

**Washington County Benefits Committee**  
August 16, 2011

**CONVENED:** 1pm

**COMMITTEE MEMBERS:**

**Present:** Dirk Biddington, Mike Brunner, Karen Crawford, Angi Duyck, Susan Field, Amanda Garcia-Snell, Kim Knudeson, Valerie McCraw, Judy Walker

**HUMAN RESOURCES STAFF:**

Tracy Kittler, Benefits Specialist  
Brandi Johnston, HR Analyst  
Valerie Weekly, HR Analyst  
Stephanie Reitmajer, HR Manager

**CONSULTANTS:**

Mike Berry, Mercer

**GUESTS:**

Julie Marshall, Cascade EAP

**1. CASCADE CENTERS WELLNESS INFORMATION [handouts]**

- Cascade was invited to present the wellness program options and materials currently available to County employees.
  - Julie Marshall of Cascade presented a quick summary of the array of benefits available with our EAP. See “Summary of Service” flyer for complete details:
    - Counseling
    - Legal consultations
    - Financial coaching
    - Home Ownership Program
- Cascade has a number of wellness services available through WellCall, their branded wellness program ([www.wellcall.com](http://www.wellcall.com) or call 1-800-433-2320).
  - One-on-one personal health coaching is available for a variety of topics: losing weight, stopping smoking, getting in shape, pre and post natal care, health cooking and much more.
  - This program is currently available and provides unlimited confidential health coaching on your topic(s) of choice.
  - Handouts have examples of wellness topics available to employees currently.
  - Personal wellness coaches are available over the phone, and online.
  - Tutorials are available on several topics as well: WellFit (exercise), CookWell (healthy eating), WellBeing (stress management)

**2. AGENDA FOR UPCOMING COMMITTEE MEETINGS [handout]**

- Handout provides a schedule of upcoming meeting topics through May 2012. The remainder of the year will include the following topics:
  - *September 2011*- Committee will discuss and review County wellness roadmap proposal
  - *October 2011*- Guest speakers from Unum will present the details of the County's Long Term Care plan that will be rolled out in conjunction with FSA Open Enrollment.
  - *November 2011*- Committee members will be introduced to 457(b) deferred compensation plans, as the County reviews and examines plan requirements and potential plan updates.
  - *December 2011*- No meeting.
  
- Committee members can always submit additional topics for discussion.

**3. ACTION ITEMS FOR NEXT MEETING-n/a**

**4. NEXT MEETING**, Next regularly scheduled meeting is: **Tuesday, September 20, 2011, 1pm**

**5. COMMENTS**

There were no comments made by committee members.