



Because YOU Matter!

Trumbull County Wellness Committee Meeting Summary Wednesday, March 11, 2020

The Trumbull County Wellness Committee met on Wednesday, March 11, 2020, in the Conference Room of the Trumbull County Planning Commission, 185 E. Market Street in Warren, Ohio. Those in attendance included:

Jenna Amerine, TCCHD, Chairperson
Tina Bowser, CSEA
Steve Charles, HR
Debbie VanWinkle, TCSE
Mitzi Sabella, Planning
Richard Jackson, HR
Angie Mackey, UHC
Brittany Norris, UHC

Chairperson, Jenna Amerine called the meeting to order at 3:00 p.m.

I. Old Business

Wellness Plan

Jenna Amerine reported the following:

- There is a \$20 incentive gift card for those who complete the Rally Age Survey by March 31, 2020.
- She sent an email about Rally and creating a UHC Account.
- American Red Cross will have a blood drive in two weeks. The bloodmobile will be parked on Harmon Street.
- In April she will send out Preventive Care educational handouts and Real Appeal handouts. She said that there are currently 8 people active in Real Appeal.
- In May – host BP screenings onsite.
- Rally Promotion 2020 will have 3 \$500 gift cards and quarterly reminder emails will be sent in March, June, September and December.

II. New Business

Employee Survey

Angie Mackey distributed a copy of the 2019 Trumbull County Employee Satisfaction Survey Results and reviewed them with the members. Some of the highlights are:

- 188 of the surveys were completed
- 89 percent are aware of the Wellness Program
- 56 percent participated in programs in 2019
- 70 percent were very satisfied with Rally
- 73 percent were very satisfied or satisfied with overall program
- 77 percent would recommend the Wellness Program to a co-worker
- 86 percent plan to participate in future programs
- Health Topics of interest: Weight Loss/Management, Stress Management and Financial Wellness
- Highest program participation was Rally, Blood Pressure Checks and the Farmer's Market

There was discussion on lunch and learn topics and locations. The programs will run back to back in order to given more employees a chance to come to the lunch and learn. It was suggested to have a relaunch of Real Appeal at the Lunch and Learn with Mike Merk.

Jenna reported that Lisa Hovance at the IT Department on will update the Wellness Committee Website when she gets a chance.

The next Wellness Committee Meeting will be on April 8, 2020, at 3:00 p.m. in the Commissioners' Hearing Room.

III. Adjournment

There being no further business, the meeting was adjourned at 4:00 p.m.

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