

**Mt. San Antonio College
Employee Wellness Committee
Memory of April 12, 2017**

Committee Members:

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|--|---|--|---|
| <input checked="" type="checkbox"/> Duetta Langevin | <input type="checkbox"/> Joe Jennum | <input type="checkbox"/> Marti Whitford | <input type="checkbox"/> Debbie Cottrell, United Health |
| <input type="checkbox"/> Frank Williams | <input type="checkbox"/> Jacolyn Martinez | <input checked="" type="checkbox"/> Misty Kolchakian | <input checked="" type="checkbox"/> Yadira Santiago (notes) |
| <input checked="" type="checkbox"/> Nerissa Uiagalelei | <input type="checkbox"/> K.C. Kranz | <input checked="" type="checkbox"/> Carmen Conover, Kaiser | |
| <input checked="" type="checkbox"/> Sandra Weatherilt | <input type="checkbox"/> Lianne Greenlee | <input checked="" type="checkbox"/> Unit 651 Representative
David Casto/Arthur Gonzalez | |

ITEM	DISCUSSION/COMMENTS	ACTION/OUTCOME
1. Welcome/Introductions	Introduction by David Casto replacing Ruben Flores.	• None.
2. Agenda Review	None.	• Agenda approved as submitted.
3. Review meeting notes from March 1, 2017	None.	• Memory approved as submitted.
4. Walker Tracker – FitBit comparison	<p>The comparison between Walker Tracker and Fitbit shows that Walker Tracker is the most cost effective of the two programs. A decision can be made once K.C. returns, maybe a Fall rollout.</p> <p>FitBit contacted Nerissa, asking if we had made a decision. She will let them know that at this time we are going with Walker Tracker.</p> <p>Nerissa asked if we were ok with funding due to the fiscal year time frame.</p> <p>David asked if we had survey results that showed the number of employees interested in participating in the walking/activity program, and if it would be a number we could hit, given the 150 minimum participant number. Misty thinks the</p>	<ul style="list-style-type: none"> • Duetta will speak with Mike about using Safety Credits to fund the program, if that is not possible, Duetta will meet with Dr. Scroggins to see if the Foundation would be able to donate towards the funding of the program. • After the meeting, Yadira looked into the pricing for Walker Tracker, does it vary by participation numbers? Yes <ul style="list-style-type: none"> • \$20/per participant with 150 minimum = \$3000 • Flat rate up to 500 = \$9000 • Flat rate up to 1500 = \$14,000

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	survey given in the Fall of 2016 may have that answer.	
5. Discuss outcome of Dr. Sears event	Positive feedback from those in attendance. Besides a late start due to traffic, all went well.	
6. Upcoming Employee Wellness Activities for 2017	<ul style="list-style-type: none"> • April 28 (12-1pm): Stress Less (Caroline from Kaiser P.) • May 5 (11:30-12:30pm): Work-Life Balance (Misty K. from Mt. SAC/ committee member) • May 10 (12-1pm): Blood Pressure (Caroline from Kaiser P.) • 	<ul style="list-style-type: none"> • Add to next months agenda: <ul style="list-style-type: none"> • Walker Tracker updates • Wellness Fair – Vendor contacts • Kaiser Vehicle confirmed – discuss walk-in or sign-up for screenings.