Meeting Minutes 9/23 (3:55-4:30 pm)

Healthy Horizons: butler.edu search healthy horizons

Started by pharmacists in 2004, has grown

2015: set university wellness incentives (consults and biometric screenings, blood pressure and testing, immunizations)

Gather that data and add in medications

Financially incentivized

Health coaching visits (talk progress, goals, barriers)

Other pieces: Luncheon Learns (for faculty *or* staff)

Card program (paper copy) to win free swag (change around what that looks like?)

How much can people win? Tracking that from a financial standpoint

Track anything we give away because it could cross taxable threshold

Real focus on rewards card: keep clients engaged outside meetings

More collaborative activities for rewards: going to CUE farm, group fitness classes, etc.

Think about all areas of wellness

In fall and spring semester (each), employees track progress and pick up prizes at the end and put in to drawing for a FitBit

Example of how people have tracked it in the past (spreadsheet, hash marks…)

Moving to some other technology (a little bit forward)

Help our administrative coordinator by 1) analyzing data, programming something more around neglected categories, 2) tracking inventory to see what’s available and getting it out to people

Usually a mad rush the last 2 weeks to turn in hours and pick up prizes

Dalton: let’s think about inventory and availability. What if something runs out or a class isn’t available?

Alison: when we looked at points, we found it was pretty easy to achieve. We made it a little harder, but I would say with inventory: they can get one from each level of category and pick something else from same level if something runs out. Prizes are in a set amount. We like to bulk things, so re-orders could add up.

Dalton: T-shirts are a little more flexible. Can we draw from our real-time points system to track so we know bulk orders beforehand?  
Alison: It’s mostly items. We might be able to do gift cards, but we’re figuring it out. All of it is headphones, or ice packs, or travel pillows, clothing, etc.

There was a student business group that made bamboo utensils—we bought some, had them brand it for us, and we used it for a new prize. Also picnic blankets… we try to change it up.

Nick: We have survey data, so we can work with that.

Alison: We have very helpful comments from returning customers as well.

Dalton: We’re trying to add something like a progress bar to give people something to look forward to (part of our eventual real-time functionality). How would you order the different components of the prizes?

Alison: the priority is getting useful things out to customers to raise engagement right away. We could do things in different ways, but we need more action-driven progress. Start with number of points and what they are doing to achieve those points (helpful with programming, making changes) them being able to submit it online with being able to select prizes that they want. They can come to our office and talk about what their options are. Trying to take load off of coordinator who is already planning meetings, programs, etc.

If they want to make this month’s challenge, they also get bonus points for that, just to change it up and make it more fun.

Could they put their *own* SMART goals into the sheet eventually?

Dave: I’ve looked at our progress from last semester and made three distinct levels of progress for where we want to be. Mark 1 will for sure get done this semester.

\*explanation of mark systems\*

Alison: Add instructions to make it clear from an IT standpoint.

We could have the email to redirect to our healthy horizons email account.

I think people like a report back to see what they got. Even having the option to put in their own email to receive a copy back.

Find out final presentation date and see about options to loop in

Alison: If you think we get to be ready for a pilot, I have people who would love to try and support it.

Dave: User experience-wise: if something’s wrong, we need an appealing way to say so. It’s the interaction that’s the most important aspect.