

MINUTES

WEDNESDAY,
MAY 12, 2010

8:30 – 10 AM

RED RUN GOLF CLUB
2036 ROCHESTER ROAD
ROYAL OAK, MI 48073

MEETING HOSTED BY	BenePro
TYPE OF MEETING	Bi-monthly Coalition Meeting
FACILITATOR	Scott Foster, Wellco
NOTE TAKER	Lia Hosinski, Health and Wellness Coach
TIMEKEEPER	N/A
ATTENDEES	74

Agenda topics

6 MINUTES

WELCOME

KRIS POWELL,
PRESIDENT & CEO,
BENEPRO

DISCUSSION	
<p>Scott Foster welcomed members and new visitors. He invited Kris Powell from BenePro to start off today's meeting. Kris welcomed everyone at the meeting on behalf of BenePro and also on behalf of Red Run Golf Club. Kris indicated that we are now seeing employers truly embrace wellness into their program. The type of wellness program that works depends on that employer's culture. Employers are now seeing that it's not just about controlling health care costs. It's about improving employee productivity; decreasing disability and employee compensation costs; and improving overall employee health. Kris believes we must break away from a collective mentality and embrace the idea of individual responsibility in wellness. BenePro offers seminars on the Health Reform issue. In this bill there are some good parts and there are troublesome parts which need to be changed. Kris asks that when we take a look at the bill to embrace individual responsibility, as we do here at the OCWC towards wellness, and act appropriately.</p>	

2 MINUTES

INTRODUCTION & APPRECIATION

SCOTT FOSTER
WELLCO

DISCUSSION	
<p>A special thank-you goes out to all the coalition sponsors: HAP for 2010 OCWC sponsorship, BenePro for breakfast, HeathPlus for the raffle and BenePro for hosting.</p> <p>Members of the Executive Committee and committee chairs were introduced. Anyone wanting to become more involved with the Oakland County Wellness Coalition are encouraged to contract any member of the Executive Committee.</p>	

3 MINUTES

HAP UPDATE

JAMIE SPRIET, VICE PRESIDENT
BUSINESS DEVELOPMENT, HAP

DISCUSSION	
<p>Pat yourself on the back if you took ownership of your health and exercised this morning! Jamie informed us that HAP lost 117 tons with Weight Watchers - that is 35,000 people, 9.6 lbs each. Be a part of the 10lb losing piece in taking ownership of your health. So, drink your water, count your points, and get your fiber. Get well and stay well.</p>	

3 MINUTES

INTRODUCTION & APPRECIATION

SCOTT FOSTER

DISCUSSION	
<p>A thank-you was given to Lia Hosinski, Health and Wellness Coach, for creating the meeting minutes. If you or a colleague have missed any of the prior meetings you can read all about it in the Coalition's meeting minutes located at www.OaklandCountyWellness.com.</p> <p>Bridget Hollingsworth, Accounting Executive from HealthPlus, gave us a visualization exercise and a wonderful introduction of our main speaker today.</p>	

DISCUSSION	Creating a Healthy Culture at Dow Chemical
<p>Gary Billotti has spent a long time studying, measuring and improving the performance of the people of Dow Chemical. He was here to help and share some of the things that Dow has been doing to increase health and human performance. In starting in the mid 80s Dow's interest in health and safety has a history longer than most companies. They have done enough case studies to know that culture is a significant contributor to creating a healthy workplace. Gary summarized what makes an environment a wellness culture.</p> <ul style="list-style-type: none"> • Alignment of Health with Corporate Strategy: Dow has four driver: 1) Improve the total economic impact related to health; 2) Set the standard for sustainability including health programs. Health is a strategic priority for Dow - employee health, public health and the environment. 3) Build a people-centric performance culture - a comprehensive health promotion effort in support of commitments to prevention. 4) Invest for strategic growth in providing positive brand impact from health focus. • Strategic Plan: In 2004 Dow further strengthened their commitment to healthy employees with their Health Strategic Plan. It is focused around five key elements: Prevention, Quality and Effectiveness, Health Care System Management, and Advocacy. • Communication Strategy: Gary emphasizes on the importance of communication. He stresses the importance on employing a person or two in which communication is a full-time job; There must be a focus on shared responsibility and behavior (we are all in this together); Expand 'safety' culture to 'health and safety' culture; Health issues should be recognized as very personal, therefore a heavy-handed approach will not be effective. However, Gary did admit that for the first time Dow is using this approach in that health costs will be higher for employees that are smokers. • Leadership Involvement: Their analysis shows that prevention can improve both their direct and indirect health related costs. Their profit potential is inextricable linked to the capability and performance of their employees. Therefore, Dow has adopted a multi-level engagement system of shared responsibility of Employee, Company and Site. • Programs and Services: To name a few - on-site fitness centers, access to healthy foods, risk rating and overexposures, health assessment participation, supportive work environment.... • Health Service Staff Culture: In Dow's effort to improve employee health status - Each region is to reduce the percentage of employees at "high risk" and "low risk" for each of the 12 primary risk factors by 10 percent over the next 10 years, and; annually, the overall average improvement in all 12 risk factors will be a 2 percent increase in low risk AND a 2 percent decrease in high risk. • Vendors: Turning vendors into Partners in working together towards the same goal. <p>In the 'questions and answers' session, Gary provide valuable detail information to meeting's participant questions.</p>	

3 MINUTES

UPDATES

SCOTT FOSTER

DISCUSSION	
<ul style="list-style-type: none"> • Michelle Hodges and Claudia Mills from Troy Chamber of Commerce: Provided information on their upcoming events. 	

2 MINUTES

RESOURCES AND INFORMATION SHARING

SCOTT FOSTER

DISCUSSION	
<ul style="list-style-type: none"> • If anyone is interested in becoming involved or learning more about the Coalition, please see anyone you have met earlier today. <p>All members are invited to share their wellness events by posting on the OCWC website by visiting www.oaklandcountywellness.com (contact tab) . Members are also encouraged to post their events or interests at the OCWC Linked in page.</p> <ul style="list-style-type: none"> • Attendees provided information to up-coming events from their organization or their interest. 	

3 MINUTES

RAFFLE

SCOTT FOSTER

<ul style="list-style-type: none"> • A special Thank-you to HealthPlus for sponsoring the raffle! HealthPlus gave away four tickets to a Tiger game. • Steve Buyers, American Institute for Preventive Medicine gave away a few self-care guides. • HAP also gave away tickets to a Tiger game. 	
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CONCLUSIONS	
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- A special Thank-you to **BenePro** for being our HOST!
- Next OCWC meeting will be Wednesday, July 14, 2010. Location TBD. Agenda available on the OCWC website at www.oaklandcountywellness.com .