

## Meeting Notes August 22, 2023

### Juniata College Wellness Committee

August 22 2023; 9am

Zoom

Committee Members Present:

Cady Kyle

Paige Hower

Joel Pheasant

### New Business

**CPR/ AED-** Roy Nagle joined the first part of meeting to discuss that the Safety Committee has been working with Carla Panosetti to offer hands-on CPR/ AED training. HR will assist with Training Page, Announcement, and ensuring that language around participation being eligible for the Be Well @ Juniata incentive is included. Roy left the meeting after discussion on CPR/AED.

**Wellness Grant-** Reviewed Wellness Grant for employee E. Paschal participation in a half marathon. Wellness Committee approval was given.

**Be Well @ Juniata Integrated Wellness Incentive** – Update provided that 92 participants have actively enrolled in the CC3 Portal; this is over 35% of our medical plan participants. Discussed that **Training for Mental Health First Aid**, or any other training on campus of this nature, can be used as a Live Well component for the Be Well @ Juniata Incentive.

**ACHIEVE Lunch and Learns-** Discussed the transition to Kelly O'Brien as the Community Health Advisor, and the partnership to offer ACHIEVE Lunch and Learns. Cady and Paige will work to ensure upcoming Lunch and Learns are scheduled.

**Health Fair Mailing List & Biometric Screenings** – The Health Fair date has been set to be October 18<sup>th</sup> between 11:00 AM and 2:00 PM. Health Fair Invites and Participation Forms were mailed on August 16<sup>th</sup> and responses are being received. Biometric Screenings are Sept 11, 18<sup>th</sup> and 19<sup>th</sup>, with 40 spaces being available each date. Walk-in appointments will be offered the day of and more screeners can join UPMC if participation surpasses the expectation.

### Old Business

**Spring Challenge** – Participation in the Warming Up To Summer Challenge have been notified that prizes are ready for pick-up and employees have started to pick-up.

The meeting was adjourned at 9:20 am.