

## Meeting Notes 1/28/2020

**Juniata College  
Wellness Committee**  
January 28, 2020; 9 am  
Rockwell Seminar Room

Committee Members Present:

Andrea Smith  
Delta States

Cady Kyle

### **Old Business**

**Blood Pressure Screenings** – Free blood pressure screenings resumed January 21, with numbers continuing to be low. Last year we averaged 25 students/staff screened at each event vs. a current average of 6. We plan to eliminate the facilities location as there have been no screenings at that site, and replace it with Ellis Lobby. We will continue to offer von Liebig lobby as a site as well. We will continue to run announcements and prepare a second sign board for the Ellis Hall location. Should numbers continue to be low during the spring semester, we may look to pilot mobile blood pressure screenings.

**Weight Watchers** – A new 12-week session of Weight Watchers will begin Thursday, February 6. Participants can sign up online, and continue to weigh in on Thursdays in the Human Resources office. The first weigh-in will be held on Thursday, February 13, and the final weigh in will be held on April 29. We will continue to offer reimbursement for attendance at weigh-ins, with proof of payment. Information is currently running in the announcements.

**Lunch & Learns** – There was not availability to schedule a stress management lunch & learn for January. We are working on getting one scheduled for February.

**Wellness Rewards** – Logs were updated to increase the reward points to 10 for a preventive screening, and we included a request to automate Wellness Rewards reporting/submission as part of our manual processes review. 2019 Wellness Rewards is nearly complete with \$7,265 in stipends paid to 58 people and an extra day off being awarded to 27 people. There are a handful of participants who have not yet made an election; they will be given a deadline to make their award selection. 96 people turned in agreements to participate in Wellness Rewards for 2020.

**Preventive Care** – Last month the committee talked about encouraging taking advantage of free preventive benefits through a monthly feature in the employee announcements. We were able to access informational fliers from Highmark; we have an HR student assistant working to draft featured announcements to run not only about the importance of preventive care, but also stress management. Fliers are available for review here:

[http://services2.juniata.edu/hr/docs/BCBS\\_Get\\_Preventive\\_Care.pdf](http://services2.juniata.edu/hr/docs/BCBS_Get_Preventive_Care.pdf)

<http://services2.juniata.edu/hr/docs/2020HighmarkPreventiveSchedule.pdf>

[http://services2.juniata.edu/hr/docs/StressManagementFlyer\\_BCBS.pdf](http://services2.juniata.edu/hr/docs/StressManagementFlyer_BCBS.pdf)

**January/February Challenge** – We previously discussed running a winter steps challenge 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. We are looking at the possibility of combining this event the spring “Step Up to the Challenge” event we hold with Susquehanna.

### **New Business**

**Financial Wellness Offering** – In observance of the last week in February being America Saves Week, we will be offering Financial Wellness Sessions at several times on February 27. The presentation will be entitled “Financial Wellness: Prepping for Retirement.” Jarrod Smith of TIAA and Tracy Grajewski will be co-presenting the event which will count as a Wellness Sponsored activity for Wellness Rewards. Announcements will run about the event closer to the date.

**Fitness Classes** – We are pleased that two different fitness classes will be taking place this semester. Tasia White, recipient of a Wellness Grant and newly certified Zumba instructor, will be offering Zumba classes on Mondays and Wednesdays from 5:15 to 6:15 in the dance studio in the basement of von Liebig. Classes cost \$5/session, and the first class is free. Tasia is handling her own announcements, sign-ups and liability waivers for the class. Jen Streb will again be offering Yoga on Thursdays at noon in the Movement Studio in Halbritter at a cost of \$3/session. Jen continues to handle her own announcements, etc.