

JUNE 9, 2016

WELLNESS COMMITTEE MEETING

ATTENDANCE:

Chairperson Patty Holeton, Marilyn Jo Drake, Mary Davis, Mike Williams, Stephanie Dow, Jamie Petersen, Scott Belt, Jeanne Pfeifer, Ryan Avis, Katie Pattee, Victoria Larsen, Bill Kealy, Scott Manz, Jamie Smothers, Karen Foreman, Mark Shoemaker, and Kerry Snyder.

Chairperson Patty Holeton introduced Dr. Mark Mouw, a Chiropractic doctor of Council Bluffs. He and his wife both work together on wellness, fitness, health, and stress. He wants to change the prospective on health. Lack of time is the number one stress creator. Stress is a silent killer. The Doctor spoke about the medicines on the market to fight every disease known to man. These medicines cause terrible side effects and actually do not cure the disease they are designed to cure. He also referred to the terrible diets some Americans are on with the problems caused by too much sugar and the chemicals in food. He highly recommends more exercise, especially walking. Also, he states that the lack of sleep is almost epidemic in America. His mission is to help people understand their choices for better and healthier living.

The committee thanked Dr. Mouw for his time and information:

OLD BUSINESS:

Chairperson Patty Holeton introduced Ryan Avis as the new vice-chairman.

By-Laws: Scott Manz announced that Article 5 of our By-Laws has been changed to read: Eight (8) Committee Members shall constitute a quorum for a meeting, but to change rules ten (10) Committee Members would need to be present.

Motion by Jamie Petersen, seconded by Kerry Snyder to approve the amendment to our By-Laws. Unanimous vote aye. Carried.

NEW BUSINESS:

Patty Holeton then introduced the contest entries for the Wellness Program. The entries were laid out and a color coding system was used for the vote.

The Committee was voting on a logo, and a name. The winners are: Bill Shrader from GIS for the logo; and Suzanne Watson from Community Services for the name. A \$100 gift certificate will be awarded to each. The certificates were donated by Mike Williams of Willams/Deras Consultants.

A thank you to all who entered the contest will be sent.

There were no sub-committee reports.

Jamie Petersen of the Information Committee stated the By-Law changes had been sent out by email to the committee.

Mary Davis stated that the \$30.00 a month incentive starts July 1, 2016, and runs through June 30, 2017. An email will be sent to employees stating the employee did or did not follow through the program/or that the employee was accepted into the program.

Nurse Margie will return in June for the last session of coaching.

This first year of our program, two of the three required coaching sessions, will be accepted as entry into the incentive program. The individual health review counts as one coaching session. The Open Enrollment will go out to the employees after the June 14th Board of Supervisors meeting at which Mike Williams will speak. The Open Enrollment form must be filled out. The HRA (Health Risk Assessment) sheet is to be filled out and then a physical done between October 1, 2015 and September 30, 2016. Remember: the goal of the Wellness Committee is to get employees to see their doctors.

NOTE: If a health score is over 80, the person is good for one year; if the score is 85 or higher – meeting with a nurse is optimal.

Employees must sign into Lockton with a new password. Hard copies of instructions will be sent along with emails to employees. Employees are to put their Pottawattamie County Wellness Enrollment form in an envelope and return it to Mary Davis. The new booklet from Lockton gives step by step instructions.

Katie Pattee then asked if the Wellness Committee should engage in encouraging others to join the effort. Patty Holeton said yes and told that she is posting material on bulletin boards daily. Mary Davis assured everyone that no one, not even she or Patty, will ever see an employee's health information. The information Lockton submits to Mary is only the name and a yes or no as to whether they belong in the incentive program. Jamie Petersen offered to make up some posters. After much discussion, it was finally agreed upon that all Open Enrollment information should come from the department head to each employee.

At the next meeting, Patty asks all members to come with ideas for links to our web site and events. She then asked if the members wanted Dr. Mouw to return for a different lecture. Answer: yes. Victoria Larson mentioned that most offices can only let two employees off to a "Lunch and Learn" program at a time. So it was decided to have a noon meeting one month, and an afterhours meeting the next. Patty mentioned how concerned she is about making sure that every employee gets all of the information offered. She repeated that department heads will need to get heavily involved.

Next meeting: July 7th, 2016 at 1:30 P.M.

Respectfully Submitted: Marilyn Jo Drake Secretary