

Wellness committee meeting #3
Meeting Minutes
February 3rd, 2022

Introductions to our new committee members: Keri from business office and Staci from HR

Summarized December's meeting, and discussed the established goals from last meeting

Goal #1 Strengthen our employee wellness

Natalie and Cabinet introduced Noom to the Board

- Board approved in January 2022
- Contracted for free to employees that are interested, with a cap of 500 staff members
- Natalie is researching to add more people on the Noom contract, as we have 680 employees
- Natalie stated that the group coaching feature on the Noom app is really motivating
- Coaching and lessons offered at your own pace
- The app goes beyond weight loss and teaches shaping your own behavior
- Noom has enriched Natalie's life and she hopes to share this with the district staff
- LUSD group bubble for Noom candidates
- 2/22/22 launch date
- Noom video was shared with the committee

Strengthening our Employee Wellness program:

- Noom will send out an email to ask people to sign up on 2/22/22
- HR will give out the staff info for departments and schools
- Contests within the district can be established around March-April
- Metrics and data go to HR and will be reported to the district.
- Promote the program through the committee
- The app is beyond a weight loss program, we should replace the word weight loss, to healthy lifestyle or something more positive such as a wellness journey to promote wellness not just weight loss.
- Suggestion to use the number 2 to get the program across - 2 -22-22.
- Questions regarding Noom application were answered within the committee including questions about personal data and account termination of a staff member were to separate from the district.
- Flyer to go out internally target date: 2-10-2022.

Ideas to incentivize and excite staff -

- Work out with Cabinet at EH
- Walk the field at TdS
- Will VEBA join in → yes, if there are at least 6 people in attendance
- Keri can bring in Schools First for free swag
- Yoga once a week
- Plan to roll out zoom first, then regroup to discuss incentive program

Timeline to Launch Noom -

- Committee will work on internal flyer to bring awareness and will send it out by 2/10/22
- Noom will send sign-up email to all staff by 2/22/22
- Incentive program implementation by March- April 2022
- Meeting in May to analyze data and analytics provided by Noom
- Testimonials from staff on PD day in August

Final Wellness Committee meeting will be scheduled for the end of May

- Meeting will go over the data provided to us by Noom, which will be used to determine if the committee has achieved their wellness goal for the 21-22 SY