

Saline County Wellness Committee

May 2, 2019

The Saline County Wellness Committee meeting was called to order at 8:36 a.m. on May 2, 2019. Present were Marvin Kohout, Chrissy Niederklein, Kory Mullen, Tim McDermott, Jamie Houser, Adam Drake, and Lori Moldenhauer.

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 Chrissy. Motion carried.

The minutes from the April 1, 2019 meeting were reviewed. Adam made a motion to approve the minutes from the previous meeting, seconded by Kory. Motion carried.

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

Per Kory, she was not successful in reaching out to Dr. Miller in regards to conducting a class on Cholesterol. Therefore, Tim will reach out to Madonna and get an upcoming class scheduled.

Lori reported to the committee that she has not had the time to look into a new exercise bike for the Wellness Center. She will research yet the options available for a new bike. Tim will check with Zito on Wifi availability in the Wellness Center.

For mini-challenges, Tim informed the committee the "Crazy 8" challenge sheets are due May 6th and the upcoming "100 miles/100 days" mini-challenge started May 1 – August 8th. Jamie will work on the details for the "Walk Across Nebraska" challenge which will start September 1 – October 5th.

Tim also reported we are currently offering the (4th Quarter) April – June 2019 NIRMA Online University Class "High Blood Pressure – Reducing Your Risk." Tim also made the note that we will need to update the instruction sheet for NIRMA in the 2020 program booklet.

The final 2018 Wellness Points are tallied and delivery of incentives will be the 1st week in May. Also, the FY19-20 health insurance premium impact sheet has been prepped and submitted to the Payroll Clerk.

Tim informed the committee there were 56 participants in the 2019 Impact Survey which ran from April 1 – April 30th and will remain open for newly hired employees in 2019.

Tim discussed with the committee that he is working on a NACO outcome-based Wellness Grant Program. NACO will offer a Wellness Grant to all counties in the NACO Health Insurance Pool who qualify. A county meeting the grant requirements could receive up to 1% of total single annual premiums paid by the county. Tim informed the committee of the requirements and will make sure we qualify for submission of the Wellness Grant.

Tim previously provided to the committee the changes made to the Wellness Committee Bylaws. Adam made a motion to accept the changes as made to the Bylaws. Lori seconded. Motion carried.

The Wellness Committee Budget is due June 7, 2019. Tim and Jamie will provide a preliminary budget for next meeting. The committee has discussed in the past an online tracking program for logging exercise. Tim informed the committee that he reached out to Group Health Solutions for such programs available and with the potential grant money to be used on wearable devices. Tim will look into the cost to be worked into the budget.

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

For new business, Tim had scheduled Lisa Henning with Workwell to present to the committee some options for our Annual Health Screening next year. Lisa presented to the committee her thoughts of not running our health screening through our insurance plan and asking Madonna for a cash price. Then if NACO would lower our insurance premiums if we pay for our screens and not run them through our program. After her presentation, the committee agreed to further discuss this topic.

The next regular meeting will be scheduled for June 13, 2019 at 8:30 a.m.

There being no further business, the meeting was adjourned. -Respectfully submitted by Jamie Houser, Secretary