

## Wellness Committee Meeting

September 26, 2016

All in attendance: Elly Reedy, Tim McDermott, Brandi Kelly, Bruce Filipi, Kory Mullen, Jamie Houser, Marvin Kohout, and Adam Drake. (Jenn Chavez arrived at 11:48am)

Meeting called to order at 11:35am.

Open Meetings Law was posted for the wellness committee.

The agenda for the September 26, 2016 meeting were approved by Bruce, second by Marvin. Motion carried.

The minutes from the August 15, 2016 were presented to the committee; Bruce made a motion to approve the minutes, second by Kory. Motion carried.

No alternative standards were received at this time of the meeting as of 11:35am.

Elly presented the committee with her letter of resignation, and will still carry on the responsibilities, Bruce made a motion to accept Elly Reedy's resignation from the committee, second by Jamie Houser. Motion carried. The status of the wellness coordinator will be further discussed by the committee.

Brandi presented the committee with the bids for two surplus equipment items. Deb Spanyers made a bid in the amount of \$13.00 to Fitness Bike #1. Marvin made a motion to approve the bid, second by Adam. Motion carried. Fitness Bike #2 had no bid, and it was decided that bike will be placed outside for free will carry.

Jamie presented the committee with fitness center equipment ideas that have been requested (written on fitness center market board) by employees of possible equipment to be purchased and placed in the fitness center. Equipment recommendations from employees included a Bowflex Quick Workout 3 in 1, Sit-up Bench, and a Punching Bag. The committee discussed possible areas in the center to place a punching bag and Jenn will look into the basement area to see if sleeping bag could potentially be placed there. Jenn made a motion to purchase a sit-up bench, Adam second. Motion carried.

Elly informed the committee that 32 people attended the Chad Engel (NIRMA) Ergonomics. No further updates on the diet/cooking classes with Hy-Vee. Jenn will be in contact with Hy-Vee from Lincoln to get price updates on hosting a cooking class.

Brandi informed the committee of other possible challenges presented to the committee about different ideas for monthly challenges such as a stepping challenge, reading a book challenge, volunteer work, participation challenge, and a full-attention challenge. Jamie informed the committee of the idea of "Walk Across Nebraska" and have a challenge within the departments to track mileage on equipment or even outside. Jenn made a motion to do the "Walk Across Nebraska" challenge, motion second by Jamie. Have all employees sign up by October 21<sup>st</sup> of the teams interested to email Jamie of those involved, teams will be configured on the October 25<sup>th</sup> meeting to begin the challenge on November 1, 2016.

The NIRMA onsite CPR/AED Training class will allow for wellness point availability for 25 wellness points. Those individuals already certified must present their certification and will also be awarded 25 wellness points. Discussion was presented on the recording of this class. It was understood the class would not be recorded as the class is lengthy and is "practical training" where attendance is required for re-certification.

The NIRMA Online University Class for October-December was discussed and the 2<sup>nd</sup> quarter class, it was decided to be "Understanding Anxiety Disorder".

The wellness committee bylaws are still being looked over, as presented by Tim.

The Flu Shot Clinic will be on October 24, 2016 at 7:30am - 10:00am at the courthouse, and at 3:00-6:30pm at the SCLEC.

Jamie hasn't heard back in regards to The Backpack Program as a potential for volunteer ideas.

The committee began review of the 2017 Wellness Program booklet.

One hour per week maximum for an alternate activity to be added to the 2017 wellness-points-page for exercise wellness points.

Jamie presented to the committee with prorating for employees who miss the health screening to have an opportunity to get points for the waist circumference; if a new employee misses the original date for health screening to be measured at an alternate location and those measurements be documented as the circumference. Discussion led to the fact that new employees hired in any current program year, would benefit by virtue of this measurement taken at the beginning of the following program year to be calculated for the current program year; Health Fair results. The proration of exercise for new employees was also discussed.

We will hold off on the section for Aging Services Pantry donation until we get further information on possible donation locations. This section will either be reworded if new location for donations is found, or completely eliminated.

For incentives and award points on the Health Insurance Premium Reduction Incentives, it will be stated the gift card will be changed to a Visa Gift Card only. On the same page, the word "Free" will be taken out, and will only say "drawing for a TV".

Tim stated he would make changes to the NIRMA Online University page on updating the steps for login to the university.

2017 Verification Form will be edited to say "Self Tracking" and the 3<sup>rd</sup> Party Review column will be removed as well. Flu Mist will be eliminated from the form as well per PHS not providing Flu Mist anymore as of September 2016.

Wellness committee signature removed from page of Track Your Progress.

The alternative standard form will be reviewed, and the application for an alternative standard will be added to the wellness program book.

The committee has completed the review of the wellness booklet.

Meeting called to order at 1:10pm.

Next meeting date has been set for October 25, 2016 at 7:30am at the SCLEC.