

## Meeting Notes 11/26/2019

**Juniata College  
Wellness Committee**  
November 26, 2019; 9 am  
Rockwell Seminar Room

Committee Members Present:

Penny Hooper-Conway  
Bethany Sheffield

Cady Kyle

### **Old Business**

**Open Enrollment Recap** - About 138 employees attended the benefits sessions. Information was shared about Wellness Rewards, and preventive health benefits. Participants were notified that consideration is being given to 2021 health plan rates being tied to a wellness incentive.

**Preventive Care Compliance** – Data was shared around health plan compliance with Preventive Visit standards. During the reporting period (September 2018-August 2019), compliance was very low. Fewer than 40% of plan participants are having annual preventive checkups. Committee talked about encouraging taking advantage of free preventive benefits through a monthly feature in the employee announcements. We also want to review compliance data as soon as it becomes available and encourage colorectal, mammogram and annual gynecological screenings and exams.

**Blood Pressure Screenings** – Free Blood Pressure screenings have started back up for the year. Screenings are being offered through Huntingdon County Career & Technology Center nursing students. Students receive clinical experience and are supervised by a nursing instructor while here on campus. We have been running two locations, but they have been poorly attended at fewer than 10 faculty/staff participants each visit and no students. We will plan to try different screening locations after the winter break.

**Weight Watchers** – Weight Watchers participants from the most recent session should expect to receive their reimbursement in their first December pay. The next session will start at the beginning of the Spring Semester in January.

**Wellness Rewards** – 2020 Wellness Rewards program was discussed. Since we are trying to encourage annual preventive physical, it was

recommended to increase the reward points to 10 for a preventive screening. It was also suggested that we look at a way to automate Wellness Rewards reporting/submission. There are currently 10 enrollees for 2020 Wellness Rewards. Out of the current participants, there are around 73 who will meet the 500 level.

### **New Business**

**January Lunch and Learn** – We will pursue having a speaker present on stress management in January.

**January/February Challenge** – We discussed having a steps challenge in January where teams would compete to log steps which would convert the mileage needed to arrive at a warm location. First to arrive would receive a prize/bragging rights.