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

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


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)

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<thead>
<tr>
<th>Topic</th>
<th>Discussion</th>
<th>Action to be Taken</th>
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<td>Call to Order</td>
<td>Introductions</td>
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<td>Committee Business</td>
<td>Revisit/assign Committee Goals for 2019-2020 //Luke Berenbrok</td>
<td>Bala to send summary of issues concerning international post-docs to Luke Berenbrok (Committee Chair) and John Kozar (Benefits)</td>
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<td>- Issues concerning international post-docs</td>
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<td>- Family leave and day care services</td>
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<td>WorkPartners Overview //Vick</td>
<td>History of wellness at the University of Pittsburgh</td>
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<td>Ward</td>
<td>2004 Wellness initiatives begin at Pitt</td>
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<td>2013 Panther Advocate medical plan added</td>
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<td>2016 MyHealth@Work opens</td>
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<td>2016 Take a Healthy Step begins</td>
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<td>2017 On-campus Health Coach/Wellness Coordinator hired</td>
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<td>2019 Second on-campus Health Coach hired</td>
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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.
- 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  
| - Fairs hosted by Benefits every other week  
| - Summary Guide to Retiree Benefits 1/1/19-12/31/19 distributed  
| Medical Plan Design // John Kozar  
| - 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 |