

Bullet-Point Summary — SAC 3rd Thursday Meeting (Nov 20, 2025)

Opening

- Meeting opened at 4:00 PM; acknowledgment of snowy conditions and hybrid attendance.
- Land acknowledgement delivered.

Campus Health Services

General Overview

- Campus Health is nationally accredited and provides holistic mental + physical care.
- Accepts major insurance (Aetna, Blue Cross PPO w/ waived copay, Cigna, Tricare, United Healthcare).
- Online appointment scheduling available.

Medical Services (Dr. Mark Pico)

- Full primary care plus specialty care (women's health, transgender care, chronic disease mgmt, behavioral health).
- Faster appointment wait times vs. outside providers.

Behavioral Health (Hannah Nunez)

- Same-day access integrated with medical visits.
- Universal mental health screening done at medical appointments.
- Connects employees & students to counseling, psychiatry, or other resources.

Counseling Services (Students)

- No waitlist for individual or couples counseling.
- Same-day crisis appointments free of cost.
- Staff may consult counseling services about student concerns.
- Jacks Care 24/7: CBT app, provider directory, Togetherall peer-support.

Health Promotion (Melissa Griffin)

- Preventative wellness programs for students (events, stress mgmt, sleep education, relationships, substance prevention).
- Programs: Paws Your Stress, Vector training, QPR suicide-prevention training (free).
- Live Well NAU: centralized online wellness hub.

Insurance & Student Options

- Campus Health does **not** accept HMO or Access.

- Student Health Insurance Plan (robust + low-cost).
- Louie Care discount plan available.

Campus Recreation (Chris Onst)

Membership & Facilities

- Open extensive hours; located in HLC.
- Membership via payroll deduction (\$18 per paycheck; lockers + \$2).
- Includes towel service & full facility access.

Fitness & Programs

- 60+ group fitness classes weekly (yoga, HIIT, Zumba, Pilates).
- Can bring fitness classes “on the road” to departments.

Intramurals

- Staff/faculty can join intramural teams; upcoming pickleball event.

Outdoor Adventures

- Gear rentals, bike repair shop, camping clinics, outdoor certifications (CPR, WFA/WFR).

Climbing & Challenge Courses

- Free climbing wall access w/ membership; belay training available.

Summer Camp

- Weekly summer camps for children with early drop-off & late pick-up.

Employee Assistance & Wellness – Winter Wellness (Cindy Soto Lopez)

- Winter affects routines, mood, energy, safety.
- Recommendations: morning sunlight, hydration before caffeine, morning movement, indoor exercise plans, balanced eating, social connection, consistent sleep.
- Encouraged use of EAW workshops & Winter Aerobic Challenge.

Announcements

Staff Showcase

- Scheduled for Jan 15 at Kitt Recital Hall; staff invited to present or perform talents.

Holiday Service Project – CASA for Kids

- Gift drive ongoing; drop-off Dec 8 at two campus locations.

Other Community Announcements

- Stitch & Sip warm clothing drive.
- Flagstaff Food Center holiday distribution volunteer call (Nov 25).
- Lumberjack Marching Band performing in Macy's Parade; staff encouraged to send support photos.

Closing

- Last public SAC meeting of 2025; next meeting Jan 15, 2026.