

WELLNESS COMMITTEE MEETING
JANUARY 17, 2014

The meeting was called to order at 1:05 p.m. on Friday, January 17th, 2014 by Chairperson Kerry Hagemeyer. Present were Tim McDermott, Bruce Filipi, Sharon Jelinek, Brandi Kelly, Kory Mullen, Marv Kohout, Kerry Hagemeyer and Linda Kastanek.

Kerry discussed the new Crazy 8 Challenge, which begins on February 1. A few changes were made from last time's Crazy 8 challenge. Exercise points will go from 5 points for a half hour to five points for 15 minutes of exercise. The classes will change from Vicki Rethmeier to monthly classes and from 10 points to 25 for each class attended in February and March. Tom Sweeney's presentation at 10 points will change to the blood tests for 50 points. You will need 1350 points to win a small prize of a \$5 gift certificate, and your name will be entered into a drawing for a bigger prize at the end of the Crazy 8 challenge. You will need at least 1000 points to get 25 Wellness Points.

After discussion, Tim moved to make the points even for attending the classes or watching the video from the class. Motion was seconded by Bruce, with the inclusion that they will need to come to the Clerk's office or Kory at the Jail to check out the videos for 3 days.. All voted aye.

Bruce moved to have Tim make 2 DVS's of the classes, seconded by Sharon. All voted aye.

Sixteen people attended Brad Kalkwarf's Tax Class on January 16th. The class was taped and the DVDs are available to check out. Amy Hansen will do a Tai Chi presentation on February 13 and Tom Sorensen will be coming in March on a date to be set.

Kerry talked with Lori Moldenhauer and Stacy Brandt and they are willing to do a free Body Pump or Body Flow presentation, and possibly both for Saline County Employees. They would like people to sign up first. This class would possibly be in April.

Kerry went over the health fair/blood tests. The results will be sent out to physicians and employees in 5 days or so. Madonna had proposed to come to the Court House and give an educational class explaining what the results mean. The first hour would be free, but after that it would cost \$85 per hour. Bruce moved that we have no education class, seconded by Tim. All voted aye. Since there will be no education class, results will be hand delivered to Kerry and she will disperse the Road reports to Bruce and the Jail reports to Kory and we will need signatures from everyone when they pick up their test. If someone cannot come to the health fair, they can go to Madonna, provided they contact the Wellness Committee and Madonna to reschedule an appointment. This additional option will be at the employee's own off-time.

It was discussed that scheduling the employees to participate in the blood screening would require a deadline of February 7th in order to sign up. Kerry gave signup sheets to Bruce and she will email signup sheets to Kory. When they are done, she will go around and sign up all other offices. A poster will go up next week. People can sign up even if they are not doing the point system. The dates of the Health Fair will be on both February 18th and 19th, with a snow date of February 26th.

NIRMA online classes will be worth 25 points. Tim explained that the classes rotate every quarter, so some that are free now may have a \$6 charge next quarter, but the ones that are \$6 now could be free next quarter. If we take all classes by the end of March, we could get 25 points for each class. We can only take each class once, and need a 70%, or the benchmark set by NIRMA for that class, to pass. The certificate will need to be printed after you complete the class. If you don't pass, you can take the class again until you pass. Kerry moved that she would list the classes, seconded by Kory. All voted aye.

Kerry stated that over 50% of the employees have signed up for the year-long wellness plan.

Tim discussed the health insurance, stating that it may be the direction of the county that some type of employee buy-in will be implemented. He moved that if the Board decides employees will pay a portion of the single premium, they will receive a 33% reduction in their subsequent year premium for 4000 points, for 6000 points they would receive a 66 2/3% premium reduction, and if they make 8000 points, the premium would be paid 100%. Motion was seconded by Bruce. All voted aye.

There being no further business to discuss, Bruce moved to adjourn at 2:35 p.m.

Linda Kastanek
Secretary