

Saline County Wellness Committee – April 24, 2018 Minutes

The Saline County Wellness Committee meeting was called to order at 8:55 a.m. on April 24, 2018. Present were Tim McDermott, Jamie Houser, Kory Mullen, Adam Drake, and Russ Karpisek.

In declaration of a Quorum, Tim advised those present of the open meetings law posted for review. Kory moved to approve the agenda, seconded by Russ. Motion carried.

The minutes from the March 12, 2018 meeting were reviewed. Russ motioned to approve the minutes from the previous meeting, seconded by Adam. Motion carried.

See no other visitors present, the Employee Open Forum was omitted.

Tim informed the committee of the continued low participation in the monthly evening classes we are organizing and asked how the committee could get more people to attend. The committee came to the conclusion that the people who actually attend the class would receive 50 points and the ones who choose to watch the class on video, when available, would receive 25 points. Adam made a motion to accept this point change and Kory seconded. Motion carried.

Tim has certificates to pass out to those individuals who participated in the spring Nirma safety class. The committee also agreed to allow 25 points to those who attended the class. As Tim passes out the certificates, he will then inform those individuals that they are eligible for 25 wellness points for their attendance.

Tim had a sample of the updated Fitness Center brochure and waiver form for the committee to review by adding retirees and household guest(s). The committee agreed to the changes.

For mini-challenges the committee agreed to skip the May challenge and start the 100 miles/100 days challenge from June-August. There were 40 participants for the February H₂O challenge and 21 participants in the March “Eating Fresh” challenge. Currently we have the April “Healthy You Bingo” challenge that has a deadline of May 11th.

Tim informed the committee the protest hearing for the 2017 numbers had been cancelled/unneeded.

We had 21 people who successfully participated in the 3rd quarter (January – March) Sexual Harassment in the Workplace NIRMA online class and currently we are offering the Smoking Cessation class for the 4th quarter (April-June).

Tim mentioned to the committee that the interview he had with the Center for Disease Control was mainly on how our relationship has been with Work Well and how they have helped us.

Tim and Jamie participated in the BCBS wellness program webinar on legal issues. We have learned that our wellness program is meeting legal expectations.

Tim noted any suggestions for topics placed in the May newsletter to please let him know via email.

The Impact Survey is currently open to current employees through Friday, April 27th until 5pm. Tim will send out an email reminder. The Impact Survey will then continue to be open to new employees throughout the remainder of 2018. There will be a report run on April 30th for those who participated and then again on December 31st for new hires.

Tim informed the committee that labeling the nutritional value on the vending machine is still under development.

Tad Eickman was the winner of the 2017 wellness incentive grand prize award. This year we put all employee identification numbers in a jar and the first one drawn was then checked by Tim if they qualified.

Kory brought up the concern with our blood draw and how the process is run. Those employees who have early appointments for their blood draws could potentially not be getting the most accurate numbers due to not spinning down the blood draws in a timely manner. The committee agreed to follow up with Madonna prior to next year’s health fair.

The next regular meeting has been scheduled for June 19th at 8:30am in the Assembly Room.

There being no further new business, the meeting was adjourned.

Respectfully submitted by Jamie Houser, Secretary