

**Mt. San Antonio College
Employee Wellness Committee
November 7, 2018**

Committee Members:

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| <input checked="" type="checkbox"/> Duetta Langevin | <input type="checkbox"/> Joe Jennum | <input checked="" type="checkbox"/> Marti Whitford | <input checked="" type="checkbox"/> Arthur Gonzalez - Unit 651 Representative |
| <input checked="" type="checkbox"/> K.C. Kranz | <input type="checkbox"/> Stacy Lee | <input type="checkbox"/> Carmen Conover, Kaiser | <input type="checkbox"/> Andrea Solorzano (notes) |
| <input type="checkbox"/> Joanne Franco | <input type="checkbox"/> Zaira Jimenez | <input checked="" type="checkbox"/> David Casto - Unit 651 Representative | <input type="checkbox"/> Sandy Cisneros, UHC |
| <input type="checkbox"/> Sandra Weatherilt | <input checked="" type="checkbox"/> Lianne Greenlee | <input type="checkbox"/> Meagan Nolan- Marion | |
| <input checked="" type="checkbox"/> Melissa Aguirre | <input checked="" type="checkbox"/> Alexis Carter | | |

ITEM	DISCUSSION/COMMENTS	ACTION/OUTCOME
1. Welcome/Introductions		
2. Agenda Review	Reviewed	
3. Review meeting notes from October 3, 2018	Approved	
4. Dr. Scroggins	<p>Dr. Scroggins was invited to the meeting to discuss the vision and future of the Wellness program.</p> <p>Dr. Scroggins shared with the group that originally the district wanted to start a program with incentives for employees through the Health Plans and CalPERS.</p> <p>The three different strategies they wanted to move forward with in the past were:</p> <ol style="list-style-type: none"> 1. Incentives for Confidential Screenings for specific medical conditions. Which could help with prevention. 2. Incentives for Behavioral Risks. For 	<p>Possibly have UCR come out to share what they do at a future meeting. Duetta will share the program she used before.</p>

	<p>Example: Smoking programs, Weight loss programs, STD's. Possibly including incentives for following up with these programs.</p> <p>3. Incentives for Additive Behavior. For example: Exercise, healthy living</p> <p>Although this did not happen years ago Dr. Scroggins see potential to do this now.</p> <p>He suggests the district work with a 3rd party, SISC. SISC will work with us to help establish what we want to accomplish and build the history we need.</p> <p>The district will start with SISC in 2020. Any items and proposals can be brought up now in negotiations.</p> <p>As an employer we have an obligation to help and be supportive with our employees' health.</p> <p>Dr. Scroggins suggested to reach out to Kaiser as a resource to see what works for others and advice.</p> <p>The overall goal is to improve Employee Health. With incentives there is also a potential to see improvement in absentees and productivity with the employees.</p> <p>The committee will work on creating a business plan and establishing base lines for the</p>	
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	<p>program. It was suggested that we possibly conduct a survey to see what the employees are looking for in a wellness program.</p>	
<p>5. Employee Wellness Fair</p>	<p>The Employee Wellness Fair will be taking place on 11/30/18 from 11am-2pm. KC has been sending out the emails to promote it.</p> <p>Kaiser will be there conducting biometric screening from 9am to 2pm. So far 3 employees have signed up so if you can please remember to sign up for your biometric screening. They will also accept walk in's. An email will go out today to remind everyone to sign up.</p> <p>Anyone who can come help set up will meet at the welcome booth at 9:30am. Lianne will make name tags and directional signs to post. All the assignments for the committee members that could help were confirmed.</p> <p>KC discussed the Survey for the Wellness Fair and went over some of the questions she had for it. Lianne will work with KC on getting the</p>	

Wellness Task Force
Group Memory

	survey ready and out.	
6. Walker Tracker Across the USA Challenge	<p>KC reviewed the results of the Walker Tracker Challenge: 221 participants, 105 attended the wrap up party.</p> <p>KC went over the survey for the walker tracker challenge with the committee and overall it was a great program and event.</p>	The plan is to have another challenge in the spring.
7. Maintain Don't Gain	<p>KC informed the committee that Maintain Don't Gain starts next Tuesday, 11/13/18 and info will be going out to campus.</p>	
Future Action Items		