Review June EBC Minutes

- Please review the June minutes. We will approve them in our August meeting.

Benefits Update – Provided by Lee Camargo-Quinn

- The RFP Committee held finalist interviews on July 12th and 13th. Each vendor was given two hours to present which included time for the committee to ask questions. The committee scored each presentation based on a set criterion. A meeting is tentatively scheduled for later in July with the President to discuss the committee’s recommendation.
- Human Resources will meet with the OU Retiree Association on July 20th to present options for a retiree medical buy-up plan.
- Willis Dashboard is still a bit behind due to the system upgrade. Below are highlights from the April dashboard. You may also review the dashboard in Agenda Item #1.
  - April ran higher than March at 97.3%
    - 89% Norman
    - 104% HSC
  - YTD is at 85%
    - 76% Norman
    - 93% HSC
  - Per Employee Per Month (PEPM) Cost:
    - $674 Norman
    - $874 HSC
  - Large Claimants:
    - 3 for Norman (all new this month) – represents 2.4%
    - 9 for HSC (3 new this month) – represents 9.4% of total claims.
  - Stop loss claimants:
    - 0 at Norman
    - 0 at HSC

Retirement Update – Provided by Stacey Powell

- Retirement Services is still working on notifying and gathering forms from optional, hourly employees required to complete the OTRS irrevocable election agreement by July 31st.

Wellness Update – Provided by Lindsay Mitchell

- Please refer to the LiveWell OU report in Agenda Item #2.
Agenda Item #1

Willis Dashboard
This page is Proprietary and Confidential.
Agenda Item #2

LiveWell OU
LiveWell OU Portal

- Registered Users: 8786
- Added in 2021: 511

<table>
<thead>
<tr>
<th>Points Logged</th>
<th>Q1</th>
<th>Q2</th>
</tr>
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<tbody>
<tr>
<td>≥ 1500</td>
<td>638</td>
<td>610</td>
</tr>
<tr>
<td>750 – 1499</td>
<td>251</td>
<td>184</td>
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<td>1 – 749</td>
<td>741</td>
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Wellness Challenges (as of 7/6/2021)

- **Random Acts of Kindness Challenge (Jan. 1 – Nov. 30):** 150 points for completing five (5) random acts of kindness and journaling about each. **1227 participants, 410 completed.**
- **30 Day Take More Risks Challenge (June 1 – June 30):** Each day prompts participants to complete a small activity or tip that nudges them out of their daily routine. 250 points for completing at least 21 days by the end of June. **288 participants, 125 completed.**
- **Trekker Challenge (June 8 – June 21):** 200 points for small teams (2-3 members) collectively logging at least 301,400 steps during the 14-day challenge. This is approximately the distance between Tulsa and Lake Thunderbird State Park. **39 teams, 24 completed = 185 participants, 70 completed.**
- **Creativity Challenge (July 1 – July 31):** Participants select two ‘Action’ items to focus on throughout the month and two ‘Reflective’ items to complete. Reflective questions will be prompted for participants to ponder and focus on during the challenge. 250 points for completing. **167 participants.**
- **Push-Ups Challenge (July 11 – July 24):** 150 points for completing push-ups 10 of the 14 days. **73 participants.**
- **Machu Virtual Race (July 1 – Sept. 30):** 300 points for completing the virtual hike through Peru’s Amazon rainforest to the Machu Picchu Inca Sanctuary (540,000 steps or 215 miles). **169 participants.**

Wellness Opportunities & Updates

<table>
<thead>
<tr>
<th>Dimension</th>
<th>Title</th>
<th>When</th>
<th>Attended (Registered)</th>
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<tbody>
<tr>
<td>Social</td>
<td>LiveWell Watercooler Chats</td>
<td>June 22 at 11 AM</td>
<td>8 (28)</td>
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<tr>
<td>Physical</td>
<td>Know Your Numbers</td>
<td>June 23 at 11:30 AM</td>
<td>25 (42)</td>
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<tr>
<td>Physical</td>
<td>Summer Safety Workshop</td>
<td>June 30 at 1 PM</td>
<td>9 (20)</td>
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<tr>
<td>Intellectual</td>
<td>Stop the Bleed Training (OKC)</td>
<td>July 14 at 10:30 AM</td>
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<tr>
<td>Intellectual</td>
<td>Stop the Bleed Training (OKC)</td>
<td>July 20 at 12 PM</td>
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<tr>
<td>Social</td>
<td>LiveWell Watercooler Chats</td>
<td>July 27 at 11 AM</td>
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Magellan EAP Webinars

<table>
<thead>
<tr>
<th>July</th>
<th>Team Building Strategies for Leaders</th>
<th>Cultivating Civility in Your Workplace</th>
<th>Cultural Competency in the Workplace</th>
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<tbody>
<tr>
<td>August</td>
<td>Maximizing Your Attention</td>
<td>Strategies to Navigate Stress and Build Resilience</td>
<td>Managing Compassion Fatigue in the Helping Role</td>
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