

May 6, 2016

WELLNESS COMMITTEE MEETING:

PRESENT: Patty Holeton, Jennifer Jacobsen, Margie Goracke, Stephanie Dow, Mike Williams, Laren Foreman, Jamie Smothers, Katie Pattee, Kerrie Snyder, Jamie Petersen, Kris Wood, Jamie Watts, Scott Manz, Bill Kealy, Victoria Larsen, Suzanne Tanner, Mary Davis, Mark Shoemaker, Maggie Popp Reyes, Marilyn Jo Drake.

Chairperson Patty Holeton called the meeting to order at 10:00 A.M. The first order of business was Bylaws and to ascertain the amount of persons attending these meetings which would make up our quorum. It was decided that eight persons would constitute a quorum, but it would take ten attendees to change rules. Scott Manz suggested that we would need to change Article II.

The next order of business was a set time for meetings. The Wellness Committee will meet at least quarterly. Motion by Katie Pattee, seconded by Mark Shoemaker to accept the above changes and correct the By-Laws as stated. Unanimous vote Aye. Carried.

WEB PAGE:

Jamie Petersen announced that the Web Page is under construction. There will be five navigation areas under Pottcounty.com. There will be a place for event announcements, and it will be links or texts. There will not be a calendar as this won't work. We can put information out as a flyer and can put information out on link. Jamie has a place for our minutes and member structure. He is open to suggestions. Kerrie Snyder wants assurance that no personal information will be available. The Sub-Committee would be authorizing the content put out to Jamie. Kerrie then questioned if we could put events on Face Book? Jamie answered that he wants to keep information internal. He then asked how the Committee wanted to post the information for our events? It was decided that it would be on "All Employees e-mail". The question was then raised about sub-committee involvement. More later.

Mary Davis stated she feels one person should be in charge of sending the notices. It was then noted that the jail personnel do not get the "All Employees e-mail". Patty then asked if each committee could put out their own information? Kerrie suggests that a notice be sent the first of every month, with a mid-month follow-up. Mary suggests committees also use the Intranet "Announcements" area. Mary will do a once a month posting right after our Wellness meetings, so all committees need to have their material ready at the Wellness meeting Friday deadline. Mark Shoemaker knows a chiropractor who has hired a wellness person who would be available for lunch meets, exercise plans, etc. He does suggest that the committees look carefully at the material so we are not endorsing a doctor or product. Mary Davis mentioned that the Council Bluffs Senior Center would like to come and talk to the full committee also. Chairperson Patty suggested that perhaps we could devote 15 minutes at each quarterly meeting to listen to an outside source. It was decided that all suggestions for wellness speakers, their information and phone number will be submitted to Patty and she will coordinate with them and put them on the agenda.

LOGO:

So far Patty has received one logo. Mike Williams presented the two gift card donations to Patty. Maggie again stressed that there be no trademarks and no copyrights. We are asking that entries be submitted by June 3rd. Our next meeting will be June 9th. All entries can be put in the Juvenile mailbox.

The winners will be announced June 9th. Two winners: one for logo; one for name. Each prize is \$100.00.

NEW BUSINESS:

Teena has resigned so a new Vice-Chair must be elected.

Motion by Kerrie Snyder, seconded by Mark Shoemaker to nominate Ryan Avis as Vice-Chair of the Wellness Committee. Unanimous vote Aye. Carried.

Mary Davis then introduced Merry Hoyt's replacement – Margie Gorsche. Mary spoke about open enrollment, which will be during the month of June for a July 1st effective date. New employees will have 30 days to enroll from their date of hire and if they successfully complete the program, their incentive would begin on their one year anniversary date. The question arose: should every employee simply fill out an enrollment form every year during open enrollment? Employees will be required to fill out an enrollment form every year because they will be required to complete the online Health Risk Assessment every year and will be required to submit their biometric screens every year. Mary explained that October 1st through September 30th is the time frame for the biometric screen which will need to be conducted by the employees doctor. The county will no longer have on-site screenings since the goal is to get the employees to their medical doctors for their preventive physical. A visit summary from their doctor will work. Otherwise the employee can use the Lockton physician form. Each employee must have (1) glucose test; (2) cholesterol test. Refer to the enrollment packet. Our Wellmark insurance offers a "preventative" physical every year, covered at 100%. The year is a calendar year. A patient must ask the doctor for this and it must be coded as preventative to be free. Questions that followed: (1) should an employee be required to complete all three coaching requirements to earn the incentive? What if they only completed 2 of the 3? (2) could a reminder be sent out? The committee decided that employees must complete all three coaching sessions to be qualified for the incentive since Lockton contacts them by phone and email to schedule the appointment with the nurse. Mary suggests the Wellness Committee go by Lockton's decision on the enrollee's qualifications. If an employee is not eligible for the incentive, they will have the ability to contact Lockton to discuss the reason for the decision. The decision made by Lockton will be the final decision.

SUB-COMMITTEES

Kerrie asked if anyone had followed through on checking with the YMCA on a reduced cost for membership? Kerrie wants to continue to look at that option. Perhaps a new private business would offer us a discount. We do have numbers. Jamie Smothers thinks we should ask the Board of Supervisors to reimburse the employee a certain percentage of their membership in a health facility. Patty feels the Sub-committee should bring back their discussion, on physical fitness. It was brought up that the vending machines in the Courthouse have poor choices for snacks. Perhaps we need to speak with the Vendor himself. Katie Pattee will speak with Jim Yochum and see if a solution is available.

Meeting adjourned.