Work Well Advisory Board Meeting
School of Medicine & Health Sciences – Rm. 3001 in Grand Forks
Monday, August 18, 2014, 11:00am-12:00pm

Mission: Promote a culture of wellness for UND staff and faculty by providing information, services and programs to support healthy living.

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.

Attendees: Linda Skarsten, Kim Ruliffson, Deb Merrill, Jessica Dunphy, Steve Light, Terry Wynne, Dustin Frize, and Jenn Puhl-Winkler.

Documents e-mailed: Work Well Executive Summary 2013-2014, Shine and Challenge, May 2014, and a list of questions to ponder and discuss in email.

Quick Update: We received the one of the 2014 NDPERS Lt. Governor Worksite Wellness Awards. The level of award (Platinum, gold and silver) will be announced at the Oct. 6th North Dakota Worksite Wellness Summit in Fargo.

Follow-up Discussion from 8/7/2014 meeting: Kim requested the Board pick which of the 16 ideas listed should be considered important. The meeting discussion skipped around a bit but discussion is captured below.

1. What faculty can we recruit to the Board?
   - Request Ambassadors provide referrals, ask University Senate leader for referrals, and Steve can help through the Provost office.

2. What are your thoughts on the attached overview as a reflection of the year?
   - It is very wordy. It needs to be short with use some stories about three programs to make it compelling.
   - Share what each employee could do, such as participate in activities.
   - See if Ambassadors can share it with departments that do not have Ambassadors
   - Create a toolbox for Ambassadors and put this 1 page in the toolbox to use to educate their own departments
   - Perhaps do a video or photos of the key outcomes.
   - Demonstrate that Work Well made an IMPACT with program outcomes and change!!!!

3. How can we get more middle-management engaged? What does that look like?
• Create a brief Executive summary with recommendations that can be shared from the Provost to the Deans, Chairs, and supervisors.
• Have Ambassadors present at other department Board meetings, then it is not always Wellness folks.

4. **How can we better obtain consistent public relations support for the Deans for Wellness Initiative and help with web work?**

• Perhaps see if you can get an intern from BPA or Communications. Kim mentioned that Susan Walton recommended Stephanie Flyger from the TV center as the new Board member from Communications, so she might be able to help.

5. **How can we investigate the lack of peer support for wellness activities?**

• This could be a project for the year to review and talk about it with employees and a GRA project.

6. **Do you have any questions on the health care claims data document?**

• Kim shared that she is able to get special reports from BCBS for our population, NDPERS general and even NDSU through permission. It might be neat to determine similarities and differences since the population is very comparable to UND.

7. **What can we do to get those who are uninterested in worksite wellness to care?**

• Think about the questions: “What does Work Well do for me? What does UND get out of it?
• Help people learn what they can take part in through Work Well.
• Have Work Well Ambassadors help.
• Have Work Well Ambassadors reach out to new employees as part of their duties.

8. **What is the best way for us to share our Work Well successes and challenges with UND? What do you think people will want to know?**

• See #7.

9. **Of the lacking elements in worksite wellness, what 3 priorities should we tackle first with human help as we do not have extra funding?**

• Perhaps work on coupons, grants and perhaps corporate funding.
10. What can we do to celebrate our successes better: Innovative programs for Exceptional UND, $300,000 health care premium discount, success stories, Wellness Stars?

- Refer to suggestions in #2, #3, #4 and #7.

11. Are we comfortable with current programming or do we see a need to change? The survey indicated programming as #1 and Environmental supports as #2 for needs/wants.

12. With rising health care costs and obesity rates, can we address this as a university?

13. For more “human” help, I am hoping to hire a part-time person with the funds from operating to salary. We have 3600 for a part-time person and I want to merge 10,000 from operating. I can do it as we have had an average for 2 years in a row. Any issues with this?

- This is an internal department discussion and follow-up, not a Board topic.

14. What would be helpful to understand and report on regarding the budget each quarter?

- The connection to money to be spent and strategic priorities.

15. What does the Board want to discuss during the year to reduce “updates” in the meeting?

- Put updates on the Work Well website in a Board designated area
- Reduce updates at the meeting and focus more on strategic priorities.

16. If you have experience with another Board, what might you recommend that you saw that worked well with them?

- Provide an orientation. Perhaps a toolkit as well on the Work Well website or through BlackBoard for new Board members including WELCOA framework, history of program, strategic plan, American Heart Association Fit-Friendly Company award criteria, CEO Cancer Gold standard criteria, NDPERS wellness requirements and some foundational materials about worksite wellness in general.
- The current strategic plan is more of a process map of checklist type items. Maybe an Interim Plan and have strategic planning with 3-5 focus areas for the future.