Wellness Committee meeting Agenda

9-11-23, 11:30 am.

⃝ Dee Cooper ⃝ Present

⃝ Alyce Webb Several members were absent due to class time conflicts

⃝ Brad Matson

⃝ Christi Hook

⃝ Greg Krause

⃝ Jason Johnson

⃝ Johnathan Kuhlmann

⃝ Karri Morrill

⃝ Kelley Larkin

⃝ Marie Head

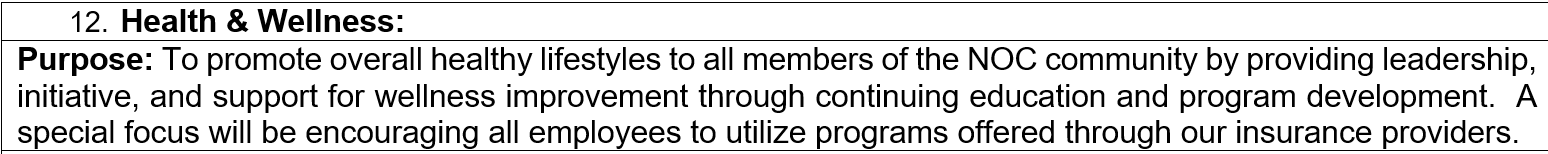
⃝ Scott Harmon

⃝ Shannon Cranford

⃝ Summer McClure

⃝ Ty Shreck

1. Introductions
2. Dee Read the purpose of the Health & Wellness Committee



1. Suggested to have a workshop on proper operation of wellness center equipment.

*Dee will talk with Summer McClure about a workshop on the proper operation for employees when using the weight equipment in the wellness center. Instead of all at once, do a weekly 15–20-minute session until all the equipment was covered.*

*It was also suggested to find YouTube videos similar to a piece of equipment in the Wellness Center. On the equipment, have a QR code that would send the person directly to the YouTube video.*

1. Dee Cooper uses Hinge Health, Wondr, and GI Thrive. How do we spread the word about these free programs we can receive through BCBSok?

*Kelley Larkin will send Dee Cooper all the digital posters of all the apps/healthy lifestyle options for employees on BCBS. After Jason Johnson signs off on the poster, the following people will hang them up in the following buildings.*

*John Kuhlmann – Fine Arts*

*Brad Matson – Science*

*Alyce Webb – Harold*

*Scott Harmon – Central*

*Kelley Larkin – Administration*

*Karri Morrill – Wilkin*

1. Many years ago, at Oklahoma Christian University, John Khulmann talked about the lunch room making healthy options for instructors, such as a small salad and fruit. He utilized it quite often at a free or reduced rate. He also said employees were disbursed an incentive card to attend events that promote a healthy lifestyle, such as participating in walking, pickle ball, or other healthy activity. After completion of the activity the employee got a free, signed 30-minute PTO card. Also, the university had a healthy choice cart. After lunches a cart came around the campus and distributed any healthy food options that were left over instead of it being thrown away.   
   *Research needs to be done to see what other colleges are doing to promote healthy lifestyles to determine of we could incorporate them at NOC.*
2. The Wesley House has the Girls Runners (guys too).
3. Work with Shannon Cranford on the return of Catapult health screening.
4. With assistance from Brad Matson, we need to make short videos of NOC employees talking about positive impacts of using BCBS offerings of healthy apps/Zero Card, etc.
5. Get the word out to use the BCBS app and all the benefits it has to offer.
6. We will meet monthly to keep the momentum going. Next meeting, Oct. 16, 11:30 am.

Respectfully submitted,

Dee Cooper

noc-logo.jpg

**Dee Cooper**  
Mathematics Instructor  
Northern Oklahoma College

1220 E. Grand Avenue  
P.O. Box 310  
Tonkawa, OK 74653  
Phone:  580.628.6254  
Fax:  580.628.6209  
[dee.cooper@noc.edu](mailto:dee.cooper@noc.edu)

[www.noc.edu](http://www.noc.edu/)