

November 16, 2015 Wellness Meeting

Those in attendance were Tim McDermott, Kory Mullen, Elly Reedy, Marvin Kohout, Linda Kastanek, Brandi Kelly, Sharon Jelinek, Bruce Fillipi, and Colby Marks

Meeting Called to order at 2:07pm

Meeting Dismissed at 3:26pm

Next Meeting scheduled for December 17, 2015 at 2:00pm

The minutes from the October 19th meeting were approved by Linda and second by Sharon after an edit was made by Marvin to add "Motion Carried" to the motion for the new 2016 Wellness Points allocation

Elly informed the committee that 27 employees completed the Lucky 7 Poker Challenge, and that Tim McDermott won the Best Hand and Cathy Pallas won the worst hand 10 point bonus for the challenge.

Brandi presented the award Saline County received from the Governors Wellness Award luncheon held in Lincoln that was attended by Brandi, Sharon and Elly.

Tim informed the committee that Blue Cross Blue Shield does understand the situation about people not receiving the \$25 gift card promised from signing up for the wellness program. Some Saline County employees have received their gift card though, while others have not.

Linda updated the committee on the use of MasterCards for wellness use as compared to the Sam's Club card. City Bank, Great Western, Farmers and Merchants and First State Bank were all called and First State Bank has visa card and master card that can have an amount put on them and have it refilled when needed for next time. This will be further discussed at a later date to see if the committee wants to change the way items are purchased for the vending machine or if we will leave the methods as is.

Brandi informed the committee that Dr. Kubicek, as agreed to come for the February education class to talk about the importance of oral health and how it relates to the wellness of the overall body. The meeting will be on Wednesday Feb 10th at 5:30 @ extension office.

It was brought to the committee's attention that Judy Florian could also be a potential monthly educational speaker about pressure points.

Brandi brought up the idea of a Walk Across Nebraska Challenge that we could do at a later date for a wellness challenge. The committee liked the idea, and will further discuss this as a potential monthly challenge during warmer months.

Tim informed the committee that he received letter from NIRMA stating that NIRMA did receive our applications for the assist grant, and we will wait until we hear back from them if we are approve of the assist grant.

Tim received an email from Natalie Kingston from PHS regarding the Diabetes Prevention Training class that Elly attended and wanted to see if this class is something that saline county employees would be interested in starting for those who qualify. Elly said she will send out an email to employees to get a feel of interest out from the employees.

Elly informed the committee that we had 42 employees attend the flu shot clinic held in October at the courthouse and SCLEC.

The committee began discussing the planning of the health fair and the price details of reimbursement rates for blood screenings.

- On-site comprehensive blood screenings (full lipid panel, glucose, CBC and CMP) includes TC, triglycerides, LDL, HDL, cholesterol/HDL ratio, glucose, complete blood count, complete metabolic panel and an array of other critical health measures
- The CMP is not longer covered as of 1/1/15, and the committee wants to know why BCBS has decided to go in this direction. Elly will email to find out why and if Madonna has further information.
- Kory suggested to see if we can open up at 5am on Wednesday instead of 6:30am to make sure SCLEC employees get in and schedule right after getting off work or before going to work. Elly will email Madonna.

Tim informed the committee that the Wellness coordinator contract renewal, instead of 3-month contract we opted to go to a 6-month contract. Board spoke of it at the last meeting and appreciated the idea; Tim presented the idea to talk about the coordinator in a closed session to discuss current position and duties being completed. Run contract through the board tomorrow at their meeting to approve of 6-month.

The committee discussed the Wellness Program for 2016

- Tim presented ideas that were mentioned throughout the previous months about changes to the wellness program, and some ideas that haven't been changed yet or maybe have been changed and approved.
- Sharon will look over booklet one last time for a last minute approval and will send out the final wellness book before she begins printing off for employee collection of 2016 wellness books.