

# 2023 ISAC Wellness Program

## WELLNESS CONTACTS

### Molly Hill

ISAC Staff Accountant  
Email: [wellness@iowacounties.org](mailto:wellness@iowacounties.org)  
Phone: 515-244-7181

### Molly Steffen

ISAC Program Support Coordinator  
Email: [wellness@iowacounties.org](mailto:wellness@iowacounties.org)  
Phone: 515-244-7181

### Amy Ziegler

MercyOne Business Solutions  
Email: [AZiegler@mercydesmoines.org](mailto:AZiegler@mercydesmoines.org)  
Phone: 515-559-7830

## NEXT STEPS CHECKLIST

<input type="checkbox"/>	Return the 2023 Wellness Agreement to ISAC
<input type="checkbox"/>	Return the Wellness Team Members Sheet to ISAC
<input type="checkbox"/>	If you want, schedule a date with ISAC to rollout the 2023 Wellness Program to employees.
<input type="checkbox"/>	Distribute the 2023 Program Notice to Employees
<input type="checkbox"/>	If you want, schedule a meeting with Amy to help your committee come up with your county's wellness plan for the year.
<input type="checkbox"/>	Encourage employees to schedule their annual physical exam, complete the fax form and Assessment
<input type="checkbox"/>	Have a minimum of 4 Wellness Committee meetings (recommended quarterly)
<input type="checkbox"/>	Encourage employees to participate in the daily walking challenge
<input type="checkbox"/>	Provide your 2023 wellness committee meeting minutes (4 sets) to ISAC