

Meeting Minutes
AWC Oct 30, 2012
1:30 p.m. 3:00 p.m.
Ladyslipper Rm. Centennial Bldg.

Attending:

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|--------------------|--------------------|
| 1. Tamara Bohmert | 9. Debbie Lerdahl |
| 2. Linda Feltes | 10. Candace Dow |
| 3. Emily Hagen | 11. Patrick Prose |
| 4. Cori Huffman | 12. Ashley Kalbes |
| 5. Lauren Burks | 13. Amy Sanda |
| 6. Nikki Triflette | 14. Lorelei Peters |
| 7. Chris Barth | 15. Susan Bishop |
| 8. Dawn Cvengros | |

Presenting: Courtney Patt and Hannah Carlson from JourneyWell

JourneyWell Health Assessment and Coaching

Courtney and Hannah were here to talk about the health assessment and coaching programs offered by the state through JourneyWell to all insurance-eligible employees. Courtney is the state's rep and Hannah, an exercise physiologist, is a health coach.

New this year is virtual (on-line) coaching. Also, the 10,000 steps program has been enhanced.

Employees that take the health assessment do not have to wait for a coaching call. Only those at risk for heart disease or diabetes will get those calls (within a few days of completing the assessment). Others can simply be pro-active and call in to a coach.

Coaching follows what's important to you, where you are starting from and what you are capable of. It's appropriate for everybody, from those who are inactive to those who are training for a marathon, from those who are caregiving to those who are depressed or what support for changing eating behaviors.

The first call takes about 30 minutes, and the rest 10-15 minutes, on your schedule. You can keep your same coach for every call, which allows understanding and trust to be established. The lines are open 7 am -10 pm M-F.

You cannot adjust your HRA once it's completed. It is supposed to be just a snapshot in time. However your coach will be interested in noting changes over time.

Someone commented that Knowing your Numbers can be a stopping point for some. How accurate is the HA without them?

JW and the state's goal is completion of over 70%! There is a survey each year that informs us why some people don't take the assessment. Some businesses require it. Best practice is 60% completion rate so the state's rate is high. The most important challenge is encouraging people into the coaching programs, which are available throughout the year at no extra cost to the employee.

At this time, the health assessment is only available to benefits-eligible employees because it is tied to the health insurance copay incentive.

Energy Break by Pat Prose—Thanks, Patrick!

Champions' updates

Tamara Bohmert DPS:

- Official committee meeting for past year.
- Focus is on employees thinking about wellness. Avoiding hard, fast look at programs/classes. Starting with a few things done well. Linda helped kick off at downtown office.
- Committee members don't all do their share of work. Communications have been via email. Tamara will now work to send out one monthly newsletter to consolidate and reduce her time. Will have monthly theme, recipes, activities, events, happenings, etc...
- Focus on systems change. May begin integration with intranet.
- October started a 3 month pilot program with MMB and Hazelton (chemical dependencies' focused company). DPS has high diversification of classification for employees. All are invited to take confidential online tool for self or loved one about usage of chemical substances. Get a risk report highlighting risks, spending and includes resources and information to make changes.

Lauren Burks MDH:

- In HR, talking to new employees about fitness facilities and referring to programs available.
- Fielding resources among Health Department to combine resources.
- Lots of questions about a discount on a fitness center membership.
- Fitness center on site is available to DH employees with memberships-paid or non-paid.

Lorelei Peters MMB:

- Currently running a mindful eating program/challenge. On week 4 of 6.
- New hires are being given a 7 dimensions of wellness key ring with cards describing opportunities. Cards will be easily updated. Contains links . New employees are also taken on walking tours by HR to see wellness aspects to the location.

