

Healthcare Cost Containment Committee Minutes

April 1, 2015

3:30 p.m. to 5:00 p.m.

Attendees: Teresa Porter Cascadden, Karen Bonin, Shawn Croteau, Sue Robinson, Debie Clayton, Linda Hastings, Christine Soucy, Nick Coler, Marge Chiafery, Kim DeMaso, Bill Byron, Carol Smith, Carolyn Belfiore, Sandi Eherenman, Marsha McGill and Rick Greenier

Guest: Ashley Brigham, a registered dietitian for HealthTrust

1. Approval of March 11, 2015 Minutes

Nick Coler moved (seconded by Sandi Eherenman) to approve the March 11, 2015 minutes as amended.

The motion passed 11-0-2 with Sandi Eherenman and Carolyn Belfiore abstaining. Not all members were present for the vote.

2. Health Assessment Participation

- a) Rate for March
 - Bill Byron reported a 48.7% participation rate for March 2015. Thirty-three percent (33%) is the current average of the entire HealthTrust membership.
- b) Promotion Strategies for April
 - Fitness and Nutrition Workshops will be held at Merrimack Middle School and James Mastricola Elementary School.
 - The Colorful Choices Awareness Campaign will begin April 6.
 - Merrimack High School health awareness posters display an April Showers theme.
 - Tufts