

Meeting Notes 3/22/2022

Juniata College Wellness Committee

March 22, 2022; 9am

Zoom

Committee Members Present:

Joel Pheasant

Paige Hower

Penny Hooper-Conway

Cady Kyle

Bethany Sheffield

New Business

Highmark Health Newsletters & Annual Review – Paige has been posting the Highmark Health Newsletters to the campus announcements. Cady shared some high level results of the health plan review. COVID did not pose significant expense to Juniata's plan, and there was no connection between COVID and high cost claimants. Some other key findings were:

- 60% of members have at least one chronic condition
- Preventive visits rose slightly but still below the norm
- Diagnoses to focus our training and education are diabetes, mental health, high cholesterol.

HR will be reviewing implementing wellness tie-in to premiums for 1/1/23 rollout (presented during open enrollment 2022). More to come in future meetings.

Old Business

Managing Burnout & Promoting Wellbeing Session – Phil Dunwoody shared an overview of the session he is able to provide. The committee decided to offer this as a breakfast session in late May or early June. We will offer refreshments (coffee, tea, juice, breakfast items), and ask for the support of supervisors to encourage staff participation.

Spring Challenge- Penny shared an idea for a spring challenge which would have participants earn yardage on a football field by participating in physical and mental wellness activities. She also has some ideas for prizes. Paige will work on the marketing (brochure/announcement) for the event and we will kick it off first week of April.

ACHIEVE Health Literacy Program – L&L Speaker Series – Attendance at the February session with Dr. Fala was 22 staff, 3 students. Attendance for the March session with Dr. Moore was 21 staff, 3 students.

The schedule of presentations for next month is as follows:

April 4th - Mr. Nick Miller, Hemmäbast-SylvanSun Farm Co-Op AND Mr. Tony Ricci, Green Heron Farm (Neighborhood & Built Environment) > What is the connection between food sourcing (buying locally/eating seasonally) and individual and community health? In what ways to farming practices relate to individual and community health?

April 18th - Ms. Sarah Young Fisher '75 (Economic Stability) > How can people better understand the factors that impact financial wellness and ways to improve their financial wellness?

WW @ Work – We have about 4-5 people participating in weigh in.

The meeting was adjourned at 9:30.