

**Senate Benefits and Welfare Committee
University of Pittsburgh
Minutes of November 7, 2019**

2:00 – 3:30 pm Room 305 Hieber Building

Attendees: Lucas Berenbrok, Alexander Cole, Balasubramani Goundappa, John Kozar, Miriam Meislik, Lucas Mentch, Mike Modo, David Salcido, Linda Tashbook, Harvey Wolfe

Guests: Amy Tuttle for Laurie Kirsch

Guest Speakers: Vick Ward, UPMC WorkPartners
Tom Koloc, Life Solutions
Valerie Jamison, UPMC HealthPlan

Minutes taken by: Lucas Berenbrok (Chair)

Topic	Discussion	Action to be Taken
Call to Order	Introductions	
Committee Business	<p>Revisit/assign Committee Goals for 2019-2020 //Luke Berenbrok</p> <ul style="list-style-type: none"> - Issues concerning international post-docs <ul style="list-style-type: none"> o Revisit in January 2020 - Family leave and day care services <ul style="list-style-type: none"> o Revisit in January 2020 <p>WorkPartners Overview //Vick Ward</p> <ul style="list-style-type: none"> - History of wellness at the University of Pittsburgh <ul style="list-style-type: none"> 2004 Wellness initiatives begin at Pitt 2013 Panther Advocate medical plan added 2016 MyHealth@Work opens 2016 Take a Healthy Step begins 2017 On-campus Health Coach/Wellness Coordinator hired 2019 Second on-campus Health Coach hired 	Bala to send summary of issues concerning international post-docs to Luke Berenbrok (Committee Chair) and John Kozar (Benefits)

Life Solutions Overview //Tom Koloc

- Faculty and Staff Assistance Program provides a broad range of services to assist University employees and their household members to balance work and the stresses of daily life. Life Solutions offers personalized care services, 24-hour support, online resources and tools, and more, all at no cost to you. Life Solutions services include:
 - o Personalized Work Life Referrals
 - o Online Work Life Resources
 - o Crisis 24/7 Contact Information
 - o Counseling and Coaching Services
 - o Disability and Family Medical Leave Outreach

<https://www.hr.pitt.edu/current-employees/work-life-balance/lifesolutions>

- Online Work Life Resources
Through the Online Work Life Resources tool, search over 100,000 articles, seminars and databases on topics such as:
 - o Parenting
 - o Aging
 - o Emotional Well Being
 - o Health and Wellness
 - o Working Smarter

<https://lifesolutions.personaladvantage.com/portal/landing?a=1>

Updates from the Mental Wellness Task Force //Linda Tashbook

- Brown Bag Lunch & Learn Event, "Worry and Rumination: Stories, Research, and Tips for Changing Your Thought Patterns," on 10/28/19 was attended by >180 employees.

<https://www.utimes.pitt.edu/news/speaker-give-tips>

- US Mail delivered cards, designed by the Mental Wellness Task Force, encouraging all Pitt faculty to access on-campus professional stress management and mental health counseling through Life Solutions.
- Book Club > "iGen: Why Today's Super-Connected Kids Are Growing Up Less Rebellious, More Tolerant, Less Happy — and Completely Unprepared for Adulthood — and What That Means for the Rest of Us" by Jean Twinge. Other titles listed at the link below.

<https://www.utimes.pitt.edu/news/mental-wellness-book-0>

- Video explaining resources available from Life Solutions is currently under development by the Mental Wellness Task Force.

Benefits Report	Open Enrollment for Retirement//John Kozar <ul style="list-style-type: none">- Fairs hosted by Benefits every other week- Summary Guide to Retiree Benefits 1/1/19-12/31/19 distributed Medical Plan Design //John Kozar <ul style="list-style-type: none">- Consistent design for many years including dental and vision	
Reminders	None.	
Next Meeting	Monday, December 16, 2:00-3:30p 702 Benedum Hall	
Adjournment	3:30p	