

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

Committee Members:

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| <input checked="" type="checkbox"/> Duetta Langevin | <input checked="" 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 checked="" type="checkbox"/> Unit 651 Representative
David Casto/Arthur Gonzalez | |

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 February 1, 2017	None.	• Memory posted & emailed in February, printed out & given to all members in attendance. No discussion at today's meeting due to time.
4. Employee Health report - Carmen Conover, Kaiser representative	In attendance for today's meeting: Dr. Victor Cheng, Kaiser Permanente physician from Diamond Bar, and Kristen Honer, Kaiser Permanente CalPERS Account Manager from Sacramento. They passed out the Employee Health report, Chronic conditions report, and the Member Activity excel report (shows the details/results used for the previously mentioned reports) and reviewed them with the committee in great detail.	• All information used for the reports was pulled directly from the medical system and compared to with region and national results. • kp.org resources are available for all interested, not restricted to KP members.
5. Walker Tracker presentation	Laptop was provided by Duetta and Walker tracker demo/presentation was projected on screen. Stephanie presented with enthusiasm and in great detail and the committee asked some really great questions in regards to: cost, membership	• Stephanie will provide a quote depending on a flat rate/per user, fee. • Stephanie will provide the committee with a power point

	minimum, pairing devices and synchronization, privacy settings, challenges/reports, and admin functions.	<p>presentation and a video link (older version) for those members that were not present.</p> <ul style="list-style-type: none"> • Lianne asked for a side by side comparison of Fit Bit and Walker Tracker.
6. Fitbit Discussion – Grant/funding follow-up	None.	<ul style="list-style-type: none"> • No discussion at today’s meeting due to time.
7. Discuss planning for Dr. Sears event March 29, 2017, 5pm – 6pm	Majority voted to move on with Dr. Sears visit/ presentation. There will be no table for Juice Plus. The majority of the committee believes Dr. Sears reputation, knowledge and information used at this presentation, is beneficial to the employees and students.	<ul style="list-style-type: none"> • Lianne will work on advertising starting next week - 3/6/17 (POD) • Members of the committee are highly encouraged to volunteer for the event, as it is a Wellness committee sponsored event. Duetta will send an email with details in regards to what is needed.
8. Further review of results for Employee Wellness Survey	None.	<ul style="list-style-type: none"> • No discussion at today’s meeting due to time.
9. Upcoming Employee Wellness Activities for 2017	<ul style="list-style-type: none"> • 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"> • No discussion at today’s meeting due to time.