

**NOTICE AND AGENDA OF MEETING OF THE NAPEBT WELLNESS COMMITTEE OF THE NORTHERN ARIZONA PUBLIC EMPLOYEE BENEFIT TRUST**

Notice is hereby given to the general public that the NAPEBT WELLNESS COMMITTEE will hold a meeting open to the public on **Friday January 8th, 2015, 10:00am FUSD Administration Building, Business Office Conference Room**

**MEETING NOTES**

1. CALL TO ORDER                      10:00AM

2. COMMITTEE MEMBERS PRESENT

Katie Wittekind	NAPEBT
Jen Moore	Flagstaff Unified School District
Rosa Mendoza-Logan	Coconino Community College
Lynn Hill	NAIPTA

GUESTS PRESENT

Polly	Vera at 11am
Christy	Every Dollar at 10:30am

3. AGENDA ITEMS

- a. Sugar Challenge: Jan 17<sup>th</sup>-Feb 6<sup>th</sup>
  - i. Changes from last year: Fruit allowed in all levels, dairy and grains allowed in levels one and two but not in level three. Level one-cut back, Level two-eliminate added sugars, Level three-detox. No recommendations on where to eat out.
- b. Dependent options for Wellness Program
  - i. Katie gave an update on what other employers are doing in Phx. Katie will meet with Mike and proceed as the board requested.
- c. Awards Banquet
  - i. CCC quote-less than \$400, committee wants to host it at CCC. No alcohol this year
  - ii. Entertainment, Paul, **Action Item:** Katie will ask Paul for a quote to play music.
  - iii. Photos: **Action Item:** Rosa will ask Larry to take photos of our banquet.
  - iv. Survey in paper form: **Action Item:** Katie will email out paper version of the survey.
- d. Updated 3 Year Plan for Board Presentation
  - i. **Action Item:** Email to Katie by Monday committee updated on 3 yr plan
- e. Update from Whole Health Council
  - i. Jeanie: no meeting in December
- f. Financial Online Class Pricing at 10:30AM: Committee will discuss budget in February and give them our budget for program.
- g. March 10<sup>th</sup>-Healthy AZ Worksite Training-Tabled
- h. Biometric Schedule (Polly) 11am: **Action Item:** Katie will give Polly dates for monthly wellness talks, Committee decided to stay with Health waves for biometric screenings through the end of the plan year to give Vera time to adjust to workers comp and pre employment.
- i. Surveys
  - i. Separate meeting: Friday 22<sup>nd</sup> 1pm, **Action Item:** Katie will send out meeting invite

4. ADJOURNMENT                      12:00PM