

SALINE COUNTY WELLNESS
COMMITTEE MEETING
4-14-2014

The regular meeting of the Saline County Wellness Committee was called to order at 10:00 am on Monday, April 14, 2014 by Co-Chair – Kerry Hagemeyer. Present were Tim McDermott, Brandi Kelly, Bruce Filipi, Kory Mullen, Marv Kohout, Sharon Jelinek, Kerry Hagemeyer and Linda Kastanek.

Kory moved to approve the minutes of the March 19th meeting, seconded by Tim.

Tad Hunt, President and CEO of the Crete Area Medical Center, was present to discuss why we have not used CAMC for our annual health fairs the last 3 years. An explanation was given to Tad regarding the reasons why we had gone with Warren Memorial for 2 years and Madonna Fit for Work in 2014. We outlined exactly what Saline County needed, including, that we needed the blood test results to go to each participant's doctor and we also needed a score card, aggregate report and a trending report. CAMC has their own wellness program for their employees. Kerry suggested a vaccination clinic. We also talked with Mr. Hunt about monthly education classes. When Sharon had called, we were quoted a price of \$250/hour for a pain management specialist. This amount exceeded our wellness budget. We would like to bring in specialist for our monthly classes, but needed the cost to be able to fit into our hourly rate of no more than \$100/hour. Would any local doctors be interested in speaking with our group? Mr. Hunt did mention that they have a Physical Therapist who might be able to offer a class on range of motion and they also have a Respiratory Therapist. Mr. Hunt will get back to us after a meeting with his group.

Monthly classes were discussed. Coming up on April 22nd will be Lose 20 in 30 with Champion Family Chiropractic; May 27th will be a round table discussion with Vicki Rethmeier and Tom Sweeney; June 5th will be Body Pump and Body Flow with Stacey Brandt at Wilber Physical Therapy; possibly a Self Defense class in July sponsored by Crete ATA Martial Arts, date to be determined. Looking forward we will look into having a kick boxing class, estate planning with Hanson, Hroch & Kuntz, debt management with Greg Hasenohr with First State Bank and possible medical reactions with foods or other medications with Steve Barnas.

Some people have expressed interest in wanting a Tai Chi class in the fall. Kerry passed on this information to Amy Hansen.

The road and bridge departments are unionized, and part of their contract is a buy-in levels incentive with the health insurance. An addendum will be added to the roads wellness booklets, and will be starting on July 1st. The addendum will add the following language:

Health Insurance Premium Reduction Incentives

1. 4000 points: 33% reduction in the employee ONLY, premium buy-in
2. 6000 points: 66% reduction in the employee ONLY, premium buy-in
3. 8000 points: 100% reduction in the employee ONLY, premium buy-in

Tim brought to our attention that our EOB's do not give a description of the service offered. In addition, we don't receive a bill when we go to the dr's office. At the end of the year, it will be difficult for the 3rd party reviewer to know what services each individual had done. It was discussed that if the EOB's doesn't have a description of their appointment listed, the individual can write the reason for the appointment, or make a request to the doctor for a note describing the services offered so that it will be easier for the 3rd party reviewer to understand at the end of the year. Kerry will send out

an email to explain this to people. Bruce will need to explain this information to the road's guys because Kerry doesn't have all of their email addresses.

Marv attended a wellness meeting and brought back info stating that NE is ahead of the nation in wellness. Hospitals are now becoming specialized. He noted that the BMI scale would be changing in 2-3 years.

The current Poker Challenge was discussed. 14 people have signed up and possibly 2 more will be joining. New NIRMA classes are on for this quarter. They are Understanding Pre-Diabetes; Walking your Way to Fitness and Diabetic Emergencies. You will have until June 30 to take these classes. They are worth 25 wellness points each.

Kerry made a suggestion to have sub-committees and appoint a member of the committee to act as chairperson of this subcommittee. The suggestions were made as follows:

Blood Tests/Vaccinations: Kory

Newsletter: Kerry

Mini Challenges: Sharon

Grants: Bruce

Monthly Speakers: Linda

Year-long Wellness Points: Sharon

Work-Well/NIRMA Delegate: Marv

Committee and Individual Membership: Marv & Cheri

Meeting Prep/Agenda/Minutes: Kerry & Brandi

Healthy Snacks/Vending Machine: Tim

Prizes/Wellness Gifts/Thank Yous – Jenn

Brandi moved to approve the subcommittees and the member appointed to each subcommittee, seconded by Tim.

Many months ago, the wellness committee discussed having a walk/run event for the county. In addition to a cost to participate, it would also be requested that people bring a food to be donated to the Saline County Aging Services. Tim will take point on this and do some more research so that we can discuss this at the next meeting. Kerry will get him the contact information for Lynette Finley, who is in charge of the Duck & Dumpling Run and CAMC who put on a Polka Run.

Marshall Tofte from NIRMA wants to write an article in one of the upcoming NIRMA magazine about Saline County's Wellness program. Marvin will invite Marshall to attend out next meeting at 11:00.

There being no further business, the meeting adjourned at 12:08. Next meeting will be on May 19th at 10:00 a.m.

Linda Kastanek
Secretary

A pamphlet from Bryan Health called Sterling Connection, Enriching lives over 50, is a program that helps you transition from one phase of your life to the next. There are educational and wellness programs at a lower fee.