

## December 17, 2015 Wellness Meeting

Those in attendance were Tim McDermott, Elly Reedy, Marvin Kohout, and Sharon Jelinek,

Meeting Called to order at 2:09pm

Meeting Dismissed at 4:00pm (But formally dismissed on Wednesday December 23<sup>rd</sup> at 12:00pm after votes were received)

Next Meeting scheduled for January 19, 2016 at 9:00am

The minutes from the November 16<sup>th</sup> meeting were approved by Sharon and second by Marvin. Motion carried.

Tim informed the committee that Blue Cross Blue Shield have sent an email of their apologies for the issues encountered when trying to redeem the gift card for wellness program they offered. The issue has been resolved, and gift cards are ordered and should be on the way for those who did not receive them yet.

Formal action was requested to finalize the wellness program for the 2016 year. Motion to accept the 2016 wellness program as it has been presented today by Sharon and seconded by Marvin. Roll call vote open at this time, with Sharon, Tim and Marvin voting yes. We will table this until remainder of votes is received from missing members. Tabled voting concluded with Jennifer, Kory, Brandi, Linda, Bruce voting "yes" electronically and Tad voting "no" electronically. No vote was received from Colby Marks. The motion passes.

Tim informed the committee on the NIRMA assist award grant and the committee was presented with a grant for \$1,000. It was also mentioned to check into how much the committee is utilizing Work Well and if this is something we want to continue to pay dues for if we are not using Work Well as much as we would like to (especially for the dues amount we are paying).

We will not host a mini challenge for the month of January because of the start of the new year can be seen as employees setting their own individual resolutions to follow and goals to set forth. However, Elly will contact Madonna about the Breakfast Bites challenge and it will be mentioned in the newsletter to inform employees of importance of breakfast. The challenge will be made available, just as something to get the employees aware, but no points will be allotted for it. So it will not be set up as a challenge, just an informative piece.

It was chosen by the committee to do the Sleep and Your Health NIRMA University Class for next quarter.

Elly informed the committee that some employees showed interest in a Diabetes Prevention class, but cost and dates of the classes were brought up as issues by employees. But employees were interested in the idea of it. Elly will contact PHS to

see if we can change the class schedule (originally set up by National Diabetes Association) and make it our own to fit what we'd like to do. Tim informed the committee that the Wellness Contract had been approved so that process is finished.

Willis Luedke attended the meeting halfway through to discuss communications and concerns about the wellness program that he had questions about or that other employees have talked to him about. These topics include exercise definition, supportive group classes for those struggling with loss, cancer, blood pressure, diabetes, etc., as well as the problem with making donations only to aging services and if donations were accepted elsewhere for points.

Elly informed the committee on the estimated costs of the upcoming health fair. The employees on BCBS would be invoiced approximately \$40.53 (BCBS reimbursement included). But this was just for costs of CBC, Lipid Panel, and Venipuncture. So we would have to pay extra for Vitamin D, TSH, PSA and CMP. It was decided the health fair should include the CMP for employees because of the results of that test and what they are for the employees (complete metabolic profile test, especially important to compare years past health fair results and is a good test done for indication on health), so this would cost an additional \$23.20. Elly is going to contact Madonna about changes to health fair costs, because in years past employees on BCBS were only invoiced \$9.78 which the county paid, and with the rates we have received thus far from BCBS and Madonna, the county would end up paying around \$40 per employee on BCBS. It was also noted that this health fair is for employees only, but we will allow spouses ONLY if the spouse is also on BCBS through saline county, not another insurance or through another company.