I. Introduction
II. Public Input
III. Presentations & Discussion
   a. NCHA incentives (Debbie) – National College Health Assessment
      i. Data collected every few years on health and wellbeing on different health behaviors.
      ii. Will be done during Winter quarter, on hundreds of campuses.
      iii. Takes about 20-30 minutes to complete, hopefully done while people are at normal levels of behavior (e.g. not during spring break)
      iv. Is it better to have a bigger prize? Or smaller gifts with better odds?
      v. Next time we meet, let’s bring up suggestions for incentives. Sending out to 6500 and hoping to get 1000 responses. Past participation has been anywhere from 5-24%.
   b. Brainstorm the email subject line.
      i. Past examples: How healthy is our campus? Take a study break – win a prize! Be part of the picture
      ii. Look back at the email subject line that brought 24% response rate.
   c. Possible incentives
      i. Hybrid – one big prize, and smaller ones.
         1. Bookstore gift cards, Amazon gift cards, GoPro, fitbit, other ideas?
IV. Unfinished Business
   a. Feedback from WCSAB student representatives respective college council/student orgs regarding:
      i. New well-being center services
         a. Dedicated nap space – the Zone might not be enough space, and it’s a busy space surrounding it.
         b. Yoga or exercise studio/exercise specific room
         c. Healthy snack shop/eatery (Sunshine Market variety is too small. Maybe provide supplements?)
         d. Hangout space for commuters - refrigerators and lockers.
         e. Could we do physicals besides work-related or DMV-necessitated tests?
            i. There are no required annual exams for this age group, so they’re not provided at SHS.
            ii. Could ask personal providers for preventive services.
      ii. Questions or concerns about SHIP?
         a. Can they get prescriptions filled from non-SHS doctors? Yes.
         b. Not enough optometry benefits.
c. Prescriptions scheduled, but then they changed their policy? Some grad students haven’t been able to get their prescription filled due to the change.
   i. Will talk to Dr. San Miguel about it.
   ii. Under the impression that CAPS and SHS don’t diagnose enough to prescribe, but that Pharmacy will fill the prescription if the prescription came from an outside psychiatrist.

d. Questions regarding changing costs of SHIP and how it’s increasing.

e. Is SHIP applicable in the summer if they’re not enrolled in summer school?
   i. Yes, each quarter costs the same amount, but spring fees will cover both spring and summer.
   ii. If they graduate, they have the option to enroll for another 3 months afterwards as a transition.

f. Would SHIP policies at UCSD apply to other UC schools?
   i. Benefits are UCSHIP-wide. At the campus level, we decide how cost-sharing is done. Benefits are decided by UCOP.
   ii. E.g.: Can’t drop chiropractice, but can change the co-pay amount.

V. New Business

a. Sub-Committee Updates:
   i. Student Health Insurance Plan (SHIP)
      1. RFP: Request for Proposal. We don’t self-insure vision or dental. We contract with Anthem Vision and Delta Dental. Dental is fine, but we have over-used Anthem Vision services. This has increased premium rates. We need two students to sit on a UC-wide committee to review the proposals. If you have a lot to say about dental or vision, this could be a chance to decide our Dental and Vision providers for the next 5 years – or if we’ll cover it at all.

b. Department Updates:
   i. CAPS: National Depression Screening Day update (Sarah)
      1. Able to screen 389 students this year, an all time record for the program.
         a. Why so many students?: Bright pink shirts – greater visibility. A lot of online advertisement, posters.
         b. Will you be sharing some data? Yes.
   ii. Health Promotion Services: upcoming events (Debbie)
         a. National event on college campuses to have anyone on a college campus decide to quit smoking for a day, to promote our smoke-free policy. Focusing on tobacco litter and e-cigarettes. SHA event.
      2. World AIDS Day: Tuesday, December 1st
a. SHAs involved – tabling campuswide committee that includes staff/faculty/students. Sections of the AIDS memorial quilt. HIV Test bus, and HIV prevention sessions with particular communities across campus and in the community centers.

3. Testing 1-2-3
   a. Encourage people to get tested in 3 easy steps. All types of STI testing.

4. Sleep campaign during winter quarter
   iii. Other department updates?
      1. Student Representative Updates
         a. Active Minds – Partnering with Psi Chi for the Out of Darkness Walk by the American Federation of Suicide Prevention. To show our support for survivors of suicide, and encourage those who are supporting them. **Saturday, 10/24/15 at 8:30 AM at NTC Park.** Registration open til day of.

         1) Carpool and registration will be available through the link: [https://docs.google.com/forms/d/1cudMReb3L4ZX77e7Ij9mgv1F1hbf-cio7QuOZA/viewform](https://docs.google.com/forms/d/1cudMReb3L4ZX77e7Ij9mgv1F1hbf-cio7QuOZA/viewform)

VI. Reminders
   a. Action Plans
      i. Send any agenda items to Kaitlin Cheng
   b. Reminders
      i. Future WCSAB & SHIP Meeting(s): **Fall Quarter 2015**
         1. **SHIP Sub-Committee Meeting Times:** 4:00PM - 5:00PM
         2. **WCSAB Meeting Times:** 5:00PM – 6:00PM
         3. (Week 6) Monday, November 2, 2015 @ Murray’s Place (SHS Conference Rm)
   c. Questions to ask your committees:
      i. What type of health promotions do you want to see, or think are of most concern for our campus?
         E.g.: Smoking, how to take care of yourself (especially for off campus, like cooking)
      ii. What are some incentives we can offer for the NCHA survey?