

WORKSITE WELLNESS COMMITTEE

Minutes

Thursday, February 5, 2015



TOPIC	DISCUSSION	ACTION NEEDED
Members Present	<ol style="list-style-type: none"> 1. Brandon Leibell, FDOH volunteer 2. Crystal Hiu, Florida International University 3. <u>Vice Chair</u>: Dr. M. Enrique Flores, Shin Wellness 4. Islamiyat Adebisi, Florida Department of Health in Miami-Dade County 5. Kelly Jenkins, Nueterra 6. Lauren Sonnenberg , Life Core, Inc. 7. Magarita Sola (for Orlando Nieves), Novo Nordisk 8. <u>Chair</u>: Marlene Rodriguez, Bayview Asset Management 9. Mayra Garcia, Florida Department of Health in Miami-Dade County 	
Welcome and Introductions	<p>Meeting was called to order by Dr. Flores, Committee Vice Chair, at 9:45am. Committee members and visitors introduced themselves. Dr. Flores shared the vision and the mission of the Consortium with the committee and welcomed the visitors to the meeting.</p>	
Executive Board Updates	<ul style="list-style-type: none"> • Executive Board Update <ul style="list-style-type: none"> ○ The Partnerships to Improve Community Health (PICH) grant information was reviewed. The committee’s focus is on increasing opportunities for healthy food options and physical activity in the workplace. ○ The Consortium Strategic plan was also reviewed with committee. The Chair discussed how the committee will need to work on its strategy to accomplish goals listed in the Consortium Strategic plan. 	<p><u>Action Item:</u></p> <ul style="list-style-type: none"> • Strategic plan will be emailed out.

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<p>Committee Updates</p>	<p>Old Business</p> <ul style="list-style-type: none"> • Member recruitment and maintenance <ul style="list-style-type: none"> ○ Members shared their reasons for joining the committee and what they currently do at their worksites in regards to worksite wellness. ○ Items members suggested the committee should continue to provide are: educational forums (i.e. on creating a worksite wellness plan/program, return on investment) and provide technical assistance with policy and program creation. ○ Suggestions made for improvements were to: update the worksite wellness toolkit, use webinars to disseminate information, discuss topics based off of the health calendar, etc. ○ Committee also discussed that its target would be human resource departments at local companies and insurance brokers. ○ Items the committee will need to find out are: what are the needs of the employer (interest survey); proven research on evidence based programs and compile our community alliances to help entities with worksite wellness programming. ○ Committee discussed creating and sending out a needs/interest survey to committee members and target companies to see what assistance/ offered from the committee. • Worksite Wellness Forum was held on Thursday, 	<p><u>Action Items:</u></p> <ul style="list-style-type: none"> • Liaison will check if there is a twitter or Instagram account for the Consortium. • Marlene Rodriguez will draft an invite email to recruit new members. • Liaison will send out needs/interest survey used during CPPW for committee members to review and suggest edits. • Committee will look into charging a fee for assistance at a later date.
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	<p>March 5, 2015 at Beacon.</p> <ul style="list-style-type: none"> ○ Topics covered will be including Financial Planning and Estate planning in your Worksite Wellness program. ○ Speakers need to be confirmed for the event. ● 2015 Worksite Wellness Awards will be held on Friday, May 8th, 2015 to recognize businesses with comprehensive worksite wellness programs. We will use the event as a motivator to get other companies to create worksite wellness programs. <ul style="list-style-type: none"> ○ Subcommittee meeting will be held after committee meeting today. 	<p><u>Action Items:</u></p> <ul style="list-style-type: none"> ● Liaisons will confirm potential speakers for the forum. ● Liaisons will follow up to see if volunteer can assist with following up with committee members.
Wins: Successes, Awards, Recognitions, Worksite Policy and/or Environmental Changes	<ul style="list-style-type: none"> ● Marlene Rodriguez announced that Bayview Asset Management went live with their worksite wellness program with Vitality on February 1, 2015. ● Lauren Sonnenberg is in week 5 of her six week webinar “Transform Your Pain Program”. ● Perry Ellis International has gone tobacco-free. 	
Member Announcements/Upcoming Events	<ul style="list-style-type: none"> ● Florida International University Wellness Fair at the Modesto Maidique Campus will be held on April 14, 2015. If you are interested in participating as a vendor, please contact Crystal Hiu at benefits@fiu.edu 	<p><u>Action Item:</u></p> <ul style="list-style-type: none"> ● Committee members interested in participating should contact a Crystal Hiu for more information at benefits@fiu.edu.
Next Meeting	<p>The next Worksite Wellness meeting will be a forum on Thursday, March 5, 2015, from 9:30 AM - 11:30 AM at the Beacon Center, 8323 NW 12th Street, Suite 212, Miami, Florida 33126.</p>	
Adjournment	<p>Marlene Rodriguez, Chair, adjourned the meeting at 11:12am.</p>	