

**Mt. San Antonio College
Employee Wellness Program Committee
Group Memory of February 10, 2014**

Committee Members:		
<input type="checkbox"/> Karen Saldana, Chair	X Sandra Weatherilt	X Jacolyn Martinez
X Nerissa Uiagalelei, Notes	X Marti Whitford	<input type="checkbox"/> Amy Wong
<input type="checkbox"/> Joe Jennum	X John Milleson, Sodexo	<input type="checkbox"/> Sabrina Krug, Kaiser Permanente Rep.
X K.C. Kranz, Facilitator	<input type="checkbox"/> Misty Kolchakian	<input type="checkbox"/> Yazmin Stutzel, Blue Shield Rep.
X Lorraine Y. Jones	<input type="checkbox"/> Karen Pilling	
	<input type="checkbox"/> Beth Quinlan	
ITEM		
DISCUSSION/COMMENTS		
ACTION/OUTCOME		
1. Welcome/Introductions	<ul style="list-style-type: none"> Welcome by KC NU stated that the committee still needs a CSEA 651 representative. 	Attendance of committee members indicated above with an "X".
2. Memory Review for January 29, 2014	<ul style="list-style-type: none"> Memory will be reviewed by members present. 	No recommendation changes.
3. Facilitator for next meeting	<ul style="list-style-type: none"> Jacolyn Martinez volunteered to facilitate. 	Jacolyn will facilitate next meeting 2/26/14.
4. Information Booth - Flex Day 2/21/14	<ul style="list-style-type: none"> KC gave update to group. Marti discussed possible tests e.g. high blood pressure, cholesterol panel possibly \$15/ per test screening and referring. Only takes 1 minute return on results; possibly offer for Summer Flex Day - provide education for high blood pressure, providing health services to employees, book a private room for confidential consultation. Group discussed possible issues that might arise with health screening such as data storage and use. 	<p>KC will have tables set-up outside bldg.11 by 2402 & 2406 patio from 7:30 AM – 10:30 AM representing the committee. All are welcome to join.</p> <p>KC will provide handouts. Blue Shield donated chapstick Sodexo will provide handouts, donate protein bars, and bottled water. Kaiser Permanente donated reusable grocery bags. Sandra Weatherilt will provide nutrition handouts.</p>

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5. WalkerTracker.com	<ul style="list-style-type: none"> KC discussed the upcoming on-line presentation. 	On-line presentation to take place during the 2/26/14 meeting.
6. FitBit	<ul style="list-style-type: none"> Lorraine Y. Jones updated group on the "FitBit" device and program. 	NU and LYJ will send out meeting invites for 3/6/14; invitation to view an on-line FitBit presentation. HR will secure meeting time and place for those who'd like to attend.
7. Wellness Survey		Moved to Future Agenda Item.
8. Other	<ul style="list-style-type: none"> KC and KS attended a conference last week specific to employee health and wellness programs regarding best practices from other employer programs. Jacolyn discussed the CSEA 262 walking group started last week and many of the union's positions require a lot of sitting. The walking group is a good way to motivate employees to be active during the day. Jacolyn asked John, Sodexo, if the discount for employees in March (Campus Café) is confirmed. 	<p>KC is compiling a report that other employer health programs are being offered including health risk appraisals and incentives for employees that will ultimately assist in reflecting a trend of improved health of employees.</p> <p>John confirmed that Sodexo will offer discount for all employees in March, in the Campus Café, as a part of the CSEA 262 Union promotion of healthier eating options on campus.</p>
9. Future Agenda Items <ul style="list-style-type: none"> Wellness Survey FitBit Corporate Sponsorship WalkerTracker.com 		

FUTURE MEETING DATE and LOCATION (2:00 PM – 3:30 PM)
Wednesday, February 26, 2014, Bldg. 4, Room 2320