

**Mt. San Antonio College  
Employee Wellness Committee  
Group Memory of May 7, 2014**

**Committee Members:**

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

ITEM	DISCUSSION/COMMENTS	ACTION/OUTCOME
<b>1. Welcome/Introductions</b>	The committee welcomed its newest member, Stacey Gutierrez. Ms. Gutierrez will be serving as the Human Resources designee in her new position as the Professional Development Director for Mt. SAC.	<b>None.</b>
<b>2. Review Meeting Notes of April 2, 2014</b>	Number 3 will reflect that ExtraCon does not offer free wellness. Number 3 will also reflect the following: "St. Jude offers Health Risk Assessments and will provide reports along with wellness sessions."	<b>Meeting notes will reflect changes made. Meeting notes approved as submitted by Committee.</b>
<b>3. Select Meeting Facilitator- June 4, 2014.</b>	Meeting facilitator selected for upcoming meeting.	<b>Misty Kolchakian will facilitate the next meeting.</b>
<b>4. Presentation from ExtraCon (Jesse Hercules)</b>	ExtraCon presented a webinar to the Committee.	<b>Extracon is an online platform with experts that work remotely. The program offers Assessment, Planning, Take Action, and Results.  Programs can be conducted once per quarter or by trimester. These programs include education, tracking, and social platforms.  User support is provided by Extracon's</b>

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		<p>website. Mt. SAC will be able to utilize its own branding on the website. Website is customizable.</p> <p>Pricing: \$1.00/eligible employee/month or \$12.00/employee + annual fee of \$5,000.00/year.</p> <p>Fall Healthy Challenge program with limited enrollment - \$10,000.00</p> <p>ExtraCon does provide an incentive based option. ExtraCon is also able to compile aggregate data.</p>
<p><b>5. Presentation from Wellsource (Jillian Fagan)</b></p>	<p>Wellsource presented a webinar to the Committee.</p>	<p>Wellsource provides a personal report based on 13 different topics and questions for personal evaluation. The personal report is divided into 4 sections: Overview, Risk, Wellness, Follow-up/Next Steps.</p> <p>An aggregate report is provided by Wellsource to the company. This also includes an economic report showing cost analysis highlighting absenteeism, productivity, and economic savings. Wellsource will also provide an executive summary that provides the health culture at the organization, group recommendations and interests desired by employees.</p> <p>Challenges are provided by Wellsource and include activity tracker, eating healthy, exercise, and mental health.</p> <p>Mt. SAC program administrators will be able to see who is logging in and to track</p>

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		<p><b>employee activity.</b></p> <p><b>Cost: \$4,100.00/year for the portal + \$5.75/employee/year.</b></p> <p><b>No minimum participants are required and a \$350.00 site building fee is also charged.</b></p>
<b>6. Update on Mindful Mile Project</b>	The Committee discussed the Mindful Mile project.	<p><b>Signage for the Mindful Mile has been mapped out. Feedback is desired on location of signage.</b></p> <p><b>12 inspirational quotes were chosen to be placed on each sign along the Mindful Mile.</b></p>
<b>7. Status of Employee Wellness Survey</b>	The Committee discussed the Employee Wellness Survey	<p><b>At meeting date, 100 employees had taken the survey.</b></p> <p><b>Stacey Gutierrez will be meeting with the 651 group to provide the Wellness Surveys.</b></p>

<http://inside.mtsac.edu/organization/committees/safety/>