

**Mt. San Antonio College
Employee Wellness Committee
Memory of February 1, 2017**

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"/> Debbie Cottrell, United Health |
| <input type="checkbox"/> Frank Williams | <input checked="" type="checkbox"/> Jacolyn Martinez | <input type="checkbox"/> Misty Kolchakian | <input checked="" type="checkbox"/> Yadira Santiago (notes) |
| <input checked="" type="checkbox"/> Nerissa Uiagalelei | <input type="checkbox"/> K.C. Kranz | <input checked="" type="checkbox"/> Carmen Conover, Kaiser | |
| <input type="checkbox"/> Sandra Weatherilt | <input checked="" type="checkbox"/> Lianne Greenlee | <input type="checkbox"/> Ruben Flores, Unit 651 | |

ITEM	DISCUSSION/COMMENTS	ACTION/OUTCOME
1. Welcome/Introductions	Introductions by all in attendance.	• None.
2. Agenda Review	None.	• Agenda approved as submitted.
3. Review Meeting Notes from January 11, 2017	None.	• Memory approved as submitted.
4. Discuss planning for Dr. Sears event March 29, 2016, 5pm – 6pm	<p>The committee discussed in full detail what the vetting process is when having speakers on campus. Having speakers that don't endorse products for profit/how are suggestions for speakers handled.</p> <p>We need to get confirmation that Dr. Sears will not endorse Juice Plus, then, we can move forward with event.</p> <p>K.C. has created a flyer. Lianne submitted the item to the Board and it was approved at January Board meeting. Marti suggests Dr. Sears full name be used on all marketing materials as to not confuse him with any other Dr. Sears.</p>	<ul style="list-style-type: none"> • Duetta will follow-up with Rondell, Lianne, and K.C. • Once a confirmation is received that there will be no endorsement of Juice Plus, Lianne will work on the marketing side. • Lianne currently has 13-700 reserved, holds 400.
5. Further review of results for Employee Wellness Survey	This Agenda item is being moved to the 3/1/17 Agenda.	• Duetta will follow-up with Joe Jennum

<p>6. 2017 Employee Wellness Fair</p>	<p>November 3, 2017</p>	<ul style="list-style-type: none"> • Carmen Conover, Kaiser, confirmed the Health Mobile has been reserved for 11/3/17, 9am – 2pm
<p>7. Upcoming Employee Wellness Activities for 2017</p>	<ul style="list-style-type: none"> • Feb. 8 (12-1pm): Heart Health (Caroline from Kaiser P.) • March 7 (12-1pm): Nutrition (Megan Wroe, RD from St. Jude) • March 29 (5-6pm): Dr. Sears Brain Health 	<ul style="list-style-type: none"> • 2/8/17 - Lianne is the contact for Caroline, Kaiser. They have been in contact.
<p>8. Fitbit Discussion</p>	<p>The committee discussed in detail the benefits of the Fitbit program and how the program can be implemented. Here are some highlights:</p> <ul style="list-style-type: none"> -Duetta & Nerissa had a phone conference with Bryce (Fitbit) and discussed details of costs/funding needed to move forward with the program. Bryce shared how other public schools have received funding to implement the program at their sites. Nerissa is reaching out to a couple of the schools to see if that is something we can do here. -Nerissa is arranging for K.C. to view the presentation with Bryce. -Duetta mentioned attendees at the Management Retreat showed they were very interested in participating in a Wellness program like the Fitbit. -Participation in such a program could also benefit the school from a Workers Comp perspective. Healthier employees = less injury claims. -Duetta spoke with Nicole in regards to applying for a Grant to fund the expenses of the program. 	<ul style="list-style-type: none"> • Lianne motioned the committee vote on adopting the Fitbit program and to request Immediate Needs funds from the President. Marti second the motion. All in attendance voted in favor. No objections. • Duetta, Lianne, and Nerissa will work on a presentation, immediate needs request, and speak with Dr. Scroggins. • POD can work with the Wellness committee during the rollout of the program and implement a training that also focuses on goals

<p>9. Carmen Conover, Kaiser representative</p>	<p>Carmen and Debbie spoke regarding a Diabetes Prevention program being rolled out in the next week or so. It is being offered by Cal-Pers for those who are "At-Risk" and not those who have been diagnosed and are currently being treated for Diabetes. The program is web-based, offers supports groups, and is free.</p>	<ul style="list-style-type: none">• Debbie will send Duetta the email that she sent K.C. in regards to the Diabetes prevention program that is being rolled out.• Kaiser will present Employee Health Report at 3/1/2017 meeting.• Duetta will ask Dr. Scroggins for 5 minutes at the next Management meeting, 3/2/17. She would like to review results from the Employee Health report.• Nerissa will get participation numbers, of employees that are in each individual medical plan, to Debbie (United Health) and Carmen (Kaiser).
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