

Minutes of the Monthly Meeting of the Conroe ISD Employee Benefits Committee

January 7, 2015

The meeting was called to order at 4:00 p.m. by Paula Green. The following members were present: Debbie Burns, Shelly Cartwright, Ki Clarke, Cassandra Clevenger, Janet Emmons, Donna Fisher, Roger Garvey, Paula Green, Joni Hamilton, Christa Haymark, Chris Hines, Ann Knoedl, Tiffany Mattfeld, John Nabors, Becky Page, Jan Protteau, Darrin Rice, Julie Roth, Kathy Sharples, Sharon Sterchy, Janice Tantillo, Rhonda Tate, Dale Ward, Dena Weaver.

Also in attendance were: Jill Bartlett and Judy Haley.

Approval of Minutes

The minutes from the November 2014 meeting were approved.

Health Fair, January 10, 2015 – Paula Green

The layout of the upcoming Employee Health Fair was discussed. This year's Health Fair would feature 73 exhibitors, including Quest, mammograms by The Rose and Mammosafe, flu shots, massages, Aetna, First Financial (coffee bar), Coca-Cola (water and sports drink samples), and the Action Series by HEB, Seychelles and Gold's Gym.

Paula also discussed the volunteer positions available at the Health Fair, the check-in process for employees and volunteers, and the specific details of how the Quest health screenings, flu shots, massages, and Action Series would work during the Health Fair.

Wellness Plan – Shape Up Houston 2015 – Jill Bartlett

The District's new wellness program, Shape Up Houston, will begin on February 1, 2015, and run through April 30, 2015. There will be a representative from Shape Up Houston at the Health Fair. Employees may begin registering for Shape Up Houston on January 20, 2015. Challenges will include Marathon in a Month, the 100 Mile Club, No Fry for Five, and Rethink Your Drink. Specific information on these challenges will be distributed via flyer, poster, email and pop-up messages. Prizes will be awarded based on completion of the challenges.

Representative Reports

✓ Aetna – Judy Slater

Judy reported that Aetna sent out a mailing to all providers before the holidays that explained our insurance plan in detail, and that CISD's medical plan is not affiliated in any way with TRS-ActiveCare. Aetna also did training with their Member Services team to ensure they have a clear understanding of our plan. Three new providers were added to the Memorial Hermann Accountable Care Network, thanks to recommendations from the Benefits Committee members.

Other Issues

None at this time.

Agenda Items for Next Meeting

Health Fair Recap

Date for Next Meeting

February 11, 2015

Adjournment

5:00 pm