HBAC Work Session Minutes
November 11, 2019
ISEA OFFICE

The meeting was called to order at 5:32 by Valerie Cohen

In Attendance: Rossi Frith, Pam Bemis, Kathleen Wells, Vicki Bonnett, Blake Hammond, Cyndi Bernhardt, Cathy McKay, Katie Northness, Shannon Owens, Joshua Brown, Joe Judge, Valerie Cohen

Mental Health Co pays-
Previous years co pays were waived- can come through as a 40 Co-pay - specialist cost should be PCP.
Magellan is also as option.

Agenda Item #1
Biometric Screenings:
$10 to Unity Point for each physical done by a Drs office compared to Biometrics $40 each. Dr could encourage further testing as needed.
Katie: We are not seeing the results from Biometric screening. Some options are: new employees, every other year Biometrics, or not at all.
The full incentive -.5 or above employees are eligible for $100 incentives.
Challenges that are highest usage are on the Wellmark site.
Risks Cohort - compared apples to apples. Same group of staff 2 years in a row.
Combination of questions determined the results.
Wellness Assessment gave us the organizational health and well being
Katie will find out the last 4 + years or before.
Attendance data for the most liked activities.
Need to reach out to certain groups that have low participation.
Out of 711 AFSCME members 17% participate, vs 67% for the rest of the population.
Should have screen shots of Wellmark website to help staff navigate the website. Handouts may be helpful.
Some buildings have 2 champions. Why?
Does CNC need more Champions?
At Custodian meetings - have help available and handouts.
Each building needs a roster and check off list, this will ensure each employee has been helped.
Target those that are slipping through the cracks.
Text usage - School Connects? Is that for everyone?
Sub Committee for Wellness Champions?

Agenda Item #2
Stress - addressed above

Agenda Items #3
Wellness Audits – Katie to send previous report to committee.

Announcements:
Changes in Vision Coverage has been placed on hold until further review.

Next Meeting:
Monday, January 16, 2019
4:30-5:30pm
DMEA Office located at 206 Center Street, Des Moines, IA