



Healthy Tiger Nation



Mission Statement: “To encourage and support the health and well-being of our Tiger Nation by promoting healthier lifestyle long term and making healthy living fun.” (7/8/14)

Wellness committee meeting: 1st Thursday of each month 3:45pm- 4:45pm

Wellness Fund investment: \$25,000

Wellness District Web Page: <http://www.chuh.org/HealthyTigerNation.aspx>

Agenda

Thursday, 5/11/17

- A. Introductions Cindi **Morris**, Carol **Prendergast**, Bob **Reinhart**, Margie **Rossander**
- B. Wellness Fund/Budget Review
Updates
 - Cindi will forward Reiki/Yoga invoice to Bob for payment
 - Bob will send receipt for additional 260 fitbits to AJG to track and forward on to MMO
- C. Health Fair and Screening
 - a. CHUH High School Gym; August 18, 2017, 10:00 am -12:30 pm
 - b. Expectations
 - 900+ employees ; Expect 250 to attend fair
 - Want 15-17 vendors
 - c. Vendors
 - Carol to contact Movband to get CHUH Steps Challenge info; contract ended
 - Carol to secure 4 massage therapists with Pat Carol and Scott Francis (total 6)
 - Need new participants: nutritionist, self-defense, Friendship Farm, Hellen Hartman for Financial wellness, sports attire/shoes (Fleet Feet),Park system, dermatology



d. Communications

- Employee engagement is an issue!
- No raffle this year
- Signage needed
- No “ Save the Date” only invitation /flyer needed by August 1
- Shout out: new times, vendors and location
- Everything goes through Bob for distribution

e. AJG support

- Nothing has been done to date; AJG to handle all details going forward

D. Upcoming Wellness Calendar

- a. May- Mini health fair/ staff appreciation day
- b. June - Schedule summer wellness meetings
- c. August - Health screening and health fair **Dates for flu shots needed from Bob.**

E. Ongoing Activities

- a. Newsletter- AJG microsite

F. Next Steps:

- **Bob: Send copies of receipts for AJG to file with MMO for reimbursement**
Provide dates for flu shots with CVS
- **Cindi: Provide contact needed information ; set up dates for future strategy meetings**
- **Carol: Contact past and prospective vendors ; manage communication pieces; Contact CVS to set up flu shots in Oct.**

G. Future Discussion

- a. Long Term Strategy
- b. Total Wellbeing
- c. Communication
- a. Healthy Tiger Nation website