

**CITY OF SHEBOYGAN**  
**GROUP HEALTH INSURANCE AND WELLNESS COMMITTEE MINUTES**  
**JULY 7, 2016**

Sandy Rohrick called the meeting to order at 10:05 a.m. The Pledge of Allegiance followed.

**ALDERPERSON PRESENT:** Alderperson Tammy Rabe

**ALDERPERSON ABSENT:** Alderperson Mary Lynn Donohue

**STAFF/OFFICIALS PRESENT:** Finance Director Nancy Buss, Director of Human Resources Sandy Rohrick, Jenny Lawrence, Kerri Robertson, Laurie Suhrke, John Bridges and Mead Library Business Manager Debbie DeAmico

**STAFF/OFFICIALS ABSENT:** Piotr Gordzieg, Chase Longmiller, Scott Navis, and Kurt Zempel

**ELECTIONS**

2.1 Director of Human Resources Sandy Rohrick asked for volunteers for Chairperson and Vice Chairperson. Results: Chairperson Sandy Rohrick and Vice Chairperson Debbie De Amico

**ITEMS FOR DISCUSSION & POSSIBLE ACTION**

3.1 IN HEALTH EXECUTIVE SUMMARY: Results of 2015 survey. Robby Swessel reviewed the 2015 results. 76% of employees on the health insurance plan participated in the health risk assessments and bioscreen. Leading areas of risk noted as part of the narrative risk assessment for all city employees in 2015:

1. Nutrition Habits
2. Skin Health
3. Physical Activity
4. Personal Safety

Leading areas of risk noted as part of the InHealth bioscreen for all city employees in 2015:

1. Body Mass Index (BMI)
2. Percent Body Fat
3. Cholesterol/HDL ratio
4. Blood Pressure

3.2 WELLNESS INITIATIVE IDEAS - Various ideas were presented:

1. Gym reimbursements
2. Activity participation incentives
3. Lunch and learns
4. Monthly healthy snacks
5. Point system to support premium reductions for employees

With health risk assessments scheduled for August, it was agreed that healthy snacks will be provided for participants, as most will have fasted before the testing.

UMR will be asked to join the next meeting.

This committee has been dormant for several years. Committee members were asked to solicit co-worker feedback and ideas for next meeting.

The next meeting is scheduled for August 18, 2016 at 10:00 a.m. in the Second Floor Conference Room.

**ADJOURN**

4.1 Meeting adjourned 11:35 a.m.