

MINUTES

Special Health & Wellness Committee Meeting

Wednesday, September 13th, 2023, at 9:00am
3rd Floor Conference Room - City Hall – 212 SW 9th Street

The agenda for the Special 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
Kaitlin Nunley
Christy James
Wade Lewis
Charles Criger
John Schwenk
Heath Want
Tanya Organ
Megan Loftis
Ashley Glaze-Lyle
David Wood

Members Absent:

Clayton Houseman**
Chad Meyer**
David Raynor**
Kristin Fitzpatrick*
Jackie Somerlot*

* Excused
** Unexcused

Others Present:

Michelle Crouse

II. Approve Minutes from the Special Meeting on July 25th, 2023.

Wade made motion to approve. Kaitlin made motion to second.

III. Old Business

a. Discuss Health Fair. (Take Action as Necessary)

The Health Fair is always in the Banquet Hall. With available open days and working around kids fall break, the date selected is October 25th. Time is TBA. A sub-Committee was formed to work on Health Fair. Members include Kaitlin, Wade and Michelle. Discussion on Budget will be at next regularly scheduled meeting in September.

Motion made by Kaitlin and second by Wade.

b. Incentive Program Ideas (Take action as necessary)

Kaitlin Discussed making up worksheets and checklists. Craig brought up s trackable way to see who is participating. There needs to be proof of participation. All employees eligible, including those not on city insurance, Fire and Police and PT employees. 100.00 cash prize for completion of 10 points. There will be tax on the 100.00. Kaitlin also discussed walking groups, exercise groups, health fair, vaccines, and gym visits for points. Kaitlin and Michelle will send emails and steps to all employees and keep track of points. Documentation must be sent into us for verification. Mental Health Zooms will be on an Honor system as there is no physical way to track. Some prizes will be issued for participation during the 10-point challenge. August will be water challenge and the prize will be a water bottle. All prizes will be done by random drawing. The end date for everything to be done is May 31st, 2024. Michelle announced Husk Wellness that will be coming out soon. It's a 6-class participation and they send you a free scale. Charles brought up October is vaccine month. Charlotte discussed healthy cooking at the Farmer's Market. Health department also does free demos. Kaitlin and Kristin will set up Pilates classes here at city hall. Wade and Kaitlin will also lead walking groups. More information to come at the next regularly scheduled meeting in September.

Motion made by Christy and Second by Wade.

c. Additional Items Discussed (No Action Needed)

Megan brought up problems with insurance and the coverage of Paps for women. Charles said his wife was in a similar situation with insurance not covering. Michelle will speak to brokers and find out more information for next visit. Craig Mentioned we are up for new

Brokers in January/February 2024. This issue will be on the November Agenda. Michelle will send out more information on the City's new AEP program through Aetna.

IV. Comments/Communication

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

V. Adjournment

Wade made motion to adjourn at 10:24 am, Charlotte made motion to second.