

City of Des Moines
Employee Wellness Committee

October 24, 2007

1:30 p.m.

Archie Brooks Community Center

Minutes

ROLL CALL

Chris Fisk Brent Harris Dave Leever Linda Main
 Tore Nelson Keri Przyblski Diane Rauh Doug Romig
 Adam Smith Rebecca Trickey James Wells Bart Winter
 Larina Blad

Discussion:

1. Doug announced that Robin Leeper has stepped down from the Committee and will be replaced by Richard Brown. Diane Rauh has joined the Committee and will prepare minutes for each meeting.
2. Connie Harris and Tony Ray from Blue Cross Blue Shield presented the "My Health Profile" Program. They presented packets to everyone.
 - a. The Productivity and Consumerism parts of the program are not yet available.
 - b. Office visit forms will be available for employees to take to their Dr. visit
 - c. Doctors will need to furnish results to employees so employees can complete their
 - d. Paper copies of the survey will be made available at a cost of \$_____
3. The committee then reviewed the powerpoint presentation.
 - a. The Committee agreed that the \$50 incentive for employee and \$25 for spouse will be available for all employees who are "insurance eligible" (James Wells will check to see if the incentive is taxable or if the City could issue grocery store gift cards)
 - b. Keep the CSI theme
 - c. Bart will ask Rick for times to present to the Dept Directors, (Nov 2,6,13 or 16)
 - d. Start informing employees perhaps thru payroll stuffers or fliers so they can begin making their appointments with their Doctors
 - e. Dept Directors will be asked to schedule their own meetings
 - f. Employee meeting will be held Dec 1st through Dec 23rd

- g. Police and Fire Department may use their Closed Circuit system or their Annual In-service sessions
- h. The information will be available on the City Portal at the end of December

Next Meeting: Wednesday, November 28, 2007