

Wellness Meeting January 19, 2016

Meeting Called to Order at 9:07 am

Meeting Dismissed at 10:18 am

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

Meeting minutes for December 17, 2015 were approved by Linda, motion to approve minutes second by Kory. Motion carries to approve December meeting minutes.

The committee discussed Alternative Standards as brought forward by [REDACTED]. Tim made the suggestion to lower [REDACTED] wellness points cap from the 8,000 as addressed in wellness program booklet for 2016, and change this total to a 6,700 cap for [REDACTED]. This is to account for [REDACTED] exercise abilities with [REDACTED] condition. Motion approved by Marvin, second by Sharon. Motion Carried.

The committee also discussed the possibility of purchasing a [REDACTED] to be able to access equipment [REDACTED]. Tim and Sharon will inform [REDACTED] of the idea and see if [REDACTED] should be made available in the wellness facility.

Tim informed the committee some employees are still yet to receive their gift cards from the BlueHealth Premium wellness program. All are aware of the issue, and some still must wait to receive this.

Elly informed the committee she contacted Blue Cross Blue Shield about the requested diagnostics codes required from BCBS for Madonna and the blood work to be done at the February Health Fair Screening. BCBS has yet to return confirmation information on the costs of blood/lab work to Elly.

Elly also informed the committee that she hasn't received confirmation from Madonna about changing the already made fliers for the Health Fair (times were adjusted to 5:00-8:00am on both days of health fair). The committee mentioned to have Elly contact Madonna for further confirmation on this and to see if we can extend times just to make sure all employees are getting a slot to sign up for the health fair.

Brandi informed the committee she will call Tara from BCBS to make sure everything is set in place and for costs of blood work, and Elly will contact Karen from Madonna to confirm times and to see what day is available for employees that can't make the health fair to drive up to Lincoln for the tests.

Bruce informed the committee he would be willing to pick up the snacks, including bars, fruit and juice for the health fair. He has requested to get an estimated total of employees partaking in health fair so he can purchase enough food items.

The committee discussed the days of the health fair and arriving early around 4:30am to help with set up for the 5:00 am start time.

Tim mentioned to the committee that the Lions Club offers ear and eye exams to other business and this could be something we would like to bring to Saline County for possible health fair in upcoming years or to have a separate clinic for this later in the 2016 year if available.

Elly mentioned she was contacted by UNICO Midlands regarding IMPACT survey so the committee could look over Consulting Agreement and just to make the committee aware the IMPACT survey will be occurring again and once the February Health Fair is completed and the employees have received their "Know Your Numbers" presentation results, we can use data for IMPACT survey and get that prepared. UNICO suggested distributing the survey (online) during the months of March-April.

The committee decided to do Wellness Program Booklet Examinations of all those turned in on February 10, 2016 at 1:00pm. All committee members that are available are to come at this time to check over turned in booklets from all employees.

Brandi informed the committee on updates with upcoming monthly educational classes, February 10, 2016, Dr. Kubicek will be here but he has suggested he doesn't want the class recorded. His presentation will cover oral health and importance for health and wellness and this will be held at the Extension Office on 2/10/16 at 5:30pm.

Brandi also informed committee that Judy Florian is interested in hosting a Pressure Points monthly educational class for either March or April, but Judy hadn't gotten back to Brandi yet to confirm a date. Brandi will keep committee updated on Judy's decision.

Tim mentioned upcoming wellness challenges and opened it up to the committee for suggestions of future challenges. Tim mentioned a "Healthy Recipes" challenge to have employees try and prepare and cook a new recipe which could further be used as an employee cookbook in the future. The committee decided to proceed with this challenge and it has been decided to do this challenge starting February 1, 2016. The challenge will consist of employees trying new meals, by researching healthy recipes, documenting the recipe and submitting the recipe and the individual's thoughts about the meal. Point distribution is 5 wellness points for one new recipe for each week in February (20 wellness point total). All submissions of recipes, employee's thoughts and comments about recipe will be due to Elly at end of month. Upcoming wellness challenges: healthy recipe challenge.

Elly informed the committee that 27 employees completed the NIRMA class for Drug and Alcohol Awareness for last quarter.

Elly informed the committee about Public Health Solutions getting back to her and Tim about hosting a class, and that PHS didn't approve of the idea of condensing the Diabetes Prevention Class into once a month as opposed to original once a week classes for a 16-week duration. It was decided we will not host the classes as followed by PHS solutions and instead Healthy Lifestyle choices, tips, ideas and thoughts will be implemented into newsletter that shares similar information that would be taught at Diabetes Prevention Program classes. In the future Elly might host a monthly educational class to talk about Diabetes, lifestyle changes and choices that can be made to make healthier choices for everyone.

Marvin distributed the step wisely fliers (The Usual Suspects) from NIRMA.

Next meeting on March 1, 2016 at 9:00am.