

**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 April 11th, 2014, 10:00am at NAIPTA 3773 E. Kasper Ave Vera Room**

**Meeting Minutes**

1. CALL TO ORDER 10:10 am

2. COMMITTEE MEMBERS PRESENT:

Katie Wittekind	Flagstaff Unified School District
Jen Moore	Flagstaff Unified School District
Angi Napier	Coconino County
Rosa Mendoza-Logan	Coconino Community College
Jeanie Confer	CCRS
Lisa Graham	NAIPTA
Kevin Braley	Wellness Intern
Shannon Anderson	City of Flagstaff

3. ACTION ITEMS

Discuss Awards Banquet

Katie went over the number of success story applicants. There have been 8 success stories turned in so far. Katie invited the wellness committee members to the banquet. The NAIPTA Wellness Committee is invited to the banquet. The committee decided to invite the NAPEBT Board members to the banquet. Katie asked the committee members to honor an employee from their agency to invite to the banquet. Katie would like to get a keynote speaker for an inspirational message. Ask Jesse from New Roots to nominate employees for the banquet.

Discuss Survey

The Wellness Program Survey was passed out for possible revisions for the future.

Discuss 14/15 Budget

The budget was discussed with the committee. Shannon and Katie discussed considerations about the attorney's decision regarding the budget. There is a need to increase the marketing budget. Increase the budget for New Roots, roughly \$8,000.

## Discuss WIP Vendors

Jesse from New Roots would like to do health coaching for the Trust, but is not certified at this point. The committee is open to adding health coaching as a benefit for NAPEBT. Katie explained what health coaching offers. Kristin from Mesa may be an option as a health coach.

## Discuss Wellness Integration with Health Clinic

Katie explained the integration of wellness to the health clinic might affect the choice of vendor. The committee is open to the idea of moving forward with a health coach option prior to the opening of the onsite health clinic. The \$20/month discount can be earned by employees who get their annual wellness check at the clinic. If they complete the HRA in the clinic they automatically get the \$240 discount per year. If they complete the HRA online they get \$120 discount and must enter it online. The \$120 health incentive will go to employees who completed one of the disease management or health coaching programs or have biometric results that are within the benchmarks.

## 4. ADJOURNMENT 11:45AM

The public is invited to check for the agenda, which may be posted up to 24 hours prior to the meeting. This information and a copy of the agenda background materials presented to the Onsite Clinic Sub Committee may also be obtained through Katie Wittekind at 3285 E. Sparrow Avenue Flagstaff, Az 86004, Telephone (928) 527-6189.

I, Katie Wittekind, certify that this notice of public meeting prepared pursuant to A.R.S. § 38-431.02, was posted on the **10th day of April 2014 at 10:00 am.**

Persons with a disability may request a reasonable accommodation, such as a sign language interpreter, by contacting Katie Wittekind at (928) 527-6189.