

SHCC Meeting  
January 23, 2014  
Draft Meeting Notes

- The committee was reminded to keep an eye open for innovative ideas to add to the value of our plan without adding cost. Every meeting will open with the opportunity to share innovative ideas.
- The new Wellness program HealthyRoads website: <https://www.healthyroads.com/> was discussed. There is full access to the website at this time. You may register your account using your name (exactly as on file with UA) and birthday. Based on your information you will automatically be directed to the UA landing page.
- Committee members are encouraged to explore the site so they are familiar with its offerings. (Try it out on your smart phone too to test their mobile site functionality.) If committee members have ideas on how to help promote the tools or incentive use of the features of the site please share that at the next meeting or contact Erika.
- Telephone-based coaching is now available through HealthyRoads for all benefits-eligible employees and their spouses (not dependents though).
- Due to budget cuts on-site coaching will most likely be eliminated. It is hoped that the savings (~\$875,000) from eliminating on-site means that the entire wellness program will not be cut due to current financial restrictions. JHCC passed a motion in support of maintaining a wellness program.
- The budget delays/concerns account for the lack of any systemwide announcement on the new service. The president is making the final decision.
- Next month the committee will discuss/review the latest report InfoLock from Lockton: [http://www.alaska.edu/files/hr/UofAK\\_InfoLockFY13-JHCC.pdf](http://www.alaska.edu/files/hr/UofAK_InfoLockFY13-JHCC.pdf) This 88-page document contains important figures and analysis on our plan, member health, usage etc.