

Wellness Meeting Thursday, May 5, 2016

All in attendance: Kory Mullen, Jennifer Chavez, Tim McDermott, Elly Reedy, Marvin Kohout,

Meeting called to order at 8:10am

The minutes from the April 22, 2016 meeting were reviewed and a motion was made to approve the minutes by Jennifer Chavez and was second by Kory Mullen. Marvin abstained since he was not in attendance for entire duration of meeting, three votes in favor. Motion carried.

Tim discussed the open meetings law to be posted for the Wellness Committee and a determination of quorum for future meetings.

The committee went into closed session for discussion of alternative standard presented towards the committee to discuss the alternative standard and available options.

Marvin made a motion to come out of closed session, second by Jennifer Chavez. The committee came into an open session.

An alternative standards request was submitted from an employee who previously made a protest at the April 22, 2016 meeting during the protest period and was brought forward by Tim McDermott. The committee will respond to the employee that we can unfortunately not make anymore adjustments to his alternative standard as is, exercise points are all to be exempt.

Tim presented the committee with a letter from NIRMA that the committee did in fact receive an assist grant for a total of \$1,000 from NIRMA.

The final determination on the protests were discussed, Jennifer Chavez made a motion to approve the final determination of wellness points for those brought forward in the protest. Second by Kory Mullen. Marvin Kohout abstained from the vote because he was involved in the protest employees; three votes were made for yes to approve. Motion carried.

The committee discussed the incentives that are still needed from employees; Jennifer and Kory will get ahold of those still needed from the sheriff offices.

The committees made a pool draw for the winner of the TV for the 2015 wellness program. The committee called in a non-committee member to come in at random to make the drawing for us to decide who the winner is. The winner of the TV was Roni Fikar.

Tim stated a total price including the price of the TV, of \$7,508 for incentives that we will expend.

Tim brought forward to the committee of two options made available, from BCBS and NACO in regards to premium costs per month for employees. At the next board meeting, NACO Benefit Planners will be at the upcoming board meeting to present their wares to the board, and also want to discuss the wellness program that Saline County has. Tim also addressed the committee that NACO is requesting the wellness committee to be in attendance for the board meeting on May 17th.

Elly presented the committee with a final total of 53 employees completing the IMPACT survey for 2016.

Elly presented the committee with no further updates regarding Lisa Henning, Diabetes Prevention update.

Reminder to the committee that Dr. Deb Bessler will be presenting this evening, May 5, on eye care. Also a reminder, Elly Reedy will be presenting about health and wellness.

Tim read a note from Brandi that stated she has put on the schedule for July 21, 2016 - Brad Kalkwarf is on the tentative schedule for a presentation.

A note brought forward by Brandi made notice that she has not tried to contact HyVee or Vickie Rutherford again for nutrition. She knows that the HyVee presentation would be estimated to cost around \$62.00 for 30 minutes plus the mileage. Brandi stated last time Vickie gave a presentation it was around \$75/hour.

Tim stated that an Ergonomics class has been requested as a topic for future monthly educational classes in July or August.

Elly presented the committee with no further updates on the Crazy 8 Challenge, and it was made notice that the 100 Miles/100 Days challenge will begin at the beginning of June and will run until around mid-August for the next monthly challenge for the summer months. Marvin brought forward to the committee that for future challenges for the Crazy 8 Challenge should be worth 50 points as opposed to the 25 points.

Tim stated the roadside cleanup was suggested as a topic at the safety committee meeting.

Reminder was made that the NIRMA online university 4th quarter class for April 1 – June 30 is “Back Injuries”

Tim informed the committee that the new bike purchased for the fitness center was ordered and final cost was \$1,595.

Tim brought forward to the committee the future discussion for the committee budget, and in regards to work well and if the committee is actually utilizing Work Well and if we still want to budget for it for the future.

The next meeting has been put on the schedule for June 20, 2016 at 8:00am at the assembly room at the courthouse.

Meeting called to order at 9:48am.