

Wellness Leadership Meeting Minutes  
February 7<sup>th</sup> 9am

In Attendance: Kris, Jessica, Teresa, Mark, Courtney, Katherine, Dave, Jill

1. Minutes from January Approved
2. Welcome Katherine to Committee
3. Biometric Screening – Four sessions this year down from 5 previously to save cost. There was a good turn out over all. The only poorly attended screening was at Public Works. We want to continue to help those in the field be able to attend these events. Public Works has traditionally been scheduled on a Wednesday as it is considered the slowest day by the departments. Some concerns from employees about doing screenings has been the city knowing personal health information. All personal health information gathered at screenings is protected by HIPAA and are completed by BJC employees. In total 173 employees participated in the screenings and a comprehensive report is provided for the city. Employees have until February 14<sup>th</sup> to complete biometric screening see email for details on organizing.
4. Earned Health Day – A biometric screening and annual physical are required for an Earned Health Day. Employees pick at least 3 other items to complete from the checklist. The financial consultation date option has been experiencing technical difficulty, but a fix is being worked on. The other items must be completed between April 1<sup>st</sup> and March 31<sup>st</sup>. Employees are encouraged to regularly check and become familiar with the portal.
5. Healthiest Loser – The Healthiest Loser challenge is currently ongoing. Participants are receiving weekly emails with tips and suggestions to help them in their journey. Katherine will reach out to a nutritionist she knows to see if she would be interested in speaking and Teresa is looking for more information on macronutrients to share.
6. Fitness Center Discussion – The Community Center has good deals for employees. We will check to see if we are still corporate members of the YMCA which would waive the joining fees. It was recommended we check with other cities and for other discounts in groups we are already a part of.
7. March Challenge Eat More Green – The March challenge is for employees to eat more green by eating 2 servings of greens daily for at least 25 of the 31 days in March.
8. PAS Lunch and Learn – Teresa will look into Lunch and Learn hours in the past we have had PAS presentations via Zoom which were recorded and have been posted to the portal. Ideas for possible future topics include vitamins and habits.
9. Other Ideas – Microwave Minute – create a sign with wellness activities that can be done while waiting for food to heat and post in breakrooms. Teresa will send info to Jessica who will format. Create book posters on health topics.

Next Meeting: Tuesday March 7<sup>th</sup> 9am