

City of Des Moines
Employee Wellness Committee
August 26, 2009
1:30 p.m.
City Hall-Kofu Meeting Room
Minutes

Members Present: Jim Fromm, Kris Klop, Carol Moser, Shelley Nurse, Dan Ritter, Doug Romig and James Wells.

Approval of Minutes: none were available for review.

Approval of Agenda: James Wells asked the Committee to consider an additional item regarding the subsidization of entry fees for employee participants in the Des Moines marathon. The agenda was approved as amended. (Moved by Fromm).

Committee Discussion:

- I. Subcommittee Development:** Doug Romig asked for members to work on subcommittees in hopes of moving projects forward.

Shelley Nurse, Heather Brady, Carol Moser and Jim Fromm will work on the Well Workplace Designation Subcommittee.

Dan Ritter, James Wells and Doug Romig will work on Outcome Based Programming.

Kris Klop, Doug Romig and Diane Rauh will work on Marketing and Administrative Updating.

Each subcommittee is charged with developing a draft of a plan with a timeline for accomplishment of projects for the next regularly scheduled meeting.

- II. Lieutenant Governor's Challenge:** The challenge is now up and running for enrollment by City employees. It is a program which acknowledges good nutrition and consistent exercise which the user tracks and will receive points for participation. The challenge is of 12 weeks duration. The committee discussed incentive measures to include a pedometer for signing up; a water bottle for attaining the bronze level; a towel for silver; and a t-shirt and all other items for attaining a gold medal. The committee would like to make this all available by October 1, 2009. The Marketing Subcommittee will return with more details at the next meeting.

- III. Subsidizing Employee Participation Fees:** The committee is in favor of developing a consistent policy for subsidizing entry fees to include considerations such as whether the event is in the city's limits, whether it is a city sponsored event, a % of the entry fee with a maximum limit for reimbursement only and after the employee completes the event. The Outcome Based Subcommittee will return with a proposed policy for consideration.

There being no further business, the meeting adjourned at 2:05 p.m.
The next meeting is scheduled for September 23, 2009 at 1:30 p.m.