

BAM Wellness Committee Meeting: MINUTES



Date: Tuesday, Feb 16 **Time:** 3:00 – 4:30 pm **Locations:** Carter Lake Room

Attendance: Janet Van Doren (District Attorney), Karen Crumbaker (Extension), Mary Starck (Fairgrounds), Matt Perry (Fleet), Esther Hansen (Health & Environment & HHS), Jacquie Hadwick (Planning, Building, and Code Compliance), Rick Gavaldon (Road and Bridge), Jeri Feil (Engineering), Kristina Bulik-Hocum (Workforce Center), Lisa Murray (Community Corrections), Justin Scharton (Natural Resources), Karysa McIntire (Human Resources), Tracy Hines (Finance), Louise Ross (Sheriff's Office), Tami Stillwell (County Attorney), Vicki Glass (Treasurer), Laura Sutherlin and Phyllis Stark (HS: 2601 Midpoint Drive), Liz DeJongh (Wellness Program Coordinator)

Purposes of Meeting

1. Review 2010 program
2. Distribute letters to Reps to give to employees waiving County's Medical Insurance
3. Share BAM Updates & Upcoming Events
4. Brainstorm Improvements to BAM Marketing/Advertising
5. Clarify and Answer Questions

Introductions

- BAM Reps introduced themselves and answered this question: *If you were to rate the level at which your department understands the BAM Wellness Program (how it works, how to track points, where to register for classes, etc.), what number would you give it? 10 means everyone in your department fully understands; 0 means no one in your department knows BAM exists.*
 - Overall Average Rating: 6.1

2010 Review

- Liz went over the BAM webpage on Bulletin Board: <http://bboard/hr/wellness.htm> . From this page, all of the following are accessible: BAM Brochures, Discounts, Tracking Tool, Lifestyle Management Form, BAM Website, Training Page

Overview of Letters/Forms for employees waiving County's Medical Insurance

- If departments had employees who waived insurance, Liz gave their BAM Reps forms for each of those employees. Reps are asked to distribute them. The form explains how to pay \$24 to have access to the Tracking Tool or how they

can elect just to participate and not track points. (Liz sent these forms via interoffice mail to BAM Reps who were not present.) Employees receiving forms are asked to return the form to Liz by APRIL 1, 2010 regardless of what they choose to do; Liz will then be able to send a reminder a couple weeks before April 1 to the appropriate employees.

Updates & Upcoming Events: Room available for more registrants!

- KRONOS Weight Management and Stress Management Courses will be postponed.
- Feb Inside Information Newsletter: BAM article about *Lifestyle Management Opportunities Elsewhere*
- Raising a Heart Healthy Family – Feb 19, Carter Lake Room
- Chair Massage – last week of month
- Cooking Demo – March 3, 1501 Blue Spruce
- Eat Well, Live Better – March 12, 1501 Blue Spruce
- Get Inspired! – March 24, Boyd Lake Room

Improvements to BAM Marketing/Advertising

- BAM Monthly Calendar: Committee liked the idea of Liz making a user-friendly calendar for the upcoming month. Liz will ask Frank Lancaster if a permanent link to this calendar could be included in his weekly What's Up Emails. Goal is to have this calendar ready by March or April (probably April ☺). Examples of items on calendar will include:
 - BAM events
 - Deadlines
 - Links for Tracking Tool, BAM Website, Lifestyle Management Form
 - Listing of next month's events
 - Kudos Korner to recognize employee or dept's wellness achievements, etc. on it.
- Liz will schedule some Informational Lunch n' Learns where she will describe the Lifestyle Management Credit, Webinars, Tracking Tool, etc. She will ask Cris Benz to come provide information about the Lifestyle Management Classes her company is hosting for BAM this year.
- Committee brainstormed ideas to market BAM better. **Ideas directed towards Liz included:** Powerpoint presentation explaining BAM and how to track points (link on the calendar perhaps), more discounts (Sprouts, etc.), BAM trifolds for dept common areas, webinar library, Periodic and midyear Tracking Tool stats to BAM Reps, start a Buddy/Big Brother program to help new people start tracking

points, relay information more often through BAM Reps; **Ideas directed towards the County as a whole included:** tie incentive to premiums, departments offering more support of flex time for wellness, more wellness policies; **Ideas directed towards BAM Reps included:** Make wellness reminders (about upcoming classes, etc.) a standing agenda item at staff meetings, have a prize drawing for something wellness related in your dept (talk to Liz for some prize donations), weekly wellness emails to interested employees in your dept., post flyers or post cards around dept to advertise wellness opportunities, encourage employees to have BAM shortcuts on Desktop and in Favorites, raffle in office for those who track their a certain amount of points by a certain date, leave voicemails for those without computer access

- For this month, Liz committed to making the calendar & Committee committed to trying one new thing from the list to assist with marketing.

Final Note: Liz told committee to let her know if they have suggestions for her Inside Information Newsletter that she submits monthly.

Next Meeting: (4th Tues) March 23 * Mountain Ave Room, 2555 Midpoint Drive * 3–4:30pm

- Agenda items: Physical Activity Campaign & Healthy Eating Policy Suggestions