

Meeting Notes 9/24/2019

Juniata College Wellness Committee – Special Meeting

9/24/2019; 9:00 am
Rockwell Seminar Room - VLSC

Committee Members Present:

Andrea Smith
Joel Pheasant

Penny Hooper Conway
Bethany Sheffield

Cady Kyle

Old business

-Fill the Grid – Prizes and Winners. We had 35 participants. Sally Oberle was the grand prize winner and received an Apple Fitness Watch.

-Blood Pressure Screenings – Cady is working on getting this set up.

-Health Fair/Flu shots – Andrea reported that we have 25 vendors signed up so far. The JC Health and Wellness Center will be doing the flu shots.

-Wellness Dashboard – Andrea provided a copy of the dashboard showing a year to year summary of participation.

-Lunch and Learn – Highmark will do a presentation in the future and Jody Althouse is an option as well.

New business

-Muddy Runners Grant – Submitted by Dave Hsiung. The committee unanimously agreed to approve the grant request.

-Open Enrollment – Cady reported that a 2nd HP option is being added (QHDHP) with a HAS. The goal for signing up for the high deductible plan is 20%. There will be no wellness component attached to the plan at this time, but Cady suggested that this will be a possibility in the future.

-Student Wellness Committee participant – Madison Hearn (with a Force for Health) will be asked to join the committee for meetings.