

April Wellness Leadership Minutes

Tuesday April 6th 9am

Zoom

In Attendance: Courtney, Brenton, Theresa, Mary Claire, Mark, Brian, Mollie, Kris

1. Approve March minutes – Approved unanimously with previous updates shared in email.
2. Welcome Mary! - Mary Claire became the newest member of the Wellness Leadership Committee. She is a new Administrative Assistant and we look forward to her help on the team especially with postings and forms.
3. Spring Fling Challenge update – Starting to advertise with the 3 week leeway time was incredibly useful in recruiting for the challenge. It is encouraged to share the physical worksheet with team members who may prefer to use this to track. The worksheet is available on the Employee Portal and can be printed out and given to participants.
4. April Financial seminar update (Freddie/Mollie) – No current updates on any seminars happening on finance in the month of April.
5. PAS Webinars – PAS does 4 seminars a year for us. The March Webinar on food went well and Freddie did a great job on the event. The webinar is posted on the Employee Portal and can be viewed at anytime.
6. Biometric Screening Health Risk Report – The results of the Biometric Screening were reviewed. There was lower turn out for screening due to the snow storm and strong pre-reservation requirement. Theresa does one-on one health coaching reaching out to participants with high numbers. Overall, the numbers were looking better, but again this may be due to the smaller turnout and not a full reflection of overall health.
7. Naturally Slim update – Not as much participation as last year. We want to verify coverage includes employee and family (anyone covered under Anthem). The program teaches skills via a kit with a booklet that is sent out when you register and then watching a series of teaching videos each week to review and reinforce the skills to follow and check-ins on how you are using the skills, weigh-ins, and planning a focus on one skill each week. Courtney is participating this year and has found some of the skills to be very useful including eating slowly and savor the flavor as only your mouth has taste buds.
8. Employee Portal update (Tania/Brenton) – Tania and Freddie have been doing an excellent job in maintaining the Wellness section. We are still working on getting Brenton access to update the site. Next task is to try and add recreation center classes that are discounted for employees onto the calendar especially the after hours classes.
9. Eat More Green – There was a nice group of participation in this challenge with was to eat 2 servings of green produce everyday for the month of March. The drawing will be today for the \$10 gift card and each week one winner was chosen for an “Eat with Color” Cookbook.

10. Earned Health Day – April 9th is the deadline for turning in forms for the Earned Health Day. Anyone needing help can contact Mary Claire.
11. Anthem Team Meeting –Discussion of the Anthem team meeting with the Wellness Committee to plan out themes and challenges for the following year.
12. Upcoming Events – After the Spring Fling will be the “I Take Care of Myself” challenge followed by “Eat With Color” where employees will need to eat 5 servings of vegetables each day in any color not just green. August will bring the “Stay Hydrated” Challenge. It is recommended if we end up doing something like a strategic plan for the coming year of challenges or when we finalize the calendar for the following year we consider then going ahead and updating any monthly challenge trackers and rules as soon as possible. We can then get them posted to the employee portal to help with creating leeway for employees to plan to participate and an easy way for employees to get forms to track.

Next Meeting: Tuesday May 4th 9am