Welcome, Introductions, & Ambassador Updates

Amber Simons welcomed attendees and shared her gratitude to all who are volunteering their time. The following ambassador updates were shared:

- Alan Mehringer shared that the College of Health & Human Services is continuing their Mini-Marathon Initiative. Visit [http://www.purdue.edu/hhs/mini_marathon/index.html](http://www.purdue.edu/hhs/mini_marathon/index.html) for additional information.
- Rhonda Hostetter encouraged attendees to check out the new restaurants in Marriot Hall. The two facilities (visit [http://www.cfs.purdue.edu/htm/about/restaurants/restaurants.html](http://www.cfs.purdue.edu/htm/about/restaurants/restaurants.html) for more information) are supported by the Hospitality & Tourism Management program.
- Beth Timmons has worked on more outreach activities for the Physical Facilities staff at the PFSB location. She has made special fliers promoting Franklin Covey principles and small changes reaping big rewards. If you would like to see a sample of these pieces, please let Amber Simons know. She hopes the next flier will have a men’s health focus.
- Jill Mullens shared that they hosted a nutrition workshop for their staff and are currently working with the VOICE committee to launch a walking program.
- Roslynn Bol shared that they hosted the workshop *A Good Night’s Sleep*.
- Anita Brieda shared that they hosted the workshop *Stress Gap & the Communication Gap*.
- Mindy Anderson shared that they hosted the workshop *Live Long and Prosper on the Mediterranean Diet*.
- Julie Huetteman shared that the College of Agriculture ambassadors have hosted three workshops which included technology for online viewing by extension agents all over the state of Indiana.

Julie Huetteman shared the following information about Weight Watchers. We apologize for the delay in offering Weight Watchers on the West Lafayette campus. Because of Weight Watchers program changes, we have had to put our scheduled classes on hold. We continue to work with Weight Watchers to reach an agreement on their new program approach, website function and security, credit card safety, data security and privacy issues. We are hopeful that we will be able to come to an agreement with Weight Watchers, but we have no timeline at this point.

In the mean time, there are some other options to consider:

1. [www.weightwatchers.com](http://www.weightwatchers.com) (no incentives available)
   a. Weight Watchers in the community
      1. Tippecanoe Courts Center, 2567 Maple Point Drive, Lafayette, IN 47905
      2. Federated Church, 2400 Sycamore Lane, West Lafayette, IN 47906
      3. Other locations
   b. Weight Watchers online
2. One-on-one consultation with a registered dietitian on campus. Complete the nutrition questionnaire located here: [http://www.purdue.edu/hr/WorkLife/counseling.html](http://www.purdue.edu/hr/WorkLife/counseling.html), and send to WorkLife Programs R.D., VPHR, SSOF.
3. You are welcome to do your own weigh-in on the scale located at WorkLife Programs, State Street Office Facility (SSOF), 1601 W. State Street, Monday-Friday, 7 a.m. – 5 p.m.
4. Create your own informal get-togethers. Just meet up with some of your colleagues to discuss nutrition, share recipes and support each other.
5. Check out WorkLife offerings on nutrition at [www.purdue.edu/worklife](http://www.purdue.edu/worklife). Log in with your career account and password.

Thank you for your patience. If you have questions, please call WorkLife Programs at 45461. If you haven’t already registered for updates about Weight Watchers on the West Lafayette campus, please do so by logging in at [www.purdue.edu/worklife](http://www.purdue.edu/worklife) and enrolling in Weight Watchers 2012. This single registration covers all possible dates, days of the week and times of the day. We will provide you with updated information from WorkLife Programs as it becomes available. We apologize for the inconvenience.

**Stations**

Ambassadors were broken down into small groups and they rotated through four different stations with different activities and education at each station. Each ambassador was provided with a folder with supplemental handouts. The handouts have been included for those not present. A summary of each station appears below.

**Tier One Lab Services**

Julie Huetteman and our guest from Staff Benefits Becky Gutwein took the ambassadors on a tour of the new laboratory space in the building. They shared a general overview about the Tier One Lab Services and stressed the financial benefits of its use to both the patient and the medical plan. They reviewed the handouts entitled 1) CIGNA Preventive Health Coverage Quick Reference Guide, 2) CIGNA Frequently Asked Questions, 3) Tier One Lab Services Summary, and 4) Castlight Screenshot. These have been included for reference. Castlight is an online health care shopping tool that Staff Benefits will be unveiling in March. This tool helps users compare the quality and cost of health care. Ambassadors will receive a special invitation to help test the program during the week of March 12th. More details to follow.

**Building Tour & Zapper**

Linda Monahan and Branna Smith first took the ambassadors on a tour of the building and made special mention of the reserved parking spaces for customers outside that do not require an A pass. The Choose Well Live Well newsletter and the Office of Institutional Research handout went along with this station. To conclude the tour ambassadors were treated to a “zapper” by Mindy Paulet. A zapper is a 5-10 minute physical activity break that is fun and usually produces some great laughter. For those not present, if you would like a tour of the facility, please ask your outreach team lead.

**Ambassador Membership Drive**

Amber Simons shared with the ambassadors that the membership drive begins March 1st and runs through April 1st. An article in Purdue Today will drive recruitment efforts. Additionally, Amber will send the application through email to those ambassadors where vacancies will be in their areas to assist with recruitment. Amber asked for volunteers to write testimonials for the application. She also asked for volunteers to assist with the interviewing of candidates in April/May. Please let her know immediately if you are willing to assist in either way. Amber also offered ambassadors the opportunity to take extra copies of the tobacco cessation poster for posting. If you would like extra copies of the poster, please let Amber know.

**Employee Assistance Program & Manager Supervisor Training**

Sara Primeau and Cheryl Laszynski shared information (attached) on the Employee Assistance Program and reviewed how the service works from start to finish. A discussion also took place on the Manager Supervisor Training that is being developed. This training, facilitated by Cheryl, will be offered to supervisors to learn about Employee Assistance and how to help their employees use the services.
Outreach Teams
All attendees and staff members broke up into their respective teams for the remainder of the meeting.

Core Group Meeting Schedule
Meeting dates and times have been pre-scheduled. Please secure them on your calendar.
- Core Group Meeting Schedule
  - May 31, 2:30 – 4:30 p.m., STEW 311