

Meeting Notes May 23, 2023

Juniata College Wellness Committee

May 23, 2023; 9am

Zoom

Committee Members Present:

Cady Kyle

Paige Hower

Joel Pheasant

Note: Abbreviated regular meeting covering updates to topics discussed at the last meeting two weeks ago.

New Business

Be Well @ Juniata Integrated Wellness Incentive – We discussed updates to the draft communication. Paige provided a demo of the tracking portal we will be utilizing to track Be Well components which is being provided through Connect Care 3 and will be free to Juniata. The site allows participants to submit documentation or complete components as they do them. CC3 will be able to provide tracking and reports to Paige. All CC3 programming will be available to participants. Communications will go out within the next week. We also discussed allowing any lunch & learns or challenges completed in 2023 to count towards this year's Be Well incentive, even if it wasn't completed after June 1. For example, the May Warming Up to Summer Challenge will count towards a Live Well component.

Old Business

Spring Challenge – Reminder that Warming Up to Summer is running during the month of May. Participants need to complete 9 challenges. This challenge will be wrapping up soon, so please let Paige and Cady know if you have a good idea for a prize for this challenge.

Old Business

Health Fair Mailing List – Cady circulated the prior vendor list for review this morning. Please take a look at the prior year list and add anyone you see we might be missing to the 2023 tab. Joel noted that there are a number of new gyms in the area that we should add to the list.

The meeting was adjourned at 9:20 am.