Susan Bishop MDH:

- Nice Ride tours in October. Information taught and practiced about traffic skills, safety and using the Nice Ride system. Led by MDH employees-they used gift certificates from the Nice Ride demos they had earlier in the year. Assisted employees interested in bike-commuting to acquire comfort level in city riding.
- Gaining knowledge about adverse childhood events and impact for the workplace (i.e. absenteeism, etc.). These events affect the way the brain is "wired". 63-64% of adults have at least 1 adverse childhood event. 20% higher risk of having issues with alcohol than an

adult with 0 adverse childhood events. An adult with 4 or more adverse childhood events has a 720% higher risk of having an issue with alcohol. Looking for solutions in work situations which foster wellbeing to support adults. Looking at messaging in the work place. More to come about this issue. CDC piloted the study. Linda will email link from Susan.

Nikki Trifilette and Cori Huffman MDH Lab:

- Employee recognition day is 10.31.12. Expected to be lots of fun for all.
- High-Five Tuesdays: Many high-fives exchanged between employees, boosts morale.

Linda Feltes MMB:

- 10.31.12 is 5K planning party pot-luck with office competition games.
- Looking into fitness center at MMB with 3 other agencies. Currently in the stage of putting together a budget.
- 3 Ergotron work stations on loan as pilots at MMB. 1 in an open worksite which employees can sign up for 1 hour use.
- Mayo Clinic is preparing a study for use at DHS. Projected data recovery is in 6 months. Looking at standing as possibly lowering blood glucose levels and appetite.
- Nice Ride, 400 state employees and helmets. PCA and MDOT trying to subsidize Nice Ride memberships and may have a model for this in Spring.
- Caregiver subcommittee had 3 meetings. Senior Linkage line speaker attended last meeting. 2 goals: 1. For all state employees to see selves as caregivers. 2. Link all state employees to Senior Linkage line for support.
- Will send all AWC's evaluation tools for AWC meetings for structure and participation. Also Check for Health assessment to be completed with a small group.

Debbie Lerdahl and Patrick Prose Admin:

- Hospitality fund raises \$606 in silent auction. Fund is used for employees with big life changing events. Have silent auction every 6 months. Items are brought from employees' homes-new or gently used items.
- Wellness Committee having first Red Cross Blood Drive Nov. 19th. Open to all state employees. Scheduled room and technology equipment for the Dee Edington Webinar to be attended by all Wellness Committee members.

Ashley Kalbes DHS:

- Wellness Committee participation request going out on Intranet this week. 1st meeting to be in November. Commissioner will serve on committee.
- Looking to coordinate informal groups. I.e. walking groups during lunch, etc...
- Preparing survey for fitness center users for improvements.
- Will have Mindfulness Tools for Stress Reduction lunch and learn Nov. 28th, by Judith Lies. 11:30-12:30, open to all state employees. 1st wellness event.

- Division within DHS working to start wellness committee and initiatives. May be a model for other DHS divisions.
- Deputy Commissioner sent letter of support for wellness event/program/committee participation to enhance personal wellness, worksite and overall mission of DHS.

Emily Hagen Revenue:

- 6 people on Wellness Committee. Looking to utilize intranet. Taking babysteps towards big picture of educational events, speaker, etc..
- Had basket to build awareness of wellness committee at Combined Charities event.
- Met with leaders and requested support.
- Looking to host healthy recipe program, looking for support or previous examples of successful recipe event.
- Looking to get seated massages on site.

Chris Barth Corrections:

- Coordinating wellness efforts at each facility there is a wellness coordinator.
- Following monthly themed calendar based from Welcoa.
- Have goals set for Summer/the year.
- Wants to know about state efforts in advance to coordinate his team.
- Wants to link site to specific resources.

Amy Sanda DOT:

- MN safe meeting and promotion. Having safety person talk.
- A floor does a morning stretch break, calisthenics to warm up.
- Focusing on safety in fitness, lifting, stretching, etc...
- Kettle bells classes are going well. Looking to explore option of use of the cafeteria in the SOB during off-season. Rollers, stretch bands, or other items to easily store.

Next meeting

NOTE NEW DAY, TIME AND PLACE

Thursday, Dec 13, 2012
 Veterans Service Building, 5th fl
 5th Floor
 20 W 12th Street (south end of Capitol mall)
 St. Paul, MN 55155

Energy Break Leader: Emily Hagen