

February Wellness Leadership Meeting Minutes

February 2, 2021 9am

Zoom

In Attendance: Brian, Theresa, Tania, Mollie, Kris, Mark, Brenton, Freddie

1. Biometric Screening – Employees receive a confirmation email when they sign up. If an employee needs to cancel an appointment there is a link inside the confirmation email to do so. There are only 2 more screening opportunities left with 2 open slots. Kudos to Tania for setting up the scheduling. Staff can call for assistance in signing up if they are having trouble online, but the contact to call has changed. It is recommended to include the phone number in promotional/informational posts next year.
2. Employee Portal – Brenton is willing to help with the updates to the Employee Portal.
3. Vaccine – The City of Kirkwood has registered with the County to get a vaccine clinic at some point. Encourage employees to register as individuals and get it when you can. Freddie has an article on the portal in the “Communication” section on how to register. There is a suggestion to use QR codes to promote website locations for registration.
4. Open Enrollment _ Next Tuesday individual open enrollment meetings with benefit solvers begin. Meetings will be socially distanced. There will be 2 screens for each station and everyone will be 6 feet apart and wearing masks. The benefit solver will assist the employee and when a meeting is done the station will be disinfected. Changes to your benefits can be completed up until midnight on February 19th. Tania will create bags and distribute them to all employees who are eligible for benefits, so they can start reviewing options. These bags will be distributed in the next couple of days. The website used to sign up for benefits will be the same as previous years. Recommended that every employee with access to benefits should attend one of the meetings.
5. Wellness Calendar – The new calendar was sent to the Wellness Committee. April and May the Spring Fling Challenge will return this year. Recommendation to do a Financial Wellness program in early April, which Freddie and Mollie will work on arranging. June and July did not have program scheduled. It is recommended we do an “I Take Care of Myself” challenge in June and a “Eat With Color” challenge in July. It was recommended we consider National themes for example “Heart Healthy” month in February when we consider offering programs, articles, and challenges in future. Also recommended was getting all city employees CPR trained.
6. Successes – A new rowing machine in fire is being used consistently and a participant in 30 Days to a New Me is down 21 pounds.
7. Motion to Approve January Meeting Minutes put forth by Mollie, Brian Seconded and all were in favor of approving minutes.

Next Meeting: March 2nd 9am