**Whole Person Subcommittee Meeting Notes**

**October 9, 2024**

* A recap was provided about why we selected the new categories for additional recommendations
  + Technology
  + Thriving as we age
* It was mentioned that these categories may be conflicting with what we have already done
* A definition was created for what thriving as we age entails
  + It was mentioned that there is overlap with the other subcommittees so we plan to put this on hold
  + Emphasis on resilience
* Additional categories for consideration and exploration were identified:
  + Physical healthcare
  + Sleep hygiene and how it relates to behavioral health prevention
* The group worked together to identify technology recommendations for physical activity and oral/vision/hearing
* Juliet mentioned that we are ractiviely ecruiting volunteers to help pull data
* An additional comment was made about hair growth products and self-care. Many of these types of things aren’t covered by standard health insurance
  + Nutrifol
  + Self-care could potentially belong to thriving as we age and/or mental health
* Action Steps
  + Check with Laura and Stacey about the timeline and when our recommendations need to be finalized
  + Xandy and Juliet to cross reference overall recommendations
  + Xandy and Juliet to follow through with technology in the other categories, being mindful of redundancy
* Next meeting scheduled for November 13th