

MINUTES

Health & Wellness Committee

Wednesday, July 10, 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 9:01am.

I. Roll Call

Members Present:

Charlotte Brown
Christine James
Kaitlin Golden
Wade Lewis
Charles Criger
Chad Meyer
Megan Loftis

Members Absent:

Clayton Houseman**
David Raynor**
Brent Baggett**
David Wood*
Jackie Somerlott*
John Schwenk*
Ashley Glaze-Lyle*
Tanya Organ*
Kristin Fitzpatrick*

* Excused

** Unexcused

Others Present:

Craig Akard
Michelle Crouse
Lindsay Neal (Insurica)
Len Crawford (Total Wellness)
Amanda Lacy (Total Wellness)
Jason Poudier

II. Approve Minutes from the Regular Meeting on May 8th, 2024.

Wade Lewis made motion to approve. Chad Meyer made motion to second.

III. Old Business

a. Wellness Incentive Program 2024-2025 – Kaitlin (Take action as needed)

Kaitlin provided a mock folder check sheet idea. She also included the balance for the health account as 136k. This included a folder holding all items needed to gain the 10 points for the 2024-2025 Incentive program. It also includes a rule sheet and check sheet. Some examples in the folder are Water challenge, step challenge, gym visit log, city of Lawton hosted seminars and health events. All folders will be picked up from Charlotte and each person will need to sign the sheet that they are participating and picked up the folder. Charles asked if there would be a cut off for this, and the response was May 31st, 2025, same as this last year. Once all are turned in there will be a team that checks and issues points to all who completed the incentive program. Christine asked if there would be an electronic copy on the P Drive. Kaitlin explained one could be made available, however we do not want to have employees able to get it online without signing up. Chad asked if this incentive would include Police and Fire, the response was yes, this will be available to all City employees. Christine suggested we use some of the money in the account for health snacks for locations. This will be something discussed next meeting. The final discussion is all folders will include everything needed to complete incentive program, they must be picked up from Charlotte, and its up to the employee to manage their own points until folders are returned on May 31st and reviewed for completion.

Charles made motion to approve, and Wade Lewis made motion to second.

IV. New Business

a. Total Wellness Program Presentation – Len Crawford (Take action as necessary)

Len Crawford shared a power point video. He explained we need 35 people minimum. All city of Lawton employees with BCBS insurance will be covered at 1100%. Insurance will be run, but no employee will be out of pocket anything for the basic tests. They do provide added tests including hormones, thyroid, testosterone, vitamins, and more that will have a 45.00 - 100.00 employee cost. This is still much cheaper than insurance or

doctor's office would charge. There is no set up fee or travel fee to come. Len stated that he would eat the cost if someone does not have an insurance that covers the basic test. Once someone did the labs, they would have their results emailed to them in roughly 2 days. Len explained they have in office lab that has a quick turnaround for results. Amanda with Total Wellness stated they would provide flyers with a code to schedule appointments but walk in are always welcome. They will be set up at the Health Fair in October and can come back as needed. They are willing to go to other locations like E911, the yard, landfill and treatment plants. Fire and police are also welcome and can have a date to set up on their own. Kaitlin stated this is similar to Catapult done in the past, but no charge to come or set up. If someone has already had a wellness exam, they can still participate in this as it is coded as preventative. We will start with a set up at the health fare and schedule more down the road based on attendance.

Christine made motion to approve. Charels Made motion to second.

b. Discuss Health Fair date and budget– Michelle (Take action as necessary)

Michelle suggested October 2, 2024, for Health Fair date, because there will be a comedy Show at McMahon and Jason Poudrier will be getting sponsors to donate tickets to be raffled off. The date will be October 2nd from 11:00 am to 3:00 pm. Michelle suggestion the budget should start at \$7,000. Charlotte suggested we raise that to \$8,000 with the option to increase as needed. Michelle shared that the food would be from Firehouse subs again as she was able to get the same as last year for cheaper. Michelle shared some ideas for the goodie bags. Bags will be better quality and cheaper for the same amount. Michelle will be looking into goodies for them including rubber ducks, jump ropes, planners, gel packs, budge books and mood trackers. Michelle will purchase tow ninja blenders, a ninja foodi, a full body massager with heat. Michelle will reach out to vendors and others for donations and prizes. Sams donated water last year and should again this year. Lindsay with Insurica stated they will be providing a punching bag set and exercise bike as prizes. Michelle will handle most of the health fair needs and will create a subcommittee to help keep on track. Charles, Wade and Kaitlin offered to help.

Chad made motion to approve. Wade made motion to second.

c. Authorize Chairperson to present City Manager with memo for Spirit of Survival 5K – Charlotte (Take action as necessary)

Charlotte presented the memo she will take to John. This will let the city pay for \$10.00 of the employee cost for registration for Spirit of Survival. Megan stated they came to City Hall in years past to help employees register. Michelle will speak to Angelina with the Caner Center and set that up. Craig asked if there would be a deadline, and yes prices will increase after a certain day. If employees do not sign up on the day Angelina with the Cancer Center is at City Hall, a paper copy can be given and must be returned by the end of the week. Chad asked if this would apply to Police and Fire. Charlotte responded

with yes, this will be for all City employees. Christine suggested we cap this at \$1,500, meaning 150 people.

Christine made motion to approve. Wade made motion to second.

- d. Regular Health and Wellness meetings change – Charlotte (Take action as necessary)

Charlotte suggested that the Health and Wellness Committee start meeting once a month on a regular basis. Special meetings can still be scheduled if needed. Michelle presented the new updated annual meeting notice with meetings scheduled once a month for the 2025 year.

Christine made a motion to approve. Chad made motion to second.

V. Comments/Communication

Next Meeting scheduled for September 11th at 9:00am.

VI. Adjournment

Wade Lewis made motion to adjourn at 10:48 am, Charles Criger made motion to second.