

Wellness Committee

Meeting Date: May 8, 2018

Attendees: Diamante Panford, Karen LaBoda, Marisa White, Juana Cuervo, Mary Anderson
Guests: Megan Dzurec (Medical Mutual), Jay Akram (Medical Mutual),
Carol Prendergast (Gallagher)

Medical Mutual

Megan Dzurec & Jay Akram presented details on the Medical Mutual Impact and Solutions Wellness Programs .

CHUH currently has their base "Essential" program where enrollees have online access to the Medical Mutual wellness portal, online health assessment, Nurse Line, Quit Line (tobacco cessation), online support tools, Weight Watchers program discount and other fitness discounts.

The Impact program has 3 different levels of increasing enrollee engagement. The Impact level includes all the Essential benefits plus a financial incentive tracking program requiring completion of a percentage of activities. The Impact program would cost CHUH \$1.00 per person/per month plus the incentive costs.

The Solutions program includes the benefits from both the Essential and Impact programs, and includes a number of biometric goals and medium to large financial incentives for positive outcomes. Cost to the District would be \$3.00 per plan participant per month plus the larger incentive costs.

Recommendations from Medical Mutual Reps were to offer the base level of the Impact program.

Opinions of the Wellness Committee: There were several strong objections. First objection was that the teachers already have too much they need or are required to do; they won't want to be required to watch online classes to qualify for an incentive. The second objection was the cost. Any level of the Impact program is \$1.00 per person, per month. (Approx. \$900.00 per month times 12 months for a program that the teachers aren't going to want to be required to participate in.)

Yoga Roots Review

Juana Cuervo does not recommend Yoga Roots ... only 10% discount with very high restrictions.

Mindfulness Class

The 8 weekly sessions have concluded.

Due to lack of time/members having to leave, discussions/updates on other topics will be shelved until the next meeting.

Next Wellness Committee Meeting: Thursday, June 7, 2018 at the BOE – 9:00 AM