Employee Wellness Meeting Agenda
September 10, 2018
SSD Board Room, 3:30 - 4:30

Employee Wellness Mission

The mission of the Special School District Employee Wellness program is to improve the health and well-being of SSD employees and promote healthy lifestyles which, in turn, foster an environment to enhance student success.

Agenda

• Introductions
  o Wellness Champs
  o Deb Kiso and Aetna team
  o Lisa Paschke and PAS team
  o Diane Andrea at J.W. Terrill

• Planning 2018-2019
  o Theme(s) – Time for Me
  o Survey follow-up, tailored programs
  o Flu shots
  o Wellness Champion SSD Life site
  o Fitness evaluations (details to follow)

• Dimensions of Wellness, Resilience – Lisa Paschke

• Mindfulness, Quest, Teladoc, Processes – Deb Kiso

• iBenefits app, Competitions/Campaigns – Diane Andrea

• Roundtable discussion

• Surprise gift for you!

• Q&A