

Meeting Notes 06/24/09

**Juniata College
Wellness Committee**
June 24, 2009 2:00pm
vLSC 1116 Rockwell Seminar Room

Committee Members Present:

Joan Engle	Barb Williams	Diane Ross	Cady Kyle
Jo Ann Isenberg	Joanne Krugh	Steph Turner	
Cindy Gibboney	Doreen Mills	Shya Erdman	

The meeting was called to order and the committee was presented with the following agenda:

1. Discuss Old Business
2. New Business

The committee discussed the following old business:

- Weight Watchers: Once the current 7 week session wraps up we will begin another 7 week session. The next session will begin on August 5, 2009 and run through September 16, 2009.
- Get Movin' Challenge: Facilities services team won this year and received their Subway Healthy Lunch prize last week.
- Budget – We finished out FY09 under budget. We requested to increase the FY10 budget to include additional money for Lunch & Learns and the Wellness Rewards program.
- Huntingdon County Fitness Challenge: With one month into the competition, Juniata is in the lead by 17,056 point ahead of Mutual Benefit Group. We have 65 employees who signed up for the challenge, and 55 who turned in logs for the month of May. June fitness logs will be due on July 8th, and the next MERF radio spot will be July 14, 2009 @ 8:30am.
- Health Fair/Health Risk Assessment: This year's health fair will take place on Monday, October 26, 2009 from 12-3pm. Save the date letters have been sent out to the vendors, and Andrea has made contact with Connie Peters regarding offering flu shots again this year. We are trying to line up a few more businesses for the year, as well as volunteers to help the vendors carry their display items from car to

ball room. Andrea will again be preparing a brochure listing all the vendors. This year the brochure will have a place for attendees to get a stamp from each vendor. If their brochure is filled, they can be entered into a drawing for a special prize.

- Wellness Walk to the Farmer's Market: Our first walk to the Farmer's Market is scheduled for Thursday, June 25. We will meet at the Stone Church at 11:45 and walk to Portstown Park. The walk counts as a Wellness Committee sponsored event for Wellness Rewards, as well as activity for Wellness Rewards and the Huntingdon County Fitness Challenge. Our next walks are scheduled for July 24 and August 20.

The committee discussed the following new business:

- CoreSource – New ID Card Issue: For those who participate in the College health plan, there will be new ID cards issued on July 1, 2009 due to a change in the phone number to call for pre-certification of inpatient care. ID and Group Numbers are not changing. Watch your mail for the new cards, and destroy previous cards upon receipt of new ones. Make sure to present new cards to all providers.
- Ameriflex Auto-Substantiation: Beginning July 1, 2009, the IRS mandates auto-substantiation of flex card purchases at merchants and pharmacies; providers must use an Inventory Information Approval System (IIAS) to automatically determine eligibility of healthcare expenses. Flex card participants will only be able to use their card at pharmacies and merchants who have a certified IIAS system in place. All of our local pharmacies, Walmart and Caremark are participating. However, if your card is declined for what you believe to be an eligible purchase, please remember that you can always file a paper claim with Ameriflex. Claim forms are available at:
<http://www.juniata.edu/services/hresources/documents/CombinedFlexHRAClaimForm.pdf>
- Upcoming Wellness Events:
 - MEAD Westvaco Community Health Fair – Thursday, July 16, 2009, 10am-4pm
 - Hollidaysburg YMCA Race Series – July 4, 2009 at 8:00am – 15K run, 5K run, 2 mile walk and Lollipop Run – Downtown Altoona.
http://www.hollidaysburgareaymca.org/4th_of_July_Trifold.pdf

The next regularly scheduled meeting will take place on Wednesday, July 22, 2009 at 2:00pm @ vLSC Rockwell Seminar Room.