

**Mt. San Antonio College
Employee Wellness Committee
Memory January 9, 2019**

Committee Members:

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

ITEM	DISCUSSION/COMMENTS	ACTION/OUTCOME
1. Welcome/Introductions	Joanne Bermejo attended for Marti Whitford	
2. Agenda Review	Reviewed	
3. Review meeting notes from November 7, 2018	Reviewed and Approved	Andie will update the attendance on the Memory to reflect correctly.
4. Employee Wellness Fair Recap	<p>The employee wellness fair took place on 11/30/18 and was a success. There were a few hiccups but they were all worked out. A couple of vendors did not show up (ease and legacy). 142 raffles were turned in and prizes were given out. 303 survey responses were received from employees. The vendor surveys were positive. KC reviewed some of the responses from the employee survey with the committee.</p> <p>Suggestions for the next Employee Wellness Fair are:</p> <ul style="list-style-type: none"> • Cooking Demos • Consider doing it the same day as a CPD 	

	<p>or Flex day</p> <ul style="list-style-type: none"> • Massage station • More vendors – Shoe store next to Stater Bros for example • Email from Dr. Scroggins prior regarding release time for employees 	
5. Maintain Don't Gain	<p>Maintain don't gain was a turnkey program that started on 11/13/18 and ended on 1/6/19.</p> <p>Email promotions were going out throughout the date range of the program.</p> <p>It's a simple program we have used in the past and works out well.</p>	
6. Strive to Thrive Challenge	<p>The Challenge started on 1/7/19 and will last for 6 weeks. End date is 2/17/19. 116 employees have registered and Duetta and KC have discussed having a wrap up party for this challenge as well. Since our walker tracker event was a success. KC will work with Andie to schedule the party.</p>	KC and Andie will work on wrap up party

7. Health Provider's Wellness Incentives	<p>Duetta shared with the committee that she was provided with information regarding the EEOC being involved in the wellness incentive programs. She still needs to do some research but it seems that we are on the right path in regards to compliance as it refers to ADA.</p> <p>HR provided Duetta with all the incentives by health providers that are available to the employees if enrolled. There is one for almost all providers even CalPERS.</p> <p>There was discussion of getting this information out there even though it is provided at new hire. Melissa will work with Duetta to get a list/ spreadsheet of all the providers and incentive available for 2019. We will try to get this information out at the end of January since it is the beginning of the year.</p> <p>The group discussed different types of incentives that the district could possibly utilize moving forward. Ex: give away standing desks as an incentive. Possibly by using a point system with the incentives and tie those to each health care program. Duetta will share with the committee the program she has used in the past that used the point system and was a success.</p>	
Future Action Items		

