah Water's mission is to prepare for the future. That applies to water for their customers and the health of their employees and their families. This dedication and their partnership with HealthCheck360 provides them with the tools to make a positive and measurable impact on employee health.

<sup>1</sup> Lifestyle Management, Fitness Program, RAND Employer Survey, 2012.

