



**City of Des Moines**  
**Employee Wellness Committee**

January 9, 2008

Special Meeting

1:30 p.m.

Archie Brooks Community Center

Minutes

**ROLL CALL**

x	Larina Blad, Police			Kerri Przybylski, Fire
x	Phil Dally, Public Works		x	Diane Rauh, City Clerk
	Brent Harris, Police		x	Doug Romig, Parks
	Dave Leever, Fire			Adam Smith, Public Works
x	Linda Main, City Clerk		x	Rebecca Trickey, Housing Svc
	Tore Nelson, Aviation		x	James Wells, Human Resources
			x	Bart Winter, City Manager

**Discussion:**

1. **Incentive**—Doug has not had any additional contact with any of the grocery stores. He will make one more attempt to resolve by the end of the week. If we don't get cooperation, we will pay cash as the incentive. The incentive will be \$50 "after tax" amounts. Wellmark will provide their contact at Hy-Vee.
2. **Direct Mail Packet to Employees**—The Committee reviewed the Wellness Program documents and made several changes. James will forward the FAQ document to committee members via email for their review, due to the Xerox machine jam at Archie Brooks. Bart, James and Doug are working with the City Manager to finalize his letter. Wellmark will check to see if they can provide the 2000+ copies we need for the mailing.
3. **Employee Meeting Schedule/Presentation**--Doug will email Dept Directors seeking input on the type of employee meetings they prefer for their Dept. We hope to get their answers within one week. Train the Trainers will take approx 45-60 minutes. The Dept Employee meetings will take 20-25 minutes. *Doug will need the names of everyone who is interested in being a trainer.*
4. **Cold Laser (weight loss, smoking)**-- Doug and James attended a Cold Laser presentation, for possible use by the City. After hearing details, the Committee tabled the topic until more information and performance documentation is received from the vendor.
5. **Website/Portal**—Bart will continue working on the Wellness Committee Portal Page. There was some discussion regarding putting the information on the City's website under the Human Resources Dept page. Employees would then be able to access the information at home, not just while they're at work.
6. **Light Up Iowa**—Diane and Linda reported on the details and will prepare information to be sent out Friday as a CDM Broadcast.
7. **New Business**—There was discussion regarding reimbursing employees for gym memberships. The Committee will revisit this topic later this year.

NEXT MEETING – Wednesday January 23, 1:30PM -2:30 PM  
 Archie Brooks Community Center

Respectfully submitted,  
 Diane Rauh  
 January 11, 2008