

Woodbury County Health & Wellness Committee

Meeting Minutes

May 7, 2019 at 3:00 p.m.

LEC Conference Room

Members of the Woodbury County Health & Wellness Committee present were:

Matthew Ung, Board of Supervisors; **Melissa Thomas**, Human Resources; **Jamie Amick**, Secondary Roads; **Deb Twyford**, Mercy Business Health; **Ryan Chytka**, Building Services; **Dianne McTeer**, Juvenile Detention; **Michelle Skaff**, Auditor's Office; **Karen James**, Board Office; **Karla Fergen**, Human Resources

- I. The meeting was called to order at 3:00 p.m.
- II. Health Fund Update
 - Melissa Thomas reported November 2018 was highest month for medical, end of year with people trying to get their claims in, but overall on schedule with the previous year.
 - Pharmacy claims on track from previous year.
 - Will investigate the cost savings for mail order prescriptions. Good for the newsletter to encourage the use of mail order. (Three-month supply and cost savings.)
- III. MercyOne Wellness – Deb Twyford
 - Discussed the Aggregate Report from the wellness visits in November-December. There was overall improvement from the previous year.
 - Discussed the possibility of employees having their labs drawn by their personal physicians in lieu of the Wellness draws. This would help get LEC employees to participate and will help ensure that employee has a personal care physician.
 - Woodbury County Screening results graphs were discussed. Dr. Cassens makes marks on blood profile with the determinations of normal, borderline and abnormal.
 - Discussed “Key Accomplishments of 2018” (per handout)
 - Employee participation in challenges.
 - District Health would like to know what the discounts are for the Profile by Sanford.
- IV. New Wellness Ideas
 - Discussed “Recommended Wellness Solutions for 2018” (per handout)
 - Discussed upcoming challenge options (e.g. water challenge, fruits and vegetables challenge)
 - Discussed using volunteering to count as a QTR wellness event. Fitness Day, No-Tech Day, Outdoor challenge and Heart-smart Screenings were discussed. Home workout with bands demo sheet handed out.
- V. Questions
 - Discussed Health Fair for beginning of September. Flu-shots might not be available until the end of September.
 - There was discussion about group presentations and their benefits. This concept will allow more participants in a group coaching atmosphere. This is a cost savings for the County.
 - Matthew Ung inquired about Sit2Stand desks and if we had availability. We are in the process of ordering two units for new staff.
- VI. Meeting adjourned at 3:45 p.m.