

**Mt. San Antonio College
Employee Wellness Committee
Group Memory of April 2, 2014**

Committee Members:

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|--|--|--|--|
| <input type="checkbox"/> Lorraine Jones | <input type="checkbox"/> Marti Whitford | <input type="checkbox"/> Sabrina Krug, Kaiser | <input checked="" type="checkbox"/> Beth Quinlan |
| <input type="checkbox"/> Joe Jennum | <input checked="" type="checkbox"/> K.C. Kranz | <input checked="" type="checkbox"/> Sandra Weatherilt | |
| <input checked="" type="checkbox"/> Misty Kolchakian | <input type="checkbox"/> Karen Pilling | <input checked="" type="checkbox"/> Jacolyn Martinez | |
| <input type="checkbox"/> John Milleson | <input checked="" type="checkbox"/> Karen Saldana | <input checked="" type="checkbox"/> Yazmin Stutzel, Blue
Shield | |
| <input type="checkbox"/> 651 Vacancy | <input checked="" type="checkbox"/> Nerissa Uiagalelei | | |

ITEM	DISCUSSION/COMMENTS	ACTION/OUTCOME
1. Welcome/Introductions	None.	None.
2. Review Meeting Notes of March 5, 2014	Misty Kolchakian was present at the last meeting.	Meeting notes will reflect changes made. Meeting notes approved as submitted by Committee.
3. Select Meeting Facilitator- May 7, 2014.	Meeting facilitator selected for upcoming meeting.	Sandra Weatherilt will facilitate the next meeting.
4. WalkerTracker.com Update	K.C. provided the Committee an update on Walker Tracker	Walker Tracker does not provide health appraisals and does not monitor blood pressure. KC discussed the company Extracon with the Committee. Extracon provides a free wellness engagement platform. KC will set up a conference call with the contact person from Extracon to present at the next Committee meeting. The company charged 12.00/employee + \$5,000.00 annual fee. KC will continue to investigate Extracon's services.

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		<p>Karen Saldana suggested presenting the concept to Cabinet to obtain funding for first 200 employees to participate. Rosa Royce will need to provide approval for classification of dollars and safety credits may also be used to help supplement the cost.</p> <p>Blue Shield offers Health Risk Assessments and will provide reports based on wellness sessions.</p> <p>The Committee will check with Marti to see if blood pressure or cholesterol screenings can be provided at Flex Day.</p> <p>The Wellness Survey will be issued prior to going to Cabinet to request money.</p>
5. Mindful Mile Update	The Committee discussed the Mindful Mile.	<p>The Committee walked the Mindful Mile and designated 12 spots for signage and motivational quotes.</p> <p>John Milleson will provide the Committee with copies of the signage to be posted on the Mindful Mile.</p>
6. Planning for August Flex Day	The Committee discussed the August Flex Day.	<p>The Committee will begin creating timelines for booths and presentations to be offered at the August Flex day.</p> <p>Lunch and Learn will be schedule through POD based on the Wellness Survey findings.</p>
7. Employee Wellness Survey	The Committee discussed the Employee Wellness Survey	KC will email the survey questions to the Committee for approval.

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