



Because YOU Matter!

Trumbull County Wellness Committee Meeting Summary Wednesday, January 15, 2020

The Trumbull County Wellness Committee met on Wednesday, January 15, 2020, in the Commissioners' Hearing Room, 160 Street, in Warren, Ohio. Those in attendance included:

Barbara Vingle, TC Clerk's Office
Jenna Amerine, TCCHD, Chairperson
Katie Phillips – Planning
Mike Merk – UHC
Lana Hennings – TCMHRB
Marge Seyer - JFS

Chairperson, Jenna Amerine called the meeting to order at 3:02 p.m.

I. Old Business

The final list of names who completed Spring into Rally Promotion was provided with 42 individuals out of 139 were eligible for the gift card drawing. The committee used a random number generator and drew 6 names. The first 3 were the winners and 3 alternatives in case one of the winners declined the \$500 gift card due to getting taxed on it in 2020. Best Buy Winner – Teresa Merrick, TCCHD, Target Winner – Andrea Cramer, TCCHD, Giant Eagle Winner Lana Hennings, TCMHRB. Alternative #1 – Alfred Devengencie, Alternative #2 – Kelly Clarke, Alternative #3 – Marge Seyer. Jenna will distribute gift cards to the winners and send out an email to all announcing the winners and encouraging everyone to participate in 2020. The suggestion was to have 3 \$500 gift certificates for the Eastwood Mall in 2020 to make it easier and maybe get more participants. As well as provide information on Rally Coins that employees can use to get discounts on certain products.

Real Appeal was discussed that as of November 2019 186 members were enrolled in the program. Jenna will send out a Real Appeal flyer email to remind everyone that program is still an option.

II. Wellness Plan

January is Wellness Satisfaction Survey sent out Monday, January 13th and will be open until Friday, February 7th. Jenna reminded everyone paper copies are available and that a mid-point reminder email will be sent out again. Mike reported that 82 people have completed the survey as of January 15th!

February is Biometric Screening month and with Know Your Numbers just happening on January 10th it was decided to move that to a later month.

March is Rally Health Survey Campaign where another email about Rally will be sent out and a Commissioners' Meeting will be attended to inform all department heads and encourage their employees to participate. An additional incentive idea was proposed by Mike to have a competition between Departments. So the department that has the highest percentage of participants based on their total # of employees would receive either a standing desk or another health initiative for the office. There was much discussion on how we would have to break down and compare some departments so that it would be fair. We will discuss this further at the February meeting.

III. Know your Numbers

Know your Numbers was held on January 10, 2020, from 9:30 to 12:30 in the Commissioners' Hearing Room. 12 employees participated in the event and Thelma Honeywood from Child Support won the gift card incentive. A follow-up presentation will occur January 27th from 12 – 12:30pm in the Commissioners' Hearing Room.

IV. New Business

It was mentioned that a follow-meeting with Lisa Hovance will be scheduled in February regarding the Wellness Website.

Lunch and Learn for 2020 it was decided to do 6 per year or every other month with rotating between Admin Building, JFS, and Sanitary with 2 back to back presentations. Another suggestion was to make the presentations more active instead of sitting the whole time. Topics that were highly liked by committee members were Healthy Back, Preventative Immunizations Presentation, Chair Yoga or Desk exercises, Chair Massage by a local massotherapy school or chiropractor, Walgreens, and Essential Oils. It was discussed to have Mike present at the beginning of the presentation about Rally and creating your UHC account.

Mike also presented the idea of creating talking point cards that could be distributed to department heads to read to their employees at staff meetings as another way of relaying information to employees. Some topics to include on those cards were UHC Account, Rally Drawing, seeing your primary physician, etc.

The committee discussed moving the meetings to the 2nd Wednesday of the month at 3 p.m. The next Wellness Committee Meeting will be on February 12, 2020, at 3:00 p.m.

VI. Adjournment

There being no further business, the meeting was adjourned at 3:55 p.m.

JA:mas