

**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 August 14th, 2015, 10:00am FUSD Administration Building, Business Office Conference Room**

**AGENDA**

1. CALL TO ORDER 10:00AM
2. COMMITTEE MEMBERS PRESENT:

Katie Wittekind	NAPEBT
Jen Moore	Flagstaff Unified School District
Tasha Wilson	Coconino County
Rosa Mendoza-Logan	Coconino Community College
Drew Baecker	City of Flagstaff
Lynn Hill	NAIPTA
3. AGENDA ITEMS
  - a. Biometric Screening Schedule
    - i. Discussed and developed a schedule
    - ii. **Action Item:** Katie will update schedule and email out
  - b. Health Fair
    - i. Schedule (kid's corner)
      1. **Action Item:** Katie will send out a Doodle to all wellness peeps
      2. **Action Item:** Each agency will collect names and emails of all active wellness committee members with pictures for master sheet
    - ii. Gym Use 12-1pm, 5-6pm Food Demos
      1. **Action Item:** Katie will schedule food demos at those times for the health fair
    - iii. Donations: Discussed breaking up donation requests among committee members
      1. **Action Item:** Katie will email donation request letter, W9, flyer and follow up with Sprint, All vendors for fair, Deckers, Revolution Bikes, Vera, Twin Arrows, Flagstaff Face & Body
      2. **Action Item:** Drew: Pink Jeep Tours, Xanterra, Deferred Comp, Brix & Criollo
      3. **Action Item:** Jen: Bearizona, Jitters
      4. **Action Item:** Lynn: Enchantment in Sedona
      5. **Action Item:** Tasha: Chipotle, Nation Wide, Safeway
    - iv. More Vendors: Discussed asking more vendors to join the health fair
      1. **Action Item:** Drew ask EAP. Tasha ask EAP, Katie ask BCBSAZ EAP
      2. **Action Item:** Katie will try to book POP
      3. **Action Item:** Katie will ask MOM about genetic testing information.
  - c. Schedule Wellness Presentations (start Sep 22nd)
    - i. Discussed Katie presenting to leadership
      1. **Action Item:** FUSD and County will schedule presentation with leadership for Katie
  - d. Challenges for Next Plan Year
    - i. Sugar Challenge –January
    - ii. Points Challenge –March 31<sup>st</sup>
    - iii. Chug a Jug Challenge-June
  - e. Fall Wellness Week
    - i. Leave up to each agency committee to plan events in October
  - f. Retreat Review
    - i. **Action Item:** Katie will send out an invite for the wellness retreat for Thursday Aug

20<sup>th</sup> 9-3pm

- g. Updated 3 Year Plan
  - i. Tabled because Katie isn't done updating it yet.
- h. Wellness Liaison Program
  - i. Each agency will get with Katie when they are ready
- i. Trustee Interviews
  - i. Still need to meet with NAIPTA and FUSD
    - 1. **Action Item:** Katie will schedule a meeting with Bob, Ginger, Dietrich and Jen
- j. Team Building
  - i. Tabled
- k. Onsite Clinic (Conference call with Polly at Vera)
  - i. Open House-Tabled
  - ii. Grand Opening-Tables
  - iii. Wellness Points/Clinic Integration
    - 1. Discussed wellness points Starting July 1st 2016. Whole Health Visit would satisfy Level One and Level Two of the wellness program
    - 2. Discussed how to market clinic this year
      - a. Make 15 minute health coach visit worth 4 points as a preventative exam
      - b. Make annual exam at clinic worth 4 points
      - c. Discussed behavior objectives
        - i. To encourage use of clinic
        - ii. To increase preventative screenings
        - iii. To know your numbers
        - iv. To increase participation with ease of use
        - v. To promote physical activity
      - d. Questions for Vera
        - i. Can they provide online point earning options on their point tracking website?
        - ii. Can they provide a handout to all patients with how to enter their wellness points once clinic opens?
        - iii. Can they collect self-reported wellness points for events online?
        - iv. Can they provide an app for tracking physical activity that connects to the website and adds points for user?
        - v. What would the verbal HRA with the doc look like?
        - vi. Can they use claims data from BCBSAZ to populate points for employees who haven't used the clinic?

4. ADJOURNMENT

1PM