# Meeting Agenda

**November 21, 2019**  
**1:30 pm – 3:30 pm**  
Nuclear Engineering Laboratory, Seminar Room 215

**Attendees:** Deven Carlson, Carol Clure, Terri Cullen, Judy Estes, Kevin Farmer, Nancy Geiger, Sara Holland, Dan Hough, Luanne Howk, Rhonda Lawes, Chris McNabb, Amy Pepper, Matthew Rom, Beth Sullins, Will Wayne

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<tr>
<th>Time</th>
<th>Item</th>
<th>Presenter(s)</th>
<th>Action</th>
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<tr>
<td>1:30 pm</td>
<td>Call to Order</td>
<td>Cullen</td>
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<td>1:30 – 1:35pm</td>
<td>Approve Minutes</td>
<td>Cullen</td>
<td>Vote</td>
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<td>Benefits Update</td>
<td>Camargo-Quinn</td>
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<td>• Implementation Status</td>
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<td>• Willis Dashboard <em>(Agenda Item 1)</em></td>
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<td>1:50 – 2:00pm</td>
<td>Retirement Update</td>
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<td>• IRS Contribution Limits</td>
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<td>Wellness Update <em>(Agenda Item 2)</em></td>
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<td>2:15 – 2:20pm</td>
<td>New Business</td>
<td>Cullen</td>
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<td>2:20 pm</td>
<td>Wrap Up / Adjournment</td>
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Agenda Item 1

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

Wellness
Key Health Practices

Biometric Screenings
- Nov. 14, 19, 21

Wellness Portal Stats

Portal Stats
- 4,545 Registered Users
- 39,087 Logins

Challenges – 899 Participants
- Step Challenge (9/1-10/31)
  o 495 registered, 43% completed
  o Goal: 500k steps
- Acts of Kindness (11/1-11/29)
  o 177 registered
- Vegetable Challenge (11/5-11/26)
  o 227 registered

Programming

Wellness Events
- Eat with the Dietitian, Nov 5
- Mental Health First Aid, Nov 13
- Mobile Mammograms, Nov 13
- L&L: Eating for the Holidays, Nov 26

Research Studies
- Differences in Cerebrovascular Responses to Submaximal & Maximal Exercise
- Iron Levels & Cognitive Function in Women
Events

Lunch & Learns
- November 7 | Financial Wellness: Lighten the Load
- November 18 | Caring for You, Caring for Me

Virtual Dementia Tour | November 20

Webinars

Magellan Health Series
- November 6 | Surviving the Holidays
- November 13 | Caring for Yourself & Your Aging Loved One
- December 4 | Helping Employees Positively Maneuver Change at Work
- December 11 | Using Mindfulness to Take Charge of Your Eating
- December 18 | Sandwich Generation

WW
- November 20 | Cooking with Julie: Solutions for the Holidays

Ongoing Programs

Magellan Health Monthly Campaigns
November | Caring for Caregivers

Blue Cross Blue Shield Wellness
November | Caregiving

CPR Course – Tulsa (College of Nursing)
OU-Tulsa Schusterman Center
- Administration Building, Nursing Professional Practice Lab, room 1C35
- Classes are held from 9 AM – 1:30 PM
  - Nov. 16 or 23
- Register online: https://signup.com/go/hHkVyFc

WW
Wellness Initiatives

October and November 2019

Vision
To be a resource for employee to develop and maintain healthy habits while at work, and then share those health initiatives with their families

Mission
Work Healthy. Be Healthy.
Wellness Initiatives – Oct. and Nov. 2019

Theme: Physical and Financial Wellness

Current Total of OU Fit Members:
(Comprised of OU HSC, OUP, OUMI Employees & Staff)
2,300 members

Lunch and Learns

- Breast Cancer Awareness (with Healthy Sooners) - October 8
- Lighten the Load (with Healthy Sooners) – November 7

OU FIT Wellness Challenges

- Fall Walka Walka Challenge - Cancelled – Rescheduling event

OU Fit Community Involvement

- OUTPACE CANCER – October 5
  - Cross promotion began with Healthy Sooners during July.
  - OU Fit and Healthy Sooners paying for limited quantity of registration for the event.

OU FIT STAR(s)

- November OU Fit Start – Jamie Guinn (OU HSC – SCC)
  - Refer to OU Fit Star Article

End of Program Post Assessments

- 61 post assessments completed so far

Upcoming OU Fit Events

OU Fit Post Assessments
November - December
Various times during the month for on-campus and off-site clinic locations.

Lighten the Load
November 7, 2019
Financial Wellness lunch and learn with Healthy Sooners.

Virtual Dementia Tour
November 20, 2019
Experience a day in the life of an individual living with various forms of Dementia.

End of Fiscal year – December 31, 2019
End of the OU Fit Program for this fiscal year. All points and uploads to be in portal by December 31 to be counted towards FY’20 incentive.
Health has increasingly become important to Jamie over the years. Like many, when she was younger, Jamie always assumed that she would be able to whatever she wanted to, whenever she wanted to physically without any problems. About 10 years ago that changed for Jamie very dramatically. She first struggled with a dramatic turn in fatigue and pain that eventually lead to an autoimmune diagnosis. At the time of the diagnosis her daughter was 4. In that moment a switch flipped inside of Jamie and her whole focus shifted. Suddenly no change was too much and no change was too big if it would enable her to keep up with her daughter. Jamie’s goal since that day has been that whenever she says “Mama, will you _____ with me?” That she is able to say “Sure, baby!” Whether it’s riding bikes, hit the volleyball court, play tennis or jump at the trampoline park…. although that last one took her 3 days to recover from! Jamie says that she draws the line at playing in the snow. She says “I cannot cope with cold!”

Jamie has been doing yoga and taking her diet very seriously since that time and it’s helped her a lot. Recently Jamie noticed that she had reached a plateau and become pretty bored with her health plan. She says that she put on a few pounds over the last few years and that her stress has begun to have a bigger and bigger impact physically. For Jamie, it seemed like a good time to shake things up and try something different.

Jamie enjoys the variety available through the OU Fit program. Jamie says “The points and financial incentives are a fun way to stretch myself to do things I haven’t tried yet and normally wouldn’t.” She says that she really pushed herself by doing the Couch to 5k program and the Outpace Cancer 5k. Jamie mentions she that she doesn’t know if “enjoyed it” is exact term to use, but she definitely liked the sense of accomplishment from doing more than she has been in a long time! Jamie enjoys making use of the NRGY gym and classes which she hadn’t tried before and being more intentional about participating in the lunch and learn opportunities. It’s been a great combination of an almost “Sims” type online health avatar that helps her be more intentional about the actual time and energy she’s investing in herself. Jamie says she “looks forward to the next evolution that starts in January! I’m super grateful for the chance to have this experience through being a part of the OU team.”