

Wellness Meeting March 1, 2016

All In Attendance: Tim McDermott, Bruce Filipi, Marvin Kohout, Kory Mullen, Jenn Chavez and Elly Reedy

Meeting Called To Order at 8:04am

Marvin motions to approve both sets of minutes from February and January meetings, and Kory seconds. Motion carried, minutes approved.

Tim presented us with an alternative standard from an employee stating that because of medications, exercise is to be supervised at cardiac rehab. This employees wellness points for exercise are to be adjusted to fit his needs and requirements as stated in the alternative standard. Marvin makes a motion to approve the alternative cap, Jen seconded. Motion approved to adjust \*Employee's wellness point cap for the Wellness Program 2016.

BlueHealth Advantage wellness program, some employees still missing cards. Tim will email to confirm whereabouts of gift cards still in need for employees that need it.

Brandi (previously commented through email to have Tim address the committee) had comments in regards to the health fair at the extension office on Wednesday. Brandi noted it was a full house, and only two people didn't come who were originally scheduled, but those two individuals came to SCLEC on Thursday for the screening. Brandi also made notion that a total deposit of \$360 were made for the extra tests. Elly informed the committee that Madonna made an error in blood draw collection for two employees in regards to the Vitamin D test, so those two individuals were reimbursed their monies back for the test since they chose not to get it redrawn on Thursday of the health fair. The reimbursement claim totaled \$80 and was already presented and should have gone through the process. (as noted by Brandi). Elly informed the committee that the health fair went very well on the 18<sup>th</sup> at SCLEC, and five individuals didn't show up to their scheduled appointment, and chose not reschedule or to go to Madonna for their blood draw.

Elly informed the committee that at the health fair on Thursday at the SCEC Madonna forgot to bring the correct tools needed for blood draw for Employee #1. Madonna was asking for Employee #1 to drive to Madonna to get a blood draw, but it was worked out that a phlebotomist would come to SCLEC at a schedule time that works for Employee #1 to redo the blood draw. Employee #1 will not have a bill from Madonna (so Saline County will not be billed for the screening) for the blood draw because of the error in Madonna's part, and the requirement for Employee #1 to have to either drive for the blood draw or not.

The committee also discussed the situation with Employee #2 where Madonna would not do the biometric measures or blood draw because employee was

pregnant at time of health screening, and according to Madonna their bylaws stated the test would not be done. Elly will email Madonna in regards to this situation to see if Employee #2 can get measures taken and blood draw for the health screening and hopefully it can be worked out to go at the same time the phlebotomist comes for Employee #1 blood draw as well.

Elly informed the committee that all forms have been submitted for the IMPACT survey with UNICO and that the IMPACT survey will be distributed at the beginning of April before the mid-month. We have to wait until UNICO can take the values submitted by Elly (employee ID numbers, addresses, birthday, etc.) to put into their database, then information will be sent to Elly and the IMPACT survey will be announced to the employees (noted in April Newsletter) for them to take the survey for 500 wellness points.

Elly will post a "Protest Period" in the newsletter to let the employees know that sometime in the future (end of March-beginning of April) the employees will have the opportunity to come forward to the committee to protest their total points if they think they didn't get the points they deserved. The date is yet to be announced for this protest period (Have to wait until after Madonna gives Know Your Numbers presentation and Aggregate report to the committee).

Tim read an email from Brandi saying that the Dr. Kubicek class on oral health had an awesome turn out even though it was Ash Wednesday. Brandi said 12 or 13 people were there.

For the month of March, Judy Florian will be doing a reflexology class on pressure points. This class is March 10<sup>th</sup> at 5:30 at the extension office. It will not be recorded, and Judy would like to have an estimated number of those coming by March 7<sup>th</sup>. Employees are to email Elly or Brandi if they would like to come.

Marvin informed the committee of AED/CPR training for the fall and probably ergonomics.

Jenn suggested having HyVee come in for a upcoming speaker to have healthy meal planning and nutrition tips. The committee all liked the idea, and Jenn will contact someone associated with HyVee.

Marvin suggested that we do crazy 8 challenge again for March or April. Elly suggested to do crazy 8 in April (because of too short of notice), then do 100 miles in 100 days for May. Committee was in agreement with these ideas brought forward. Elly will prepare a Crazy 8 Challenge for the month of April, and it will be posted in Newsletter for April.

Approval of the committee to accept oversight of fitness center, voted to pass the baton of the fitness center over to the wellness committee from the safety

committee. Bruce made a motion to accept fitness center Jennifer second. Motion approved.

Jennifer asked to have Tom Sweeny come down to go over gym equipment for new employees to go over all that is in fitness center.

The committee stated we will have Dan Johnson instigate, repair and maintenance on gym equipment if need be, and it is up to his decision if someone else needs to be called to work on equipment in fitness center.

NIRMA classes selected for the next quarter was "back injury."

Meeting adjourned at 9:07 am.

Decided to give them until the 18<sup>th</sup> of April for a protest period, more information to come later.

Next meeting will be 25<sup>th</sup> at 8:00am