

**Mt. San Antonio College
Employee Wellness Committee
Group Memory of August 6, 2014**

Committee Members:

- | | | | |
|------------------------------------------------------|----------------------------------------------------|--------------------------------------------------------------------|--------------------------------------------------|
| <input checked="" type="checkbox"/> Stacey Gutierrez | <input checked="" type="checkbox"/> Marti Whitford | <input 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 type="checkbox"/> Sandra Weatherilt | |
| <input type="checkbox"/> Misty Kolchakian | <input checked="" type="checkbox"/> John Cardenas | <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 checked="" type="checkbox"/> Jimmy Jimenez | <input checked="" type="checkbox"/> Kelly Ferber | | |

ITEM	DISCUSSION/COMMENTS	ACTION/OUTCOME
1. Welcome/Introductions	The Committee welcomed Kelly Ferber from United Healthcare. The Committee also welcomed John Cardenas sitting in for Nerissa Uiagalelei.	None.
2. Review Meeting Notes of June 4, 2014	None.	Meeting notes approved as submitted by Committee.
3. Select Meeting Facilitator- August 6, 2014.	Meeting facilitator selected for upcoming meeting.	Stacey Gutierrez will facilitate the next meeting.
4. United HealthCare Wellness	Kelly Ferber presented Wellness offerings from United HealthCare.	UHC Wellness is a turnkey, incentive program for those enrolled with UHC. Individuals can earn up to \$175 in gift cards doing 1) health assessments, 2) 5 weeks of online coaching and 3) 8-week telephonic coaching. A website is provided for employer

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		<p>groups that provides wellness programs and ample resources. This can be found at uhctools.com</p> <p>UHC is willing to work with ideas that Mt. SAC has and will work alongside healthcare providers that Mt. SAC uses.</p> <p>UHC offers tools to create newsletters online, as well as a wellness calendar.</p> <p>UHC is currently working on collaborating with FitBit.</p> <p>UHC does offer Biometric screenings but only to individuals that are enrolled with UHC.</p> <p>Kelly Ferber will be added as a standing committee member.</p>
<p>5. Update on Mindful Mile</p>	<p>The Committee discussed the progress of the Mindful Mile.</p>	<p>A new graphic was presented for the Mountie Mile. Decal markers are to be placed on the ground to highlight the Mountie Mile path. One set of back up decals will also be purchased in the event a replacement is needed. 8-12 decals will be placed along the mile.</p> <p>The Committee discussed manipulating the colors on the decals. KC Kranz will work with Brian to make the decal colors brighter.</p> <p>Stacey Gutierrez and KC Kranz will go to Pasadena City College to see how the decals have stood up over time.</p>

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		Timeframe for installation is TBD.
6. Wellness Survey Update - Quinlan	Beth Quinlan provided an update to the Committee on the Employee Wellness Survey.	<p>IT is unable to separate out specific responses because the Survey did not say up front that we would be targeting individual's specific responses.</p> <p>A follow-up email will be sent to individuals that took the survey. Beth Quinlan will check with IT to see if creating an e-list with these names will be possible.</p>
7. Flex Day Activities	The Committee discussed the upcoming Flex Day.	<p>KC Kranz will be manning a booth at both Faculty and Classified Flex Day meetings.</p> <p>John Milleson promised water and granola bars. KIND bars provide donations. KC Kranz will look into getting a donation from KIND.</p> <p>Healthcare providers will provide flyers to be given at Flex Day.</p>

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