

**OAKLAND COUNTY WELLNESS COALITION MEETING MINUTES**  
**WEDNESDAY, June 14, 2006**  
**8:30am – 9:40am**  
**Beaumont Hospitals, Troy**

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**Attendees:** Susan Bailey (DTE Energy/StayWell Health Management); Bill Binroth (Performance Improvement Associates); Linda Braun (Knoll); Ruthan Brodsky (RAB & Associates); Karen Brown (Miller, Canfield, Paddock and Stone, P.L.C.); Debbie Culloty (Oakland County Community Mental Health Authority); Anne Donnely (Alcos); Scott Foster Wellco Corporation); Jill Frydlewicz (Beaumont Hospitals); Ashok Gupta, MD (Preventive Medicine); Lynn Hodson (Juice Plus+); Bob Horstman (Oakland County Community Mental Health Authority); John Hug (City of Troy); Terry Karjalainen, Ph.D. (Delphi Corporation); Alesha Keelean (HealthPlus of Michigan); Barbara Malkowicz (Clawson Chamber of Commerce); Bill Parsons (Miller, Canfield, Paddock and Stone, P.L.C.); Amanda Podina (American Heart Association); Sarah Prucha (Center for Executive Education); Susan Rothfuss (Auburn Hills Chamber of Commerce); Kraig Schmottlach; Jayne Small (T.E.A.M. Employee Assistance); David Sokol (Humana); John Tagle (John Tagle Assoc., Inc.); Stephanie Tanner (ALCOS, Inc.); David Tonkin (Provisional Benefits); Janet Walker (Achieva Lifetime Health); Sharon White (Bedside Notes, LLC); Don Wilson (Psychotherapist); Dan Zembrzuski (Beaumont Hospitals); Fred Zimmer (Fred Zimmer)

- **Welcome and Introductions**
  
- **Sub-Committee Updates**
  - *Creating a Wellness Related Resource & Info. Clearinghouse – update by Jayne Small, TEAM*
    - Currently creating a directory with project documents, categories and sub-categories. Determining what material will be most valuable to consumers.
    - Survey – just about complete. Combined with Wellness Toolkit survey. Pradip Sangupta has posted the survey on the ‘web-hub’.
    - Please review document on website for content, ease of use, etc. and send any comments to Jayne Small or Scott Foster.
  - *Identifying Procedures for Implementing a Wellness Program In the Workplace – update by Dan Zembrzuski, Beaumont Hospitals*
    - Review ‘10 Steps to Implementing a wellness/health management program’ document (see attached for review)
    - Document will be cleaned up and sent to Scott Foster, Welco to be posted on the web
  - *Measuring Outcomes – update by Bill Parsons, Miller, Canfield, Paddock and Stone P.L.C.*
    - Group is waiting for report from CDC to be released identifying wellness plans for small-medium sized businesses.
    - Based on review of current sub-committee document

- When measuring outcomes look at: total annual claims (pre and post program), # of claims and average cost, track absenteeism, short and long term disability (preventable vs. non-preventable illnesses), define and track productivity (depends on industry)
  - Note that not all program outcomes quantify in dollars. In general, reduction of health risks is a measurable outcome. Measurables can range from dollars to morale boosting activities.
  - Suggested to find a Masters level student willing to work on a statistical analysis of measurable outcomes in a small-med. sized business. Sarah Serra-Prucha Oakland University will research.
  - Push to standardize measurable model – strategy is to incorporate CDC report and use them as the standard.
  - We can identify ways to quantify data, but what works will depend on the company.
- *Marketing and Communications – update by Scott Foster, Wellco Corp.*
  - Communication system is now live at [www.oaklandcountywellness.com](http://www.oaklandcountywellness.com)
  - Scott will email link to group to confirm site.
  - Currently combining and centralizing communications
  - We need to ensure that the site is exactly what we want before releasing to others.
- **It was suggested that we have a consistent look with all of our documents.**
  - Possible contest for art students to design logo.
- **Healthy People Healthy Oakland no longer has staff.**
  - The status of the program is currently unknown. There had been a concern of overlap of OCWC and Health People. Possibility of blending groups.
- **Rewards**
  - Scott Foster and Jayne Small. Thanks for all your hard work!!
- **Reminder for the health fair/mixer at Club Venetian on June 28<sup>th</sup> 5:30 – 7:30**
- **Next meeting Wednesday, August 9<sup>th</sup> 8:30am at Troy, Beaumont**