

MINUTES
Special Meeting
Health & Wellness Committee
Wednesday, April 28, 2021 at 9:00am
Banquet Hall - 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
Christy James
Kaitlin Nunley (left at 9:50am)
John Schwenk
Wade Lewis (General alternate)

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

Others Present: Megan Loftis, Benefits Coordinator

II. Old Business - None

III. New Business

- a. Vote chairman/vice chairman

Motion made by Christy James to appoint Charlotte Brown as Chair and Kaitlin Nunley as Vice Chair, second by Wade Lewis.

Ayes: All – Nays: None

Motion approved

- b. Discuss meeting dates, time & location

No motion needed. Committee approved dates/times posted by the City Clerk's Office.

- c. Discuss possible wellness incentives – and possible recommendations for the City Manager

Megan Loftis brought 2 free wellness programs. One is CHARGE which is nutrition based and the other is Catapult. The City is familiar with Catapult; however, this option is virtual. BCBS recommended both programs for the City.

Motion by Christy James to move forward with the wellness incentives that are free to the City of Lawton and inquire about an annual incentive for physicals, second by Wade Lewis.

- d. Discuss last wellness challenge

No motion needed. The committee discussed how the last two challenges had very poor participation.

- e. Discuss future wellness challenges

The committee discussed several ideas such as water intake and walking/counting steps. The committee also discussed lengths of programs and the pros/cons of that timeframe.

Motion by Wade Lewis to table until next meeting so everyone can think of ideas to present, second by Christy James.

- f. Discuss upcoming open enrollment for FY21-22

No motion needed. Megan Loftis discussed open enrollment dates and the process to take place.

- g. Discuss ideas for communications to employees besides an "all employee email"

No motion needed. The committee discussed how on top of "all employee emails" that it would help to send out flyers to departments for those that aren't on a computer much during the workday so they don't miss on challenges, events etc.

IV. Comments/Communication

Wade Lewis gave some handouts about upcoming screenings at the Cancer Center.

V. Adjournment

Meeting was adjourned by John Schwenk, second by Christy James at 10:00am.