Choose Well

It’s Not Too Late!

There’s still time for caregivers and their spouses/ABRs to earn their Choose Well points. Participants need to reach level 4 before Nov. 15, 2019 to earn 100 percent of the 2020 health incentive. There are over 240,000 points available to earn over the course of the 2019 program year. Here are just a few of the higher bonus point-earning opportunities found in the programs section of your Choose Well account.

- 2,500 Points = Q4 Challenge: *Fall into Fitness*: Registration opened Oct. 4
- 10,000 Points = Health care or behavioral health provider visit form
- Up to 10,000 Points = On-demand learning series modules (2,500 each)
- 4,000 Points = My Pulse survey completion
- 2,000 Points = Flu shot or declination

How to check your progress

- **App**: Click on Program Details. You will see your point total and level completion in the circle. Click on *Boost Your Score* for details on ways to earn more points towards your incentive.
- **Website**: Look at the teal progress bar at the top of the main page. It will show the point total and what percentage of your health incentive you have earned.

Check Your Pay!

Make sure you are getting all your hours and differentials paid correctly on your paystub! Unfortunately, errors are common.

Membership Meeting Schedule

ONA membership meetings are held on the second Wednesday of every month. They are drop in and refreshments are provided!

The final 2019 meetings are scheduled on:

<table>
<thead>
<tr>
<th>Date</th>
<th>Time</th>
<th>Location</th>
</tr>
</thead>
<tbody>
<tr>
<td>Nov.13</td>
<td>6:00 — 8:30 p.m.</td>
<td>HCC8</td>
</tr>
<tr>
<td>Dec.11</td>
<td>6:00 — 8:30 p.m.</td>
<td>HCC8</td>
</tr>
</tbody>
</table>
Stay Involved in Your Union!

Contract bargaining may be complete but you can stay involved in ONA! We’re looking for nurses to serve on the following committees: Professional Nurse Care Committee (PNCC) and an ONA committee on grievances and contract enforcement. You can also make your voice heard and help your colleagues by becoming a union steward!

Want to Be A Member of PNCC?
Are you passionate about improving nurse practice issues? PNCC would be a great committee for you! The PNCC is a committee comprised of direct care nurses and has many important responsibilities within the hospital.

One of the most important duties of this committee is to review professional practice issues, make recommendations to management, and help put systems in place to improve the safety or practice of nursing. Some of the other duties include reviewing staffing concerns/complaints that aren’t approved, and working with management to review any proposed changes to floating requirements. This committee is important in addressing practice concerns in the workplace and needs strong nurse leaders. This is a paid committee per Article 21 of your ONA contract. The hospital will pay up to 8 nurses for two hours each month.

The next PNCC meetings will be held every fourth Tuesday of the month as follows:

<table>
<thead>
<tr>
<th>Date</th>
<th>Time</th>
<th>Location</th>
</tr>
</thead>
<tbody>
<tr>
<td>Nov. 26</td>
<td>4:00—6:00 p.m.</td>
<td>HCC8</td>
</tr>
<tr>
<td>Dec. 24</td>
<td>4:00—6:00 p.m.</td>
<td>HCC8</td>
</tr>
<tr>
<td>Jan. 28, 2020</td>
<td>4:00—6:00 p.m.</td>
<td>HCC8</td>
</tr>
</tbody>
</table>

Become a Unit Steward!
We fought hard for our new contract, and now we must make sure it's enforced! Our contract works better when we have union members who know how to read and use the document. That’s where unit representatives and stewards come into play in a big way. ONA unit representatives and stewards answer basic questions about our contract, educate colleagues about their rights, update your unit’s bulletin board, attend meetings with colleagues, and advocate for improvements on the unit. Every unit and every shift should have at least one unit representative or steward. There’s no such thing as too many! Let us know if you are interested and we will notify you of the next unit steward training!

For more information on these committees, please email ONA labor representative Jaime Newman Newman@OregonRN.org.

SAVE THE DATE!
ONA Convention and House of Delegates
May 18-19, 2020
Portland, OR

The convention’s theme is "Rising Up Together" and will feature sessions on professional development, nursing practice and workplace issues, as well as topics critical to ONA’s strategic plan including equity and inclusion.

Registration opens in November