

Healthcare Cost Containment Committee Minutes
February 4, 2015
3:30 p.m. to 5:00 p.m.

Attendees: Teresa Porter Cascadden, Sandi Eherenman, Karen Bonin, Shawn Croteau, Sue Robinson, Debie Clayton, Bill Byron, Linda Hastings, Rachel Schneider, Christine Soucy, Nick Coler, Marge Chiafery, Kim Demaso, Carolyn Belfiore, Marsha McGill

1. Approval of January 14, 2015 Minutes

Kim DeMaso moved (seconded by Sandi Eherenman) to approve the January 14, 2015 minutes.

The motion passed 9-0-3 with Sue Robinson, Sandi Eherenman, and Christine Soucy abstaining. Not all members were present during the vote.

2. Health Assessment Participation

a) Rate for January

Bill Byron reported a 36.2% participation rate for January 2015.

Employees want to learn more about these health topics: weight management, nutrition management, cholesterol management, healthy back program, women's menopause health and blood pressure management.

b) Percentage Target for Calendar Year 2015

Bill Byron reported a decline in participation for all member groups over time.

The committee recommended the following suggestions to the HealthTrust for the 2016 Slice of Life program.

- Promote a January through March window for completing the Personal Health Assessment Survey.
- Promote a March through May window for dependents attending college.

Marge Chiafery suggested that a future agenda item may be other recommendations on how to promote current HealthTrust programs with the goal to increase participation.

The committee set 66% as the goal for the personal health assessment participation rate for 2015 which is the average of the last four years.

c) Promotion Strategies for February

- Continue to utilize the yellow post it pads creatively.
- Promote the fact that February is healthy heart month and tie it to reminders to complete the personal health assessment.
- Make a connection between winter safety and healthy backs.
- Inform individuals without computer access that they can use district computers during their work hours.

3. Health and Safety Academy Report

Christine Soucy attended a Health and Safety Academy sponsored by HealthTrust. She reported other districts used their health dollars from HealthTrust on physical activity challenges, blood pressure checks, 10K a day step challenge, fitness classes, Weight Watchers, H2O to go and stress reduction workshops. She was given information about a financial wellness program, Smart Shopper, Life Resources and the OnLife Health website.

The Smart Shopper program does not require 24 hour advanced notice for lab work. Encourage individuals to login to the Smart Shopper program and establish an account.

The variety of wellness programs created by HealthTrust will be placed on the district common drive for anyone to access.

4. Consideration for the Expenditure of \$1,000 from HealthTrust

The committee decided to give the \$1,000 from the HealthTrust to the District Wellness Committee to use toward a district-wide health initiative(s) with the recommendation that the program be eligible for individual reimbursement from the HealthTrust. One example might be a spring weight management program such as a Weight Watcher meeting on site consisting of two different start times to accommodate all staff.

Bill Byron informed the committee that individuals can be reimbursed for the Weight Watchers online program.

Rick Greenier will be invited to the March meeting.

5. Smart Shopper Tutorial

Debie Clayton highlighted the HealthTrust Smart Shopper Tutorial. She explained the major difference in the 2015 program is that the Smart Shopper login is through HealthTrust rather than Compass. All individuals are required to register as new users.

Debie Clayton reviewed the 2014 Compass Smart Shopper Report. She highlighted the following:

- The percentage of all claims that were redirected to a lower-cost location was 3.4%.
- The actual savings to the District was \$48,850.
- The potential savings could have been as much as \$880,863 if everyone who shopped went to the most cost effective location.
- Providers want to be on the shopping list.

Debie Clayton would like to present quarterly Smart Shopper reports in the future.

2014-2015 School Year Meeting Dates

Meeting Date	Refreshments
March 11, 2015	Linda Hastings and Davis Powell
April 1, 2015	Marsha McGill and Teresa Porter Cascadden
May 6, 2015	Marge Chiafery and Sandy Swanson
June 3, 2015	Debie Clayton and Bill Byron