

## Wellness Leadership Minutes

January 10<sup>th</sup> 9am

In Attendance: Stephanie, Theresa, Courtney, Jill, Mark, Kris, Jessica, Dave

1. Minutes – Motion to approve December minutes was made by Theresa, Mark seconded and all in favor. It was suggested we share the minutes with the council to show what we are accomplishing.
2. Calendar – Review of upcoming 2023 calendar/flyer. Russ and Mollie do a great job of reminding staff about the wellness activities. Biometric screening is starting. The Community Center appointments are nearly full while the firehouse has a lot of openings and public works building an in-between amount. Remember Biometric Screenings are a requirement for receiving an Earned Health Day. Walk-Ins are welcome to all of the screenings, but scheduled appointments will take priority. Appointments can be made on the portal.
3. Maintain Don't Gain – 93 participants in program with a current success rate of approximately 75-80%. This program has you weigh-in before Thanksgiving and then again after the New Year to see if you have managed not to gain any weight. Participants can self-report their weight to Theresa.
4. Healthiest Loser- This program requires an official weigh-in at the start and end with Theresa. This is a 12-week challenge and costs \$10 paid at the Finance Window to participate. The goal is for healthy weight loss over the period. Participants need to lose at least 10 pounds, but no more than 40 pounds between the initial and final weigh-in. The initial weigh-in can be completed at your Biometric screening. After the final weigh-ins are complete all successful participants will split the money paid in the hope being everyone ends the program only getting back the initial \$10 paid in.
5. Open Enrollment Meetings – Open Enrollment Meetings will be in February. There will be group meetings open at the start of the month and some one-on-one meetings available later in the month, but it is encouraged to attend the group meetings as one-on-one openings may be limited. Nothing rolls over so you will need to fill out your choices through the online website ([kirkwoodbenefits.org](http://kirkwoodbenefits.org)).
6. Welcome Dave – Dave joined the committee and shared some thoughts about possibly opening up some yoga classes or discounts for gym memberships. Reminder employees are eligible for some discounts on fitness classes. Also some thoughts were shared on getting information to staff who have access to gym equipment on proper/safe/how to use.

Next Meeting: February 7<sup>th</sup> 9am Lower Level Conference Room