

## WORKSITE WELLNESS COMMITTEE

Minutes

Thursday, January 8, 2015



TOPIC	DISCUSSION	ACTION NEEDED
Members Present	<ol style="list-style-type: none"> <li>1. <u>Vice Chair</u>: Dr. M. Enrique Flores, Shin Wellness</li> <li>2. Dr. Victor Estevez, Pincrest Chiropractic</li> <li>3. Islamiyat Adebisi, Florida Department of Health in Miami-Dade County</li> <li>4. Jessica Spain, EarthSave</li> <li>5. Leah Holzwarth, Baptist Health South Florida</li> <li>6. Mayra Garcia, Florida Department of Health in Miami-Dade County</li> <li>7. <u>Chair</u>: Marlene Rodriguez, Bayview Asset Management</li> <li>8. Nicole Lemon, Baptist Health Intern</li> </ol>	
Welcome and Introductions	<p>Meeting was called to order by Dr. Flores, Committee Vice Chair, at 9:45am.</p> <p>Committee went around to introduce themselves and the reason they joined the committee.</p>	
Executive Board and Committee Updates	<p>Old Business</p> <ul style="list-style-type: none"> <li>• <b>2015 Worksite Wellness Awards</b> will be held on Friday, May 1<sup>st</sup>, 2015 to recognize businesses with comprehensive worksite wellness programs. <ul style="list-style-type: none"> <li>• Subcommittee meeting will be held after committee meeting today.</li> </ul> </li> <li>• Worksite Wellness Forum was held on Thursday, December 4<sup>th</sup>, 2014 at Beacon. <ul style="list-style-type: none"> <li>• Committee reviewed evaluation results and suggested forum topics given by attendees.</li> </ul> </li> <li>• 2015 Forums <ul style="list-style-type: none"> <li>• Topics suggested for 2015 Forums were: Financial Planning and Estate planning, stress</li> </ul> </li> </ul>	<p><b><u>Action Items:</u></b></p> <ul style="list-style-type: none"> <li>• Dr. Estevez will contact his Bacardi contact about the Worksite Wellness Awards.</li> <li>• Marlene Rodriguez will share Business Insurance Daily Newsletter article with committee.</li> <li>• Committee members interested in looking at what major companies with worksite wellness programs provide should look at research findings</li> </ul>

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	<p>management, Musculoskeletal/Ergonomics, Nutrition, Worksite Wellness Program Planning, wellness programs &amp; diversity and how do you progress your wellness program to an outcomes based program.</p> <ul style="list-style-type: none"> <li>• First Worksite Wellness Forum for the year will be held on March 5, 2015. Topics covered will be including Financial Planning and Estate planning in your Worksite Wellness program.</li> <li>• Committee Strategic Planning             <ul style="list-style-type: none"> <li>• Committee discussed activities that can help with completing work for the committee's portion of the PICH grant.</li> <li>• Activities will include: contacting worksites, assessing current policies and providing technical assistance with creating healthy food options and physical activity policies at worksites.</li> <li>• Assistance will be needed to find contacts and worksites and with revising toolkit materials.</li> <li>• An email/letter will be drafted to invite new contacts/employers to join the committee/Consortium will include a survey to sign up if interested in wellness planning. Letter will also mention current partners involved in the committee.</li> </ul> </li> </ul> <p>New Business</p> <ul style="list-style-type: none"> <li>• Member recruitment and maintenance was discussed by the committee.</li> <li>• Dr. Flores will be calling committee members to</li> </ul>	<p>from Rand study.</p> <ul style="list-style-type: none"> <li>• Liaison will follow up with Lindsay Scherr for Corporate run contacts.</li> <li>• Marlene Rodriguez will draft an invite email to recruit new members.</li> </ul> <p><b><u>Action Items:</u></b></p> <ul style="list-style-type: none"> <li>• Liaisons will give contact list to Dr. Flores.</li> </ul>
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	<p>encourage them to come to committee meetings and be involved.</p> <ul style="list-style-type: none"> <li>• Committee discussed creating and sending out a needs/interest survey to committee members to see what they want from the committee.</li> </ul>	<ul style="list-style-type: none"> <li>• Survey questions need to be developed by committee for needs and interest survey.</li> </ul>
<p>Wins: Successes, Awards, Recognitions, Worksite Policy and/or Environmental Changes</p>	<ul style="list-style-type: none"> <li>• Dr. Flores has merged his practice with Shin Wellness. Office is now located in Downtown Miami.</li> <li>• Marlene Rodriguez announced that Bayview Asset Management contracted with Vitality. Their wellness program will kick off on February 1, 2015.</li> <li>• Marlene Rodriguez now has a new job title. She is now the Wellness Program Manager at Bayview Asset Management.</li> </ul>	<p><b><u>Action Items:</u></b></p> <ul style="list-style-type: none"> <li>• Website will be updated with new Chair and Vice Chair information.</li> </ul>
<p>Member Announcements/Upcoming Events</p>	<ul style="list-style-type: none"> <li>• Miami Dade College Medical Campus Community Health Fair will be held on February 28, 2015 from 9-1pm.</li> <li>• Florida Memorial University Employee Health Fair will be held on January 29, 2015 from 10am-3pm. Organizers are looking for additional vendors.</li> </ul>	<p><b><u>Action Items:</u></b></p> <ul style="list-style-type: none"> <li>• Committee members interested in participating in any of the events should contact a committee liaison for more information.</li> </ul>
<p>Next Meeting</p>	<p>The next Worksite Wellness Committee meeting will be on Thursday, February 5, 2015, from 9:30 AM - 11:30 AM at the Beacon Center, 8323 NW 12th Street, Suite 212, Miami, Florida 33126.</p>	
<p>Adjournment</p>	<p>Marlene Rodriguez, Chair, adjourned the meeting at 11:25am.</p>	