



TRC Meeting 7/19/2024

Attendance:

Fred Wise (X)
Tina Hafner (X)
Cynthia Ginn (X)
Nicole Pflum (X)
Kim Fernandes (X)
Jason Thornley
Caroline Milton (CBIZ)
Marline Faherty
Jenny Steen
Ines Soto-Gonzalez
Abby Stevenson (CBIZ)

Agenda:

1. FitPros LIVE App demo
2. Program updates:
 - a. 2024 Health Fairs & Biometric Screenings
3. Proposed incentive program changes for 2025
4. Open discussion

Discussion:

Agenda:

1. FitPros LIVE Demo
 - a. Iphone, Android, Desktop compatible
 - b. Includes a social feed where employees can engage (safe & private)
 - i. Could we include healthy selfies as incentive items?
 - ii. Also offers opportunities to highlight FitPros LIVE events
 - iii. Could set up multiple workspaces for each campus, but would be completely different feeds and would limit cross-campus interaction
 - c. Easy to register for events and add to calendar
 - i. Also shows who from the workspace has signed up for an event
 - ii. "Interested" feature adds an event to "My Events" but does not RSVP
 - iii. RSVP adds push notifications for session, which has driven attendance rates
 - d. Virtual Events can be filtered by topic
 - i. Can look at last 30 days of sessions to view the recorded content on-demand
 - e. Can add our own events that are virtual and local, which are then promoted to all users within 50 miles of location
 - i. Can we shorten that?
 - ii. Jason Thornley asked: If you're out of radius when an event is created, will you be notified when you enter that radius?
 1. Yes, and all are searchable
 - iii. Caroline Milton asked: Can events be shared/can you invite certain employees to events



1. May be custom built as part of the workflow, but everyone has to register for the event
 2. OR you can tag people in the event "Post" to let them know to register for the event
- f. Will receive a toolkit to help promote the platform
- g. Challenges
 - i. Each challenge shows a progress bar for the duration of the challenge
 - ii. Are they activity-based only
 1. Can do a check-in challenge, where employees check into a LIVE session or watch a pre-recorded
 - a. Cannot just RSVP - must actually attend or watch
 2. Can create themes based around the sessions (for example: health talks, fitness classes, mental health, community-building) to encourage specific behavior
 3. Can include onsite/local events
 - iii. Can someone build a small challenge for just their immediate workplace?
 - iv. There are no limit to challenges that we create!
- h. Jax is an AI assistant that helps provide updates during challenges, eliminating some admin work
- i. Jason Thornley asked: how does the app collect movement data?
 - i. There will be an "allow" button during registration to collect the data from your phone.
 - ii. Fitbit does have limitations, due to Google purchase of Fitbit. FitPros is working on fixing this issue.
- j. App functionality: can follow coworkers (individually), can collect badges, app updates every two weeks
- k. Analytics: Can check monthly active users, average attendance at sessions, trending topics
- l. Can support SSO (if we want to go that route)
- m. Health Fair Experience: Will be able to perform an onsite check-in, followed by a raffle
 - i. Improves the passport experience, set up as a challenge inside the app
- n. Feedback:
 - i. Jason Thornley: Liked it, thought it was easy to use
 - ii. Marline Faherty: Like the changes, easy to maneuver
 - iii. Jenny Steen: More likely to use an app than a desktop/website version
 - iv. Ines Soto-Gonzalez: Really likes
 - v. Were very favorable on the cost
 - vi. Agreed to move forward with FitPros LIVE in 2025
2. Health Fair Updates
3. Incentive updates
 - a. Passed with 3/3 in favor of the changes