

FEBRUARY 4, 2016

WELLNESS COMMITTEE
POTTAWATTAMIE COUNTY, IOWA

ATTENDEES:

Members: Kerrie Snyder, Marilyn Jo Drake, Jeanne Pfeiffer, Jamie Smothers, Katie Pattee, Ryan Avis, Jamie Watts, Jamie Petersen, Ashley Gray, Patty Holeton, Tina Hauger, Karen Foreman, Scott Manz, Suzanne Tanner, Kris Wood, Mary Davis

Outside Members: Merry Foyt, Lockton, Mike Williams, Williams, Deras & Associates, Scott Belt, Board of Supervisors

MINUTES:

An automatic 3 to 4% is now being paid by Pottawattamie County to the Federal Government for fees under the Obama Act

There are no pre-existing conditions under this Act

There is a \$695.00 fine by the Federal Government if you have no health insurance.

We have a self-fund max "out of pocket" In Pottawattamie County

There are 260 employees enrolled in the new Wellness Program

There are 442 employees eligible in Pottawattamie County

There are 29 spouses enrolled

We have achieved an overall 60% enrollment

\$30.00 a month will be paid of each enrolled employee's insurance premium equaling \$192,000.00 annually, commencing July 1, 2016 (Note: providing the employee has been in Wellness a year)

We have a nurse advocacy

The nurse is available to help us with a sickness; or to prevent further sickness

Some employees worry they are too sick to join or that they might suffer a loss of their health insurance, but the goal of our program is for the nurse to aid in making us, and keeping us, as well as possible

GOALS:

What are focus group problems; individual problems; aging and weight factors?

Our Nurse reviewed our stats and reports that 3.49 is the risk factor in Pottawattamie County. This is a mean aggregate risk.

We'll have 56 employees will participate in health coaching

We want to promote colon health

We want to introduce tobacco refraining programs

We need stress relief programs

Over half of our employees are requesting nutrition programs

Several employees want information on exercise programs

CHI will help us; the Senior Center is available; and Supervisor Scott Belt states that there has also been dialog with the new YMCA

It was pointed out that the rural employees would appreciate rural facilities to avoid a drive to the Bluffs
Mike Williams, our health insurance Consultant, reminds us that as the word gets out, exercise companies might offer discounts

We could have challenges wherein our employees could earn a shirt, etc.

Our Nurse will focus on risks and CMI
Mike Williams suggests a team effort in looking for places to participate

SUGGESTIONS FOR A BEGINNING:

Form a permanent Wellness Committee
Elect or choose a chairperson of the committee
Set a date and time for monthly meetings
Offer challenges to the City of Council Bluffs
Record or take minutes of the Wellness meetings
Choose a Wellness logo by holding a contest. Tina suggests we offer a chance for prizes by including our school district
Patty Holeton (Juvenile Detention SWI) will serve as Chair and Tina Hauger (Secondary Roads) will serve as Vice Chair
Marilyn Jo Drake volunteers as secretary
Mary Davis suggests the committee form their by-laws; perhaps a sub-committee should be formed for this
Teena suggests we need info resubmitted to all of our employees again; perhaps using Facebook
Employees can still sign up for Wellness during “open enrollment” periods
Merry Foyt-from Lockton- reminded us that one big goal is to encourage non-wellness members to join
A By-law subcommittee is now formed with Kerrie, Scott, Kris Wood, Jeanie Pfeiffer
Mary Davis states that Lockton is preparing a survey that our committee can use to send to our members

A GOOD WAY TO GET STARTED:

Teams can be formed
Sarpy County Wellness has their own website
Sponsor a health fair
Merry Foyt and the Pottawattamie County Board of Supervisors believe this effort will actually reduce health problems and costs
Merry states she wants no one discouraged; give everyone a “one little step at a time goal”

NEXT MEETING:

It is hereby set that all meetings of the Wellness Committee will be held on the first Thursday of each month. So we will meet at 1:30 PM on March 3rd in the Board of Supervisors meeting room, second floor, Courthouse

CLOSING QUOTE:

Body, Mind, Spirit; Mental Wellness Is A Big Part Of This.....Scott Belt

Respectfully Submitted:

Marilyn Jo Drake
Secretary
Wellness Committee