

## March Wellness Leadership Meeting

Tuesday March 1<sup>st</sup> 9am Zoom

In Attendance: Mark, Courtney, Bonnie, Theresa, Kris, Jessica, Jill

1. February Minutes- Correction to spelling of Omicron spelling. Teresa moved to approve Kris seconded and corrected minutes approved.
2. Healthiest Loser – 27 people are participating. We are not doing weekly weigh-ins, but will offer an optional mid-challenge weigh-in. There are ongoing health/weight loss emails going out once a week.
3. Biometrics Screening- a total of 164 participants 2 of which came during the make-up days. In the past we have had about 180 participants but have seen a decline in the last two years likely due to COVID (several staff members were out due to illness this go around). Any number of participants is considered a success as staff members are given a baseline on their numbers to work with and information on what to follow-up with their primary physician. Next year we should be able to allow for drop-ins at the firehouse locations. It is ideal to offer 4-5 screenings and a make-up although make-ups can be inconvenient as staff has to go out to BJC. Portal has been useful for scheduling and ran smoothly. Big reason people do the biometric screening is this is a prerequisite for getting the Earned Health Day. The numbers are only known by the healthcare provider/Teresa – all numbers for the city report are anonymous. It is highly recommended everyone has a primary care physician and recommend checking in with them to be sure their health numbers are okay if not completing annual check-ups. Recommend if searching for a new primary physician to go through your insurance network or use TopDocs. The Earned Health Day Check-Off List can be used for yourself to track your completions. Be sure to document all completed items on the portal and if you have questions or technical difficulties get in touch with Jessica, Tania, or Freddy.
4. Challenges– Logs for February challenge are due at the end of the Day Thursday March 3<sup>rd</sup>. Eat More Green Challenge starts today March 1<sup>st</sup>.
5. PAS Presentation \_ Last year we did 2 webinar presentations on healthy eating which are available in the Lunch and Learn section on the portal. Freddy was going to ensure the LAGERS presentation would also be available here. Each year we get 4 hours of presentation time. Leadership gets first crack at the 4 hours and then wellness can take the remaining time. Looking to possibly get a presentation webinar for healthy weight loss or mindful eating this year.
6. Spring Fling – This is one of the two big challenges and will start Monday April 4<sup>th</sup> and run through Sunday May 29<sup>th</sup>. Jessica will update the dates and Brenton will update the google doc. This challenge focuses on cardio with strength included. The awards meeting will be via Zoom.
7. Route 66 Festival – The festival will take place June 11<sup>th</sup>. There should be plenty of volunteers, but if you would be interested in working the booth check with Mark. We are looking to do giveaways - chapstick with sunscreen and hand sanitizer recommended. If you have any additional thoughts on wellness giveaways let Teresa or Mark know.
8. Blood Pressure Update – Every building now has a blood pressure machine. Please check periodically to ensure there are handouts, blood pressure cards, and alcohol wipes. If they need to be replaced let Teresa know.

9. Defibrillator- We are working to ensure every building has at least one defibrillator machine. If there are questions about the machines the firefighters can help. Courtney will share the video the library uses for training to Teresa, Mark, and Freddy, so we can possibly do an article or embedded link for the next wellness article.

Next Meeting: Tuesday April 5<sup>th</sup> 9am in person or Zoom