

**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 February 21st, 2014, 10:00 am at Coconino County Human Resources, 420 N. San Francisco, Bright Angel Room**

AGENDA

1. CALL TO ORDER 10:00am

2. COMMITTEE MEMBERS

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

3. ADOPTION OF AGENDA

Added Discuss date for Wellness Week in April
Added Discuss requested additions to wellness program

4. ACTION ITEMS

Discuss changes to the wellness program for plan year 2014/2015

- The wellness committee is in favor of making each preventative screening worth 4 points
- Edits will be made with the wording of the point tracking system
- Committee is in favor of not requiring preventative screenings in level one. Preventative screenings will not be required due to system limitations but highly incentivized by making them worth 4 points each.
- Angi and Rosa made some edits to the point tracking form

Discussed collection of employee health success stories and award banquet

- The committee is in favor of collecting success stories
- Success stories will be collected for recognition and recognition will be presented at the banquet at the end of the wellness week
- We will have to categorize who gets recognized
- Print certifications for recognition
- Katie will present the wellness committee with the AHA Gold Award Certifications

Discussed marketing for plan year 14/15

- The committee is in favor of the concept for new flyers that have a 1930's public health announcement style
- Katie is collecting quotes for this project.

Discussed date for Wellness Week in April

- Wellness Week dates were decided: 4/21-4/25
- The possible start date for the walking challenge will be April 21, 2014 which is also the beginning of our wellness week

Discussed requested additions to wellness program for points

- There have been employee requests for massage, acupuncture, chiropractic, and giving blood to be added as worth wellness points
- After a lot of discussion on what the max points would be that someone could earn per year for massage or chiropractic and how to make limits clear it was decided that we have enough point opportunities currently and do not want to add giving blood, massage or chiropractic as point options. If someone uses massage, chiropractic or giving blood as disease management then they can get points for disease management check ups.

5. ADJOURNMENT

11:30pm

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 **14th day of February 2014 at 3:00pm.**

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