MINUTES

Health & Wellness Committee

Wednesday, November 13, 2024, at 9:00am
3rd Floor Conference Room - City Hall – 212 SW 9th Street

The agenda for the Regular meeting was posted on the bulletin board at City Hall in compliance with the Oklahoma Open Meeting Act. Meeting was called to order at 9:22am.

I. **Roll Call**

Members Present:

Charlotte Brown
Christine James
Kaitlin Golden
Heath Want
Ashley Glaze-Lyle
Tanya Organ
Kristen Fitzpatrick

Members Absent:

Wade Lewis *
John Schwenk *
Charles Criger *
Chad Meyer *
David Raynor **
Clayton Houseman **
Jackie Somerlott *
David Wood **
Megan Loftis *
Tiffany Bechtel *
DaLynna Wood *

* Excused
** Unexcused

Others Present:

Michelle Crouse
Lindsay Neal
Dustin Brand
Mady Aust

II. Approve Minutes from the Regular Meeting on September 11th, 2024.

Heath Want made motion to approve. Kaitlin Golden made motion to second.

III. New Business

a. Discuss Incentive Program Progress – Kaitlin Golden (Take action as necessary)

Kaitlin said there were roughly 2 more people who have signed out a blue folder. Charlotte asked if the Arvest workshop courses would count as a point. Yes, they do, each class is one point and Angela with Arvest will initial the folders. Michelle shows all new hires the folder and explains where they can pick one up and how to maintain it.

No Motion Needed

b. Discuss CPR class– Michelle Crouse (Take action as necessary)

Michelle discussed the idea of hosting a CPR class at City Hall. There is a tentative date in January for this event. It would be a free class with no minimum. Heath mentioned that the class might be free, but there is more than likely a charge for the card. Charlotte asked if they could offer more than one class for the day. Christy asked for Michelle to check on how many job description require CPR certification. Michelle will get more detailed information and table this item until January. The new date for this event will be in February if approved.

Heath Wants made motion to table until January and Kaitlin made the motion to Second.

c. Health Fair Report – Charlotte (Take action as necessary)

Charlotte wanted to discuss the Health Fair and how it went, and possible ways to improve. Michelle stated there were 268 employees in attendance. Total Wellness has 60 employees complete the lab work. Michelle mentioned next year having Charlotte send out information about it to the directors in email or at one of the meetings. Christine stated she was disappointed with some of the vendors not showing up at the last minute. She mentioned putting them at the bottom of the list for next year. Some of the vendors received a raffle ticket for prizes, next year we need to make sure its employees only. Christine suggested next year changing the hours to 11:00 am – 2:00 pm and making the vendors sign a contract stating they will be in attendance and stay the whole time. Heath suggested sending out a survey to all employees on their experience to gather feedback. Heath also suggested asking 5-star nutrition to be a vendor next year. Michelle said for all members to send her an email of vendor ideas for the 2025 Health Fair. Michelle will make a survey and send it out and discuss results at next meeting.

No motion needed.

d. Discuss Medical weight loss RX- Lindsay and Dustin (Take action as needed)

Dustin handed out informational folders to all members. Inside this folder, it shows by adding GLP-1 RX to the existing health care plan there would be roughly a 2.41 % premium increase. Lindsay mentioned that diabetics are receiving their medication and this weight loss GLP-1 are two totally different medications, this will not take away diabetic medications. Christine asked if we add it will it increase premiums for only those who wish to receive it or all employees. Dustin explained that it would increase all employee premiums. Dustin stated this medication is usually only offered to larger groups like us, and the GLP-1 shots can be purchased with no insurance at Med Spas and other locations. By adding to our plan only FDA approved medications would be able to be purchased. Kaitlin asked what the benefits are to adding GLP-1 to the coverage plan. Lindsay stated nothing yet. Dustin explained over the course of a few years employees using the medications could result in loss of need in other medications due to not being considered obsess any longer. But only time will tell. Ashley explained she is currently taking the medication on her own due to her heart issues and Charlotte explained she is also currently taking them due to her neurological disorder. Heath asked if employees could choose the GLP-1 plan, Dustin explained that would be an HR nightmare and the only way to go about that would be to go back to a self-insured plan. Dustin and Lindsay will be back in January to discuss more options and claims. Michelle will send out a survey about the GLP-1 medications and gather an all-employee opinion on adding this to the 2025-2026 health care plan. Discuss results at the next meeting.

No Motion Needed

IV. Comments/Communication

Next Meeting scheduled for January 8th at 9:00am.

V. Adjournment

Christine James made motion to adjourn at 10:37 am, Kaitlin Golden made motion to second.