

## March Wellness Leadership Minutes

March 2, 2021 9am

Zoom

In Attendance: Brenton, Mark, Theresa, Freddy, Tania, Courtney

1. Biometric Screening – Staff was able to successfully navigate biometric screening during the pandemic using safety protocols. We had a slightly lower turnout with 165 participants this year while we typically get 175-185. Biometric appointments were scheduled through the Employee Web Portal.
2. Wellness Calendar – Thank you to Freddy for updating the calendar for 2021
3. March Challenge: Eat More Green – March's challenge is an Eat More Green challenge to tie in with spring and St. Patrick's Day. This is a simple check calendar challenge for completion each day similar to the water challenge and participants must eat a minimum of 2 servings of green produce every day for 25 of the 31 days of March and turn the log into Theresa by April 5<sup>th</sup>.
4. Webinar – The first webinar went well after a small technical glitch at the start. There were approximately 10 participants at the live viewing and a recording is available on the Employee Portal. The next webinar is March 11<sup>th</sup>. There is a recommendation to create a Lunch & Learn section on the wellness page of the employee portal as our catalog of information grows especially for any future half hour to hour videos. All new employees now get onboarded to the employee portal, so this would be a great place for them to explore.
5. Financial Wellness Seminar – We are trying to put together something for April a webinar or other online meeting to do a Financial Wellness tip to tie in with money being on staff minds in the month of April (taxes). We would like to pair this meeting through a financial institute.
6. Spring Fling – The Spring Fling Challenge will start April 5<sup>th</sup> and run through May 30<sup>th</sup>. This makes the challenge 8 weeks long allowing participants to have one "Bye Week". Theresa will share the Google Doc link with Brenton to get it updated for the challenge.
7. Vaccination Update – police and Fire have gone through extensive vaccination. Some additional City Employees have been able to get vaccinations through an opportunity with Eureka Fire Protection District.
8. Earned Health Day – Everybody has to turn their information in to Tania by April 10<sup>th</sup> for the Earned Health Day via the Employee Portal.
9. February Minutes unanimously approved.

Next Meeting: April 6<sup>th</sup> 9am