

NOTICE AND AGENDA OF MEETING OF THE NAPEBT WELLNESS COMMITTEE OF THE NORTHERN ARIZONA PUBLIC EMPLOYEE BENEFIT TRUST

Notice is hereby given to the general public that the NAPEBT WELLNESS COMMITTEE will hold a meeting open to the public on **Friday September 20, 2019, 10am-12:00pm County Health Department 2625 N. King St. Birch Room, Second Floor.**
Call In Option: 1-515-604-9788 PIN: 723-505
Link to supporting materials on SLACK

NOTES

1. CALL TO ORDER

2. COMMITTEE MEMBERS AND ALTERNATES:

Katie Wittekind	NAPEBT	Jeanie Confer	CCRS
Amber Baker	NAPEBT	Emily Morton	CCRS
Jen Moore	FUSD	Jen Caputo	City
Meg Miller	County	Jessica Foes	City
Maggie Arellano	County	Lynn Hill	NAIPTA
Rebekah Meyer	County	Rhonda Cashman	NAIPTA
Mike Townsend	County	Allison Duff	Vera
Rosa Mendoza-Logan	CCC	Julie Almond	Vera
Kim Shaw	CCC	Shawna Bowen	Vera
Helena Babiski	CCC		
Linda Barker	CCC		

3. AGENDA ITEMS

- A. Intro Activity
- B. Note Taker: Maggie Arellano & Oct: Linda B (CCC)
- C. Agency Updates
- D. Vendor
 - a. Classes & Events – Amber and Katie working on marketing improvements (by end of year).
 - b. Mental Health First Aid
 - c. 1on1 Nutrition – Abby Chan offers great 1 on 1 Nutrition classes for all under NAPEBT Insurance plans. Must have biometrics done at Vera w/in 1yr. before meeting with her. Abby offers an 8-week challenge for those wanting to improve their health and lower their numbers as well as 1 webinar /month on different topics.
 - d. Website Admin: go to hello@goonlinewellness.com for issues with logging in.
 - e. Parenting – Vendor is only willing to give 10% off for NAPEBT members but free webinars that will ask you to buy the plan. All entities will watch the video and decide if we want to add this to employee discount page.
 - f. Stop Stress Quick link. All will click on link to make sure it works.
 - g. Class feedback
- E. Meeting Facilitation
- F. SLACK is “out”, No more emails. Teams is “in”. Names will be added to get notifications. Add Linda Barker to Teams
- G. Health Fair Donations & Food Truck- More donations needed.
- H. Awards Banquet Subcommittee- Linda Barker, Rosa (CCC) will help with Subcommittee, possibly Bekah (County) as well.
- I. Annual Review to Board – Let them review. Katie will do a recording of the annual review and /will add to “Teams” for ea. entity to look at their own numbers.

- J. Environmental Scholarship- What does ea. Entity wan as a timeline for this? Proposal due April 1, 2020.
- K. Vera- New app coming soon for appointment reminders.
- L. Upcoming
 - a. Aerobic Winter Challenge in October- Katie will send out flyer for all to promote w/in ea. entity.
 - b. Write RFP for Wellness Site- assistance needed. Katie will contact County Purchasing Dept. to assist. Also, Jenan- CCC and Beth- City will be contacted for assistance.
 - c. Kindness Challenge in November- discussed different options such as cake giveaways, thank you notes posted up for employees, looking at creating Passports to interact everyone from all entities. Please discuss with your agency and bring back a framework for this challenge and email Katie any new ideas.
- M. Program Plan Review- Will talk more about possible colors that represent ea. Entity.
- N. August Action Item Review
- O. September Action Items- Highlighted in RED

**(Decision Needed)*