

Saline County Wellness Committee

April 1, 2019

The Saline County Wellness Committee meeting was called to order at 10:05 a.m. on April 1, 2019. Present were Marvin Kohout, Chrissy Niederklein, Kory Mullen, Jamie Houser, Tim McDermott, Russ Karpisek, Adam Drake, and Bruce Filipi.

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

The minutes from the March 12, 2019 meeting were reviewed. Jamie brought to the committee's attention that the Wellness Points for the "Defensive Driving" should be 50 points for the onsite NIRMA class. Russ motioned to approve the minutes with the point adjustment from the previous meeting, seconded by Marvin. Motion carried.

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

Kory reported to the committee that she has not received a reply from Dr. Miller on presenting a cholesterol educational class. She will reach out to him again, otherwise Tim will contact Madonna.

For mini-challenges, Tim informed the committee that there were 4 employees who participated in the March "5K – Shamrock Shuffle". Currently we have the "Crazy 8" mini-challenge that runs from April 1 – April 28. Then the upcoming "100 miles/100 days" challenge from May 1 – August 8 and the "Walk Across Nebraska" challenge from September 1 – October 5.

Tim also reported that we had 27 employees who completed the January – March (3rd Quarter) "Sleep and Your Health" NIRMA Online University Class. For April – June (4th Quarter), the committee has previously agreed upon the class "High Blood Pressure – Reducing Your Risk."

The 2018 Wellness Points are tallied and Tim created a spreadsheet of all qualifying employees for them to make their final incentive choice or they have the option to decline if they choose to. Adam will get in touch with all the employees at the Law Enforcement Center for their incentive decision and Jamie will handle those at the Courthouse. The committee then discussed how to handle those individuals who no longer work for the county but qualified for an incentive in the 2018 Wellness Program. As a committee, we decided to allow those who participated in the program to still receive their appropriate incentive after their employment with the county for the qualifying year. Next, the committee drew for the Grand Prize winner. Every employee's name was put into the drawing and when drawn we verified that employee was eligible for the TV. This year's winner was Kevin Vogel.

Tim informed the committee the 2019 Impact Survey is open from April 1st through April 30th for all current employees and will remain open for all newly hired county employees in 2019. Invoicing has been received for 120 people @ \$6.00 per person for a total of \$720.00

Tim will be attending a Workwell Connections meeting on "Increasing Safety & Wellness Engagement." In order to receive grant money from NACO, we need to have someone certified with 2 hours of Workwell training and Tim has volunteered to stay on top of that training.

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

New business: Tim will schedule Lisa Henning with Workwell to come present to the committee what they have to offer on a Wellness Health Fair for next year. Also, Tad Eickman came and spoke to the committee on behalf of his concerns regarding the difficulty of the newsletter bonus questions and for those employees unable to access a computer.

Protest Hearing

Upon the arrival of Protest #1 at 11:05 a.m., Tim asked for a motion to go into closed session. The motion was moved by Marvin. Seconded by Kory. The purpose of the protest hearing is to listen to the concern of a miscalculation of points as stated to be experienced by the protester. The motion carried. The Wellness Committee heard the issue. Upon the dismissal of Protester #1, and further discussion relative to the understanding of the calculation, a motion was made to come out of closed session by Chrissy. Seconded by Kory. Tim announced that during the closed session, the committee heard Protest #1 and asked questions relative to its understanding. Motion carried.

Once out of closed session, a brief discussion was had relative to the relationship between Madonna Fit For Work and the Wellness Committee. Chrissy motioned to discuss with Madonna any corrective response or action for next year that would eliminate an issue where an elevated HDL score, a great thing to have, would generate a situation where this could negatively affect the overall "cholesterol ratio", leading to a loss of points if it ultimately tipped the scale negatively as an added risk factor. Added to this motion is the desire to add a face-to-face, scheduled meeting date with a Madonna representative, in addition to the "Know Your Numbers" meeting, that would provide another avenue by which participants can interact and pose questions, or address issues with point calculations, with medical staff. Russ seconded the motion. Motion carried.

The next regular meeting will be scheduled for May 2, 2019 at 8:30 a.m.

There being no further business, the meeting was adjourned at 11:55 a.m.

Respectfully submitted by Jamie Houser, Secretary