

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 the meeting to discuss Safety Committee's partnership with Carla Panosetti to offer hands-on CPR/ AED training. Paige 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 in the amount of \$68.84. 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, will meet criteria for the Live Well component of the Be Well @ Juniata Incentive.

ACHIEVE Lunch and Learns- Discussed the transition to Kelly O'Brien from Savannah Wilson as the Community Health Coordinator. Cady and Paige will continue the partnership.

Health Fair Mailing List & Biometric Screenings – The Health Fair date has been set to be October 18th between 11:00 AM and 2:00 PM. Health Fair Invites and Participation Forms were mailed on August 16th and responses are being received. Biometric Screenings are Sept 11, 18th and 19th, 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 – Participants 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.