

Minutes
Group Health Insurance & Wellness Committee

Date: November 17, 2010

Time: 12:00 PM

Committee Members Present: Ald. Kittelson (Chairperson), , Michael Williams, Kent Huijbregtse, H.R. Director Tom Rice, Mark Zehfus, Matthew Polzin, Lori Woelfel, and JoAnn Decker for Rae Ann Schmitz.

Others: Finance Director Jim Amadeo

1. Chairpersons Ald. Kittelson called the meeting to order.
2. Pledge of Allegiance.
3. Approval of minutes from October 20, 2010 meeting. Decker, Zehfus. Motion carried.
4. Lori Woelfel advised she would send out results of the Needs and Interest Survey to all city employees and confirmed that sending out materials and information will be via payroll stuffers. Without having an intranet system, it is felt this will be the best method to disseminate information.
5. Lori Woelfel also spoke about YMCA membership. She has spoken with YMCA Director Donna Wendlandt who has agreed to waive the \$50.00 joining fee and give one month free to all city employees who join. There are new programs beginning at the YMCA that last for 10 weeks. Lori will get brochures to put in future payroll stuffers.
6. HR Director Rice discussed 2011 Wellness program content and advised we will not be able to use the Oak Creek program of Health Nuts. A discussion was held on naming a program for our use and it was decided to use "Race to Good Health." We will use green, white and checkered flags to designate different levels. There was discussion on having a budget to fund this program. Rice and Amadeo are working on funds. HR will provide an outline of the plan and promotional pieces at the next meeting.
7. There was a discussion on goals and objectives for 2011. We are trying to implement and sustain a plan into the future and looking at designated wellness program. We discussed the Health Risk Assessment as a baseline for health programs and a way to measure successes. Rice will try to have UMR attend the next meeting to work goals. HR will also provide an outline of goals at the next meeting.
8. Ald. Kittelson gave a review of the March of the Pink Brigade. Next year's event will be held on Saturday, October 15, 2011 from 7am to 10am. Ald. Kittelson provided stats for this event:

2009	144 participants	\$2083.00 funds raised
2010	146 participants	\$2502.00 funds raised

All of the funds raised went to the Sheboygan County Cancer Care Fund and will only be used locally. Next year's event will be competitive with both a 5K and 2K walk and run. They are also looking for vendors for this event.

9. The next meeting of the Group Health Insurance & Wellness Committee will be on Wednesday, December 15, 2010 at 12:00 pm.

10. Motion to adjourn. Decker, Zehfus. Motion carried.