

Saline County Wellness Committee
December 29, 2014

The Saline County Wellness Committee meeting was called to order at 7:06 a.m. on December 29, 2014. Present were Tim McDermott, Sharon Jelinek, Kerry Hagemeyer, Linda Kastanek, Marv Kohout, Kory Mullen, Brandi Kelly and Jenn Chavez.

The previous minutes were reviewed. Tim made a motion to approve the minutes from the December 8th meeting, seconded by Linda. Motion approved.

Tim updated the group on the vending machine progress. He stated that the new machine arrived at the courthouse on December 18th. The 3 machines owned by LinPepCo are scheduled to be removed on January 6th. After reviewing the possible vendor pricing lists, it was determined that at this time we would purchase the items from Sam's Club. Discussion was held on the snack and drink options along with possible pricing. It was suggested to price the snacks at \$.50 and drinks at \$1.00 or \$1.25 (with the healthy snacks/drinks being at a lower cost); however no prices were finalized at the meeting. It was determined to wait until the snacks and drinks are purchased to determine the final price.

At this time, it was decided that the committee members would be responsible for keeping an eye on the machine and refilling it when necessary. The money from the machine and spreadsheet of the supplies will be kept in a secured location. Jenn made a motion, seconded by Sharon. Motion carried.

Kerry reminded the group that on January 14th at 5:30 p.m. at the extension office, Steve Barnas will be presenting a class on "Drugs, Side Effects and Different Interactions". This class will be worth 25 wellness points for either attending the class or watching the video. Linda will work on finding a presenter for February. Jenn suggested something regarding heart health since February is Heart Health Month.

Kerry requested that Sharon and Kory scan the monthly bingo challenges and forward them to Kerry when all have been collected. This is also true of the November/December Food Drive sign-up sheets.

Kerry stated that as of meeting time, we still haven't heard if we have been awarded the Nirma Assist grants that we applied for. **

During the December 8th meeting, it was decided to go with another Crazy 8 Challenge to start off the New Year. The challenge will begin on January 5, 2015 and run through February 27, 2015. The log sheet will need to be turned in by Friday, March 6th to any wellness committee member to qualify. In order to earn the 25 wellness points, the participant must have at least 1,000 points at the end of 8 weeks. If the participant has 1,350 or more points at the end of the 8 weeks, they will earn 50 wellness points.

Most of the rules remained the same with the challenge from 2014, however, we did increase the number of points for doing the blood test from 50 points to 100 points. It was also suggested to add language in the instructions that there will be "no exercise points assigned during paid working hours except for breaks".

The 2014 Booklet was briefly discussed. Kerry reminded the group that when employees turn in the 2014 booklet to also have them sign the 2014 Tobacco/Nicotine/Illegal substance affidavit. All of their information will be submitted in their manila packets, along with the point booklet and tobacco/nicotine/illegal substance affidavit. The manila packets will be closed in front of the employee and then will be sealed with tape. Both the employee and the committee member will be required to initial the envelope once it has been sealed.

It was decided to table the conversation regarding the 3rd party reviewer letter until after the 2014 packets have been turned in.

Regarding the 2015 Year long wellness program, Sharon informed the group that she and Brandi had been to most of the offices once already. There are only a few individuals that they haven't talked to yet, but planned to reach them when they got back to the office. Linda and Tim both informed the group that they had reached most of their employees too. There were only 2 individuals that they need to contact. Kory and Jenn informed the group that they met with the jail employees last night and that there are a few more individuals that they need to contact. Marv stated that he would be going with Bruce to talk to the Roads guys when their schedule would allow.

As for the reaction of the employees regarding the program, it seemed that the majority of the responses were pretty positive; however, at the jail it seemed that there was a lot of negativity. Kerry thanked the committee members for their work in contacting the employees and reviewing the booklets with the employees. She also thanked Jenn and Kory for working with the individuals who seemed to have the negative attitudes.

Discussion was held on the 2015 Health fair. Kerry had been in contact with both Madonna and Blue Cross Blue Shield regarding some follow up questions that were brought up and needed answers before we moved forward with the finalization of the tests. According to Madonna, they will only provide the A1C test to those who have been diagnosed with diabetes. Kerry is still waiting to hear back from Tara at Blue Cross Blue Shield regarding the coverage of Vitamin D tests. ***

Discussion was also held on who the county would pay for during the health fair. Tim made a motion for the county to pay for ALL employees (on or off county insurance plan) and those spouses that are currently covered by the county's Blue Cross Blue Shield plan. Motion was seconded by Sharon. Motion carried.

The Health Fair will be held at the courthouse on February 17 from 6:30 a.m. – 9:30 a.m. and at the jail on February 18th from 5:00 a.m. – 8:30 a.m. Along with the normal blood tests, the committee decided to also offer the TSH (thyroid) to every employee and “covered” spouse registered. Every male employee and “covered” male spouse will also receive the PSA (prostate). A1C will also be provided to those who have been diagnosed with diabetes. We are waiting to hear from BCBS of NE to see if the Vitamin D test is covered by insurance. If it is, that test will be offered to all participants. If the Vitamin D test is NOT covered by insurance, we will not be offering this test. ****

Registration for the blood tests will take place mid to late January.

Kerry informed the group that the January newsletter was created in a different format. Committee members reviewed the information and made a few recommendations for changes.

The newsletter will no longer be mailed to all employees. Instead, the newsletter will be posted in offices and breakrooms. It will be emailed to all employees that we have a current email address for. It will also be posted on the county website and on the group Facebook page. When emailing the newsletter, Kerry will also include language that if the employee does not wish to receive wellness emails, they just need to email her back and she will take them off the list. It was also recommended to have embed links for articles and recipes in the newsletter instead of printing these pages off. This will not take place with the January newsletter, but Kerry will try for the February newsletter.

Kerry reminded the group that there will be a bonus question to get 25 wellness points. The question and answer for January is: How many bones are in the adult human body? Answer is: 206 bones. It was asked if the committee members would be eligible for the bonus points and the consensus was yes. Jenn also informed the group that she is aware of a fitness class in DeWitt that will be starting up in January. She told Kerry that she would get more information and forward that to her so that she could place it in the upcoming newsletter.

Kerry contacted Lisa Henning regarding the Impact Survey. She has not heard anything back at the time of the meeting.

WorkWell is having a Connection meeting on January 20th with the topic being: "Know Your Numbers". She said that at this time only Tim has registered for the meeting.

The next meeting is scheduled for January 26 at 7 a.m. in the assembly room.

There being no further business meeting adjourned at 8:55 am

Brandi Kelly
Secretary

**After the meeting, we did receive notice that we were awarded both grants that we applied for--\$275 for WorkWell Dues reimbursement and \$25 per blood test for our health fair with a maximum of \$2,000.

***After the meeting Kerry had email conversations with both Tara (BCBS) & Sande (Madonna). It appears from the emails that after January 15, 2015 BCBS will no longer cover the cost of the Vitamin D screening. However, Madonna still feels that we should offer the test to those who wish to take the test at the cost of \$40 for each test.

****The final decision regarding the Vitamin D screening will need to be made at the January meeting.

*****The January meeting has been moved from January 26 to January 12 at 7:00 am in the County Commissioners' Room.