

**Mt. San Antonio College
Employee Wellness Committee
Group Memory of June 4, 2014**

Committee Members:

- | | | | |
|--|---|---|--|
| <input checked="" type="checkbox"/> Stacey Gutierrez | <input type="checkbox"/> Marti Whitford | <input type="checkbox"/> Sabrina Krug, Kaiser | <input checked="" type="checkbox"/> Beth Quinlan |
| <input checked="" type="checkbox"/> Joe Jennum | <input 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 checked="" type="checkbox"/> John Milleson | <input checked="" type="checkbox"/> Karen Saldana | <input type="checkbox"/> Yazmin Stutzel, Blue
Shield | |
| <input checked="" type="checkbox"/> Jimmy Jimenez | <input type="checkbox"/> Nerissa Uiagalelei | | |

ITEM	DISCUSSION/COMMENTS	ACTION/OUTCOME
1. Welcome/Introductions	Jimmy Jimenez was welcomed by the Committee as the new 651 Representative.	None.
2. Review Meeting Notes of May 7, 2014.		Meeting notes approved as submitted by Committee.
3. Select Meeting Facilitator- July 2, 2014.	Meeting facilitator selected for upcoming meeting.	Joe Jennum will facilitate the next meeting.
4. Presentation from Vitality (Matt Anderson)	Vitality presented a webinar to the Committee.	Matt Anderson presented Vitality's incentive-based wellness website. Vitality has partnerships with biometrics companies and Vitality's programs are designed around each participant. Vitality implements a point-based structure. A participant receives participation points and this increases the participant's status. Vitality partners with Amazon.com to offer incentives to those with a high status. Vitality is partnered with multiple gyms,

Wellness Task Force
Group Memory

		<p>has an app for use on smartphones, and is integrated with devices such as the FitBit and MapMyFitness. Vitality also has a healthy food program that partners with loyalty cards at various food stores to increase points or money back.</p> <p>Every participant has the same earning potential. Vitality relies on actuarial studies. An activity report is provided each month and a 37-page analysis is provided at the end of the year. These reports help focus on productivity.</p> <p>Family members are included in a membership option or you can opt for employee-only participants.</p> <p>Pricing: 4.90/person x 4,000</p> <hr/> <p>\$19,600/mo + incentive piece pricing (Amazon) based on budget</p> <p>Could total about \$480,000/year</p> <p>K.C. Kranz has full proposal and actuarial analysis. The Committee will continue to discuss and review Vitality Group's offerings.</p>
<p>5. Committee Goals and Accomplishments - Saldana</p>	<p>The Committee discussed Committee Goals and Accomplishments.</p>	<p>The Committee decided on 3 goals and accomplishments:</p> <ol style="list-style-type: none"> 1. Develop an assessment tool 2. Develop programs based on survey results 3. Evaluation of programs provided

Wellness Task Force
Group Memory

		<p>to campus</p> <p>The Committee will forward the Goals and Accomplishments to the President's Office by June 26, 2014.</p>
<p>6. Update on Mindful Mile Project</p>	<p>The Committee discussed the Mindful Mile project.</p>	<p>The Committee reviewed signage and quotes to be placed along the Mindful Mile.</p> <p>The Committee will check to make sure all signs are grammatically correct.</p>
<p>7. Status of Employee Wellness Survey</p>	<p>The Committee discussed the Employee Wellness Survey</p>	<p>At meeting date, 100 employees had taken the survey.</p> <p>Stacey Gutierrez will be meeting with the 651 group to provide the Wellness Surveys.</p>
<p>8. Parental Groups: Maternity/Working Parents</p>	<p>This topic will be discussed at the upcoming meeting.</p>	<p>None.</p>

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