The mission of Work Well is to advocate for a culture of wellness for UND faculty and staff through innovative engagement opportunities. The vision of the Work Well program is to have healthy, thriving employees and be an innovative national leader in worksite wellness.

Advisory Board: share expertise and knowledge of the group you represent to help shape Work Well’s programs, goals and objectives that support the mission

Attendance: Aaron Kennedy, Karina Knutson, Andria Spaeth, Shelby Zillmer, Daphne Pedersen, Becca Jacobson, and Dustin Frize.

Andria began the meeting by handing out the new hawk logo/mascot pins and explaining how they are to be used to help increase moral and social support among departments at UND.

I. Minutes Review (5 min)
   a. Andria asked for a review of the minutes. Daphne motioned to approve them and Karina seconded the motion.

II. Updates (10 min)
   a. ACHA-NFSHA survey – October 2018
      i. There was a 19% turnout for the survey. We were told 18% is typically what they see. Results should be back in 4-6 weeks. Will update the Advisory Board at the next meeting in December.
   b. Get Moving Challenge
      i. Challenge finished last Saturday. Still waiting on 40 to take post survey before drawing the winner.
      ii. Added more education pieces to the emails for this challenge instead of the old generic emails. People want more reminders to log their steps.
      iii. Daphne suggested using the text messaging to possibly remind participants about this challenge and the BIKE IT challenge.
      iv. 58% of participants knew the CDC recommendations for this challenge which is higher than normal.
   c. BIKE IT Challenge
      i. Overall a successful challenge. 118 participants all together.
      ii. Saw an 11% increase of bike riding on campus.
      iii. 100% of participants know the traffic laws but only 92% follow them. Find out next challenge what they are not following and why.
      iv. Daphne asked if participants for the BIKE IT were different from the Get Moving challenge and that answer is not currently known. There was a new demographic that was reached. More men and faculty participated than any other challenge (percentage wise)
d. NDPERS Wellness Summit
   i. Wellness summit is put on every year by NDPERS and Blue Cross Blue Shield. This year’s focus was starting a movement. Learning to sneak wellness into things. A good take away was finding the middle ground between the data and actually doing.

e. Follow-up on whether or not we can use Sanford Insurance for Health Screenings
   i. Health screenings are not covered under Sanford Health plan. Work Well is paying for them. The goal with health screenings is for people see where they are at and talk to one of the nurses. Then getting them to go to their primary care provider.

III. Strategic Plan (15 min)
   a. 2018-2019 Strategic Plan
      i. Strategic plan has not changed over all just a few things moved under different headings.
   b. Upcoming Programming
      i. Dustin asked Karina about Drink Up campaign promotion. She did not have any of the promotional stickers. Possibly looking to cross promote this campaign with Hydration challenge next spring
      ii. Waiting to hear back from Terry on how many water bottle filling stations there are across campus
      iii. Health Screening – Facilities – Oct 31
           1. 45 slots have been filled so far. About 25 are facilities employees. Up to 63 slots can be filled
           2. 63 has been found to be a great number for now. Always have a full list but not a waiting list.
      iv. Sanford Presentations – Thursdays: Nov 8, 15, 29, Dec 6
           1. 4 weeks series of presentations on Mindfulness
      v. Gratitude Campaign – Nov 13-21
           1. Collaboration with Health Promotion and students. Post-its will be sent to ambassadors and advisory board.
      vi. 12 Days of Wellness – Dec 3-14
           1. Will be a wellness package at the end of the challenge for the winner
      vii. Twamley Nutrition Mission – Dec 10-14
           1. Each day will have a different nutrition focus. About 250 employees in Twamley. Not much comradery among them s hope to increase this and their nutrition knowledge.
              a. Monday – Kind Bar & Food Labels
              b. Tuesday – Oatmeal Bar & Artificial Sweeteners
              c. Wednesday – Heart Health with Almonds
              d. Thursday – Recipes for healthy potluck
              e. Friday – Healthy Potluck
2. VP for Finance & Operations and VP Student Affairs are supporting the mission and paying for it.

c. 2018-2019 Program Plan
   i. Working with several student groups
      1. Ambassador Toolkit – Coming Spring 2019
         a. Plan to be implemented in January at the Ambassador Bash
         b. Undergrad community health class has completed 3 of the 1 week challenges thus far.
      2. Community Blood Pressure Control Program
         a. Part of the cardiac ready community program. Nursing will create another 1 week challenge about blood pressure for the toolkits.
      3. Nutrition presentations
         a. More toolkits will be made by the N&D students
         b. Students will also be helping with creation of Nutrition Bingo for the spring

IV. Stretch (2 min)

V. Budget discussions (5 min)
   a. FY19 Budget
      i. Budget was updated Oct. 11. Right on track with budget. Only thing not currently added in is the Health Screening payment. Still some wiggle room for collaboration or new program ideas.

VI. Brainstorming (10 min)
   a. Dustin asked about the change in Weight Watchers name. Andria did not know the exact new name. Did mention that it will no longer be held at the EERC if participation does not improve. Currently about 3-5 attend and they would like 12 consistently.
   b. What do you want your roles to look like on this Advisory Board?
      i. Dustin – Are the advisory board members giving what is needed?
      ii. Need more Advisory Board members. Look into charter to see how many are needed
   c. Any other ideas for challenges/presentations?
      i. Daphne – Time management program
      ii. Aaron – type of unified challenge on campus that gets students and faculty involved together.
      iii. Aaron – Have a bike shop come in one day during BIKE IT to repair bike. Advertise/fixup the bike stations across campus.
      iv. Aaron – Asked if new employees receive anything? Yes, they all receive Work Well packets and information.

VII. Adjournment
   a. Next meeting – Dec 2018
      i. Aaron motioned to adjourn and Becca seconded the motion.