

MINUTES

Health & Wellness Committee

Wednesday, March 16, 2022, at 9:00am

3rd Floor Conference Room - City Hall – 212 SW 9th Street

The agenda for the meeting was posted on the bulletin board at City Hall in compliance with the Oklahoma Open Meeting Act. Meeting was called to order at 9:00am.

I. Roll Call

Members Present: Charlotte Brown
Cindy Herriage
Kaitlin Nunley
John Schwenk
Wade Lewis

Members Absent: Yolanda Allen**
Brent Baggett**
Christy James*
David Raynor**
Tammy Anderson (General alternate)
Nick Hare (General alternate)
Cynthia Williams (General alternate)
* excused
** unexcused

Others Present: Megan Loftis, Benefits Coordinator

II. Approve Minutes from April 28, 2021, Meeting

Motion made by Wade Lewis to approve the minutes from the April 28, 2021, Meeting, second by Kaitlin Nunley.

Ayes: All – Nays: None

Motion approved

III. Old Business – None

- a. Discuss future wellness challenges

Discussed having a biggest loser challenge like what Public Utilities has done. Charlotte Brown was given a template of the spreadsheet that was used. It was suggested that Kaitlin Nunley could also have a spreadsheet over at the police station.

Ideas for incentives included: museum tickets, driving the City Manager's truck, a night/meal at the Hilton, gift cards from surrounding businesses, free fishing license (or similar).

Motion made by Wade Lewis to approve a "Biggest Loser" weight loss challenge for the months of May/June 2022 and to work with the City Manager's Office regarding incentives, second by Kaitlin Nunley.

Ayes: All – Nays: None

Motion approved

IV. New Business

a. Annual Meeting Notice

Motion made by Wade Lewis to approve the Annual Meeting Notice for the 2022 calendar year, second by Cindy Herriage.

Ayes: All – Nays: None

Motion approved

b. Open Enrollment FY22-23

Discussed the old and new enrollment portals, dates of open enrollment, as well as the 2% increase for medical insurance.

No motion needed.

c. Livongo (starting July 2022)

Discussed this new wellness program for those employees with diabetes and high blood pressure. It's free to the employees and could hopefully help reduce our overall claims.

No motion needed.

d. Cancer Screenings

Discussed working with the Cancers Center of Southwest Oklahoma. When able, they would send at home risk tests to HR to hand out to employees. During months where at home risk tests weren't possible, they'll send fliers and literature to send out to employees.

No motion needed.

e. Blood Drive

Blood Drive will be April 8th from 12pm-4pm in the Banquet Hall.

No motion needed.

f. Health & Wellness Fair

The Health & Wellness Fair will take place October 20, 2022, from 10am-4pm. Megan Loftis asked for any vendor suggestions. John Schwenk mentioned an IV therapy place that may be located on 38th Street.

No motion needed.

V. Comments/Communication

Megan Loftis went over Tickets at Work and mentioned she'd pass these out through distribution for employees to use as they wish. It's a free service the City receives.

VI. Adjournment

Meeting was adjourned by John Schwenk at 10:01am, second by Wade Lewis.