

Wellness Committee (Meeting #3)

Date: Monday, March 25, 2024

Boardroom – District Office

Time: 4:30-5:30pm

Wellness Committee

Beech Street Preschool -	Kaprice Chuskia	Present
Mesa Elementary -	Roxanne Stevens	Not Available
Kemper Elementary -	Liliana Baker	Remote
M-CMS -	Michelle Waltman	Remote
M-CHS -	OPEN POSITION	
Buses -	Yolanda Mark	Please let us know if you can attend future mtgs.
Maintenance/Custodial	Melisa Jeter	Not Available
Nutrition Services	Elvia Martinez	Please let us know if you can attend future mtgs.
	Maria del Carmen Reyes	Please let us know if you can attend future mtgs.
Administration -	Dave Robinson	
District -	Danielle Brafford	Present
	Cynthia Eldredge	Present
	Lisa Megel	Not Available
Non-Exempt -	Carrie Hrvatin	Present
	Rosa Dimon	Present

Next Meeting Date: Monday, April 15th 4:30-5:30pm

Monday, May 20th 4:30-5:30pm (The last week of school)

- I. Wellness Step Challenge – Using Wellable Wellness Platform Wellable.co
Rosa to reviewed progress in the step challenge.
55 Participants are actively recording steps. The challenge wraps up on Thursday, April 4th.
As a district we have walked 6,636 miles with over 120, 500 steps. Way to STEP UP!
Teams to offer feedback on Wellness site and feedback from those in the challenge.
Roxanne let us know the Mesa crew has been having fun with it and pushing each other to keep stepping.
Kaprice let us know that Andrea has been bringing this up to push the competition side of things at Beech.
Michelle said she has reviewed the list at MCMS and shared some friendly banter to connect with her campus.
- II. Wellness Prizes and Taxes (Danielle let us know she will do some follow up on taxing)
 - General notes: (we will need to account for taxes on the upcoming step challenge)
 - Gift cards or certificates of any amount are deemed taxable income and must be reported on a W-2 (essentially the employee paycheck).
 - All prizes are to be declared as income on your tax return, even as small as a dollar. The IRS considers noncash prizes as income, you should report as well.
- III. Employee Insurance

Committee to provide questions from their campuses regarding current employee Health Insurance and other related benefits.

Liliana shared a question about prescriptions that was brought up at Kemper. We did share out some details regarding Prescription cost and coverage. It is vital to request a generic when possible and to use mail order supply if available. Page 6 of the [Benefits Guide 2024](#) reviews prescription details for Anthem.

Prescription Drug Coverage

Anthem's pharmacy, IngenioRX will provide prescription drug coverage for the employees of Montezuma-Cortez School District on their National Direct Formulary. This is the largest, most inclusive drug list that is offered by Anthem/CarelonRx.

	Anthem PPO Plan A – HDHP/HSA		Anthem PPO Plan B		Anthem PPO Plan C	
	In-Network Benefits	Out-of-Network Benefits	In-Network Benefits	Out-of-Network Benefits	In-Network Benefits	Out-of-Network Benefits
Retail Pharmacy (30 Day Supply)						
Generic (Tier 1)	Ded. then 0%	Ded. then 0%	\$10 copay	N/A	\$5 copay	N/A
Preferred (Tier 2)	Ded. then 0%	Ded. then 0%	\$25 copay	N/A	\$20 copay	N/A
Non-Preferred (Tier 3)	Ded. then 0%	Ded. then 0%	\$45 copay	N/A	\$40 copay	N/A
Preferred Specialty (Tier 4)	N/A	N/A	N/A	N/A	N/A	N/A
Mail Order Pharmacy (90 Day Supply)						
Generic (Tier 1)	Ded. then 0%	Ded. then 0%	\$15 copay	N/A	\$15 copay	N/A
Preferred (Tier 2)	Ded. then 0%	Ded. then 0%	\$35 copay	N/A	\$35 copay	N/A
Non-Preferred (Tier 3)	Ded. then 0%	Ded. then 0%	\$55 copay	N/A	\$55 copay	N/A
Preferred Specialty (Tier 4)	N/A	N/A	N/A	N/A	N/A	N/A

We need each of you to ask at your campuses the following questions.

“What questions do you have regarding your Health, Dental and Vision etc. benefits?”

“Do you know what is covered with your benefits?”

“What additional information would you like regarding your benefits?”

We would like each of you to ask around and bring a few questions to the April meeting. We need to help educate the staff about what benefits are available. Maybe what “Helpful Hints” they would like.

IV. Additional Ideas, Goals and Tasks

Lisa Megel said she is happy to lead a non-district Hike, a felting class. She just needs to know where and when. Maybe a calendar to share these “wellness events”

The group discussed a Wellness Facebook page outside of the district in which we could recommend events. **Michelle Waltman volunteered to start assembling a list of place for massage, yoga, fitness activities** that are affordable and fun for district employees. Please feel free to have additions for her list. We can share this with the team and provide to new hires.