

Saline County Wellness Committee – October 19, 2020

The Saline County Wellness Committee meeting was called to order at 9:00 a.m. on October 19, 2020. Present were Marvin Kohout, Tim McDermott, Jamie Houser, Russ Karpisek, Bruce Filipi, and Diane Vlasak. Absent were Kory Mullen, Lori Moldenhauer, Adam Drake, and Jennifer Retchless.

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

The minutes from the May 15, 2020 meeting were reviewed. Diane made a motion to approve the minutes from this previous meeting, seconded by Marvin. Motion carried.

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

Tim mentioned at this time, all Wellness classes continue to be postponed due to limitations required for COVID-19. Once those limitations are lifted, Jamie Houser and Anita Novotny would be willing to give a “True Colors” class.

For mini-challenges, the “100 Miles – 100 Days” concluded on August 8, 2020 with a total of 20 participants, however 18 of those participants will be given acceptable points. The “Holiday Bingo” was discussed as to combine them for November and December or run them as two separate bingos as in the past. Russ made a motion to combine the bingos, seconded by Marvin. Motion carried.

Tim reminded the committee that the current Continuum offering of an online webinar is entitled, “Letting Your Emotions Interfere with Eating”, from October – December. The return of a certificate showing participation by the January 8, 2021 deadline, earns 75-points. Tim also reported the previous Continuum webinar class “Budgeting Basics – Key to Becoming Financially Healthy”, which was offered from July – September, had a total of 12 participants.

The 2020 Flu Shot Clinic was held on October 14, 2020 at the Courthouse Assembly Room, with Madonna Fit-for-Work conducting, had a total of 52 participants. Tim and Jamie reported the overall clinic went smoothly, however, there were some exclusions for kids under the age of 19, the high-dosage availability, and Medicare covered eligibility. Next year the committee hopes to get Public Health Solutions scheduled for the clinic.

Next, the committee discussed the options available for the 2021 Wellness program as far as all participants going to the MyVia portal by wearables or continuing to offer the two options as in the previous year with everyone having to upload their exercise monthly to the portal. Jamie explained to the committee the difficulty with the setup of the portal program with all the different variations of exercise by the non-wearable participants. In order for everyone to be able to upload data to the portal, those participants who choose Option #1, filling out the large exercise calendar, would have their final exercise points at the end of the month rounded down to the nearest total divisible by 20. Diane asked who is responsible for the damage caused by continuous wear on the county owned Fitbit device. Tim replied that the employee is responsible and made aware of the stipulations when signing the Acknowledgement of Receipt of County Property. Bruce made a motion to continue to offer both program options for the 2021 year, however announcing to employees the program would be switching to an all-wearable solution for the 2022 year, seconded by Marvin. Motion carried.

Tim mentioned to the committee there is funding available to purchase additional Fitbits to be prepared for the future program change. Tim supplied the committee with the discounted price options available when ordering devices in bulk. Russ made a motion to order, at a minimum, the 20 required Fitbit Charge 4 devices needed to receive the discounted price, seconded by Bruce. Motion carried.

Tim noted he will get advanced signup forms for the 2021 programs in the upcoming November newsletter as well as informing employees of the program change for 2022.

The next regular meeting will be scheduled for November 9, 2020 at 8:30 a.m. There being no further business, the meeting was adjourned.

Respectfully submitted by Jamie Houser, Secretary