

Meeting Notes October 24, 2023

**Juniata College
Wellness Committee**
October 24, 2023; 9am
Zoom

Committee Members Present:

Paige Hower
Cady Kyle
Joel Pheasant

New Business

Wellness Challenge- Discussed that Gratitude Bingo would be reviewed and the announcement would be released soon to offer this challenge to our employees.

Health Fair & Biometric Screenings – Requested any feedback on the Health Fair or Biometric Screening. There were close to 100 employees in attendance at the Health Fair, and a total attendance of approximately 135. Discussion was held about inviting representatives from KSRC to help introduce employees to this free benefit of utilizing this area. Furthermore, discussion and reflection occurred around the timing of the health fair and plans to ensure the event does not fall within the week of any other campus events, such as Homecoming Weekend. Furthermore, plans to have designated vendor parking are being discussed. A thank you and survey are being sent from HR to the vendors who have attended with hopes of continual improvement.

ACHIEVE Lunch and Learns- Discussed the upcoming Lunch and Learn on November 1st and the reminder that Lunch and Learns count as one activity under the Live Well Component for the Be Well @ Juniata Incentive. November 1st Lunch and Learn will be presented by Carol Wenner is related to grief, trauma and difficult conversations surrounding such.

Benefits Open Enrollment- Provided review around Open Enrollment changes, which do not entail any plan design changes outside of the requirement to increase the QHDHP deductibles to the new IRS minimum limit. Discussed that enrollment for FSA/DCA's will move back to online enrollment based on the platform being available again, as well as premium changes for dental and medical insurance. Open enrollment announcement, which includes the date of the online enrollment session, will be sent soon. Open Enrollment will be running between November 1st and November 20th.

Old Business

Be Well @ Juniata Integrated Wellness Incentive- Discussed that around 100 employees have already completed the program and the deadline for this is October 31, 2023.

The meeting was adjourned at 9:55 am.