

Meeting Notes 07/22/09

Juniata College Wellness Committee

July 22, 2009 2:00pm
vLSC 1116 Rockwell Seminar Room

Committee Members Present:

Joan Engle	Joan Engle	Joanne Krugh
Wendy Garlock	Dave Fusco	Steph Turner
Shya Erdman	Cady Kyle	

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: The current session ended today. The next session begins August 5th. It is a 7 week session, and we have the 15 participants needed to continue. A 12 week session will follow beginning in mid-September and running through early December.
- Huntingdon County Fitness Challenge: With two month into the competition, Juniata is in the lead by 31,270.70 points 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 June. July fitness logs will be due on August 5th, and the next MERF radio spot will be August 12, 2009 @ 8:30am. There will be an update on the Challenge and prizes to date in the upcoming issue of the Lantern.
- Health Fair: This year's health fair will take place on Monday, October 26, 2009 from 12-3pm. There are already 19 vendor responses, and Andrea has made contact with Connie Peters regarding offering flu shots again this year. Andrea will be preparing a brochure that 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 Profile/Biometric Screening: We are hoping to offer Biometric Screenings to all full time benefits eligible employees the same week as the health fair. We have identified a vendor that suits our needs. They are a mobile screening service and come with very good

references. We would be able to cover the cost of the screenings, an on site nurse, and potential incentives within the amount of the money we have budgeted for this from last year. We will be making a presentation to cabinet for their approval and then will begin to advertise the program throughout campus. Advance registration will be required and we will need 90 people to pursue the screenings. Participants will complete a Wellness Profile, receive labwork to include lipid panel and glucose tests, have height and weight taken and BMI calculated, and blood pressure screening. They will walk away with a Comprehensive Health Risk Appraisal report the same day. The College will receive aggregate data which will compare our results with that across all US data. More information is forthcoming on this program.

- Wellness Walk to the Farmer's Market: Our 2nd walk to the Farmer's Market is scheduled for Thursday, July 23. 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 walk is scheduled for August 20.

The committee discussed the following new business:

- September Lunch & Learn: Subsequent to reviewing our CoreCare reports that provide us with preventive care quality metrics, we noted that less than 40% our male health plan participants are having their recommended preventive screenings. It was suggested that our September Lunch & Learn focus on Men's Health Issues. The session will be open to both men and women, and we will invite Dr. Raquet to be the speaker. Date and Time to be determined.

The next regularly scheduled meeting will take place on Wednesday, August 26, 2009 at 2:00pm @ vLSC Rockwell Seminar Room.