



Wellness Committee Meeting Agenda

February 6th, 2017: 3:45pm-4:45pm



2016 Summary of Events to Date

1. **Wellness Committee Recurring Appointment:**
1st Thursday of each Month; 3:45pm-4:45 pm
2. **Wellness Fund Investment:** \$25,000
3. **Wellness Program Name:** "Healthy Tiger Nation."
4. **Wellness Program Logo:** Complete; with EmbroiderMe (Ken Grodek)
5. **Wellness District Web Page,** Carla updates district web site wellness page; the link is off the home page, <http://www.chuh.org/HealthyTigerNation.aspx> Flu shot flyer, newsletter, food demos, health fairs, etc.
Mission Statement, complete 7/8/14
"To encourage and support the health and well-being of our Tiger Nation by promoting a healthier lifestyle long-term and making healthy living fun."

Topics To Discuss:

Wellness Fund/ Budget

- a. Amber attached estimated budget spreadsheet- Need to keep updated with any expenditures
 - b. Chapman to Invoice for HWMC Heinen's Gift Cards at \$1,560
 - c. Anticipated expense: Wellness Fund will support the February Staff breakfast for the staff development meeting = about \$3600
 - d. Fitbits were 85 for \$8,350. Do we need more? Amber needs receipt copy.
 - e. Staff reimbursement funds to be added. Bob needs to send these to Amber.- **Everyone is on the same page.**
2. Debra Hymer – Healthy Grocery Shopping was on 1/14 & 1/22.
 - a. Completed. Little to no staff participation. Many people canceled without notice.
 - b. Deb Hymer to invoice.
 - c. Obvious that staff is not interested in "free time" programming- **No more weekend programming!**
 3. Holiday Weight Maintenance Challenge – **Complete , gift cards were distributed**
 - a. Final results sent last week. Amber purchased and brought 78- \$20
 - b. Bob has 100 \$5 cards to be distributed to the winning schools
 4. American Heart Association Blood Pressure program – **Will not have time to do. Amber will help create a flyer for an internal BP check program. We will look into rolling this out next year.**
 - a. Amber was unable to contact and roll out this program on short notice. At the last meeting it was determined Bob and nurses would head this up. Do we need to put out a flyer that the program is happening?
 - b. Amber can help create a flyer
 5. Vendors:
 - a. Yoga- Instructor reached out to see if we wanted to plan anything. Thoughts? **Yoga in May is all set**
 - i. Amber scheduled a Yoga instructor to come out on 5/1/17.
 - b. Anytime Fitness: Sohail has not sent me a quote. I will follow up. -

- c. Peerfit- Keeping on the backburner until February to see extended gym offerings: Amber has not heard anything from Peerfit yet.
6. PD Day:
- a. Amber was able to get Deb Hymer, MMO, and Impact EAP to come out to facilitate an 85-minute presentation.
 - b. Deb will discuss nutrition, Impact: Work-Life Balance, MMO: MMO offerings and wellness incentives
 - c. **NEED TIMES!!- 2 sessions: 10:05am-11:30 & 12:45pm-2:10pm**
 - d. Other PD requests: Cannot be facilitated by Chapman Wellness- **CHUH understands Chapman cannot run individual PD days per schools**
7. Newsletter?
- a. Amber to create for CHUH. See February attached. – **Being sent out by Paul/Bob & Amber is creating**
8. Plan for Step it Up Challenge- Aim for March & April- Finalize Details
- a. Tracking Platform- Moveband (deactivating unused accounts)- only a few emailed they wanted their account
 - b. 35 employee accounts removed & now open- Will “officially” kick them off once we start new challenge
 - c. Devices- Moveband or Fitbit (or any from list of acceptable devices)
 - d. Do a “tiered” Challenge for those who are fit and not: 10,000 steps a day ; couch to 5k, runners: Employees will sign up what fitness level they are (advanced, intermediate, beginner) and Amber will sort into teams
 - i. Amber can assist in the creation of flyers, no pre-made available from Chapman. **Amber is creating**
 - ii. DHS has some challenges we can look into
 - iii. Planning steps- Using Movband portal: Duration? **8 Week Stepping Challenge**
 - iv. Teams?- **Will get interest in tired challenge then sort into teams**
 - v. Activity based prize? Participation prize? **Both prizes are the best way to get people to participate**
 - vi. Mini Challenges? Will sprinkle in mini challenges for prizes throughout challenge. Example: **This week whichever team walks the most gets \$10 gift cards, etc- 4 (do one every other week)**
 - vii. CHUH Champion to lead program? **Will determine the CHUH leader at February meeting, when more people attend. No one from CHUH will lead, Amber will do all of the administrative work. Bob will send out emails**
 - viii. Moveband portal expires April 30th... **waiting to renew until next school year after we see how this program works out.**
9. Cleveland Clinic Wellness Meeting: - **Did not have time to discuss, had to be done by 4:30pm**
10. Open Discussion:

Tentative Upcoming Wellness Calendar (2016-2017 School Year):

- a. February: *Blood Pressure Program*
- b. March/April: Activity Challenge
- c. May: On site Yoga
- d. May: End of year mini health fair, staff appreciation health fair?
- e. June: Schedule summer wellness meetings (no school); plan for August health screenings and health fair.