

## Saline County Wellness Committee – May 15, 2020

The Saline County Wellness Committee meeting was called to order at 8:38 a.m. on May 15, 2020 via a teleconference. Present were Tim McDermott, Diane Vlasak, Jennifer Retchless, Marvin Kohout, Jamie Houser, and Adam Drake. Absent were Kory Mullen, Bruce Filipi, Russ Karpisek, and Lori Moldenhauer.

In declaration of a Quorum, Tim advised those present of the Open Meetings Law available for review. Marvin moved to approve the agenda, seconded by Jennifer. Motion carried.

The minutes from the March 9, 2020 meeting were reviewed. Jennifer made a motion to approve the minutes from this previous meeting, seconded by Diane. Motion carried.

Seeing none other than committee members present, the Employee Open Forum was omitted.

With the completion of the 2019 Wellness Program, Tim asked if there were any final comments. Marvin thought overall the program year went well. Tim provided incentive calculations to the Payroll Clerk for health premium discounts. Looking into the future for the 2020 program year, Tim advised the committee that it doesn't appear, according to statistics from previous years, we would meet the qualifications for an additional NACO grant.

Due to the limitations required for COVID-19, the upcoming "Colors" wellness class has been postponed for now. The committee did discuss a following wellness class and it was agreed upon a class with a Hy-Vee dietitian may be explored. The committee will consider a time of the day that would be suitable.

For mini-challenges, we had 15 participants complete the "Understanding Forgiveness" challenge through Continuum EAP. The "Shamrock Shuffle" which was held on March 14, 2020 had a total of 5 participants with the "Crazy 8" challenge having 15 participants. The "100 Miles – 100 Days" mini-challenge started May 1, 2020 and continues through August 8, 2020. The deadline to turn in total miles is August 14, 2020.

The 3<sup>rd</sup> Quarter (Jan – March) NIRMA Online University class on "Understanding Pre-Diabetes" had 22 participants. For the 4<sup>th</sup> Quarter (April – June), offers a Continuum EAP webinar, "Mindful Meal Planning."

Tim informed the committee there were 48 participants who completed the 2020 Impact Survey during the eligible dates from March 1<sup>st</sup> – April 11<sup>st</sup>.

Next the committee discussed the foreseen adjustments needed to the 2020 program due to the COVID-19. Adam made a motion that if a participant attends their preventive care dental visit, and is unable to get a second one scheduled in the same calendar year due to COVID-19 restrictions, those participants will still receive their full points for that 2<sup>nd</sup> visit. Seconded by Jennifer, motion carried.

Continued discussion was made for the 2021 Wellness Program options. Tim will reach out to Workwell if they will accept two options under our current MyVia program by receiving data through a wearable device as well as monthly submitted documentation/calendar. The committee agreed this topic needs further discussion.

There was a request made for a fitness center, cable machine. Jennifer will reach out to determine exactly what they were wanting and where it would be best suited in the Wellness Center.

Tim presented to the committee the 2021 Wellness Budget and after further discussion Adam made a motion to accept the budget as discussed with budgeting for added equipment and wearable devices, seconded by Diane. Motion carried.

Tim noted due to being on vacation there will be no June newsletter.

The next regular meeting will be determined at a later date. There being no further business, the meeting was adjourned at 9:45 a.m.

Respectfully submitted by Jamie Houser, Secretary