

Table 1. Baseline Characteristics of the Study Population^a

| Variable | Treatment group (n=3000) | Control group (n=1534) |
|---|--|--|
| Age group, No.(%) | | |
| <37 yr | 1125 (34.1) | 516 (33.6) |
| 37–50 yr | 1097 (33.2) | 522 (34.0) |
| ≥ 50 yr | 1078 (32.7) | 496 (32.3) |
| Age, mean (SD) | N/A ^b | N/A |
| Sex, No.(%) | | |
| Male | 1411 (42.8) | 653 (42.6) |
| Female | 1889 (57.2) | 881 (57.4) |
| Race, No.(%) | | |
| White | 2758 (83.6) | 1290 (84.1) |
| Non-white | 542 (16.4) | 244 (15.9) |
| Annual salary, \$, No.(%) | | |
| <40,000 | N/A | N/A |
| 40,000 to <50,000 | N/A | N/A |
| 50,000 to <75,000 | N/A | N/A |
| ≥ 75,000 | N/A | N/A |
| Employee class, No.(%) | | |
| Faculty | 662 (20.1) | 301 (19.6) |
| Academic professional | 1442 (43.7) | 679 (44.3) |
| Civil service | 1196 (36.2) | 554 (36.1) |
| Health Alliance insurance, Oct 2015 to Jul 2016 | | |
| Any coverage, No. (%) | 2184 (66.2) | 1033 (67.3) |
| Months of coverage, mean (SD) | 6.4 (4.7) | 6.4 (4.7) |
| | Insurance Claims Subsample (n=2184) | Insurance Claims Subsample (n=1033) |
| Medical diagnoses, No.(%) | | |
| Diabetes | 106 (4.9) | 66 (6.4) |
| Hypertension | 289 (13.2) | 151 (14.6) |
| Hyperlipidemia | 337 (15.4) | 171 (16.6) |
| Medical utilization, mean (SD), days | | |
| Office/outpatient | 2.4 (2.6) | 2.6 (2.8) |
| Inpatient | 0.1 (1.1) | 0.0 (0.4) |
| ER | 0.1 (0.5) | 0.1 (0.4) |

^a Age, salary, and employee class are defined as of June 2016, two months prior to the start of the intervention. Medical diagnoses and medical utilization are measured over the period October 2015 to July 2016 and are derived from the insurance claims subsample, which includes all study participants enrolled in the Health Alliance plan.

^b N/A indicates a censored value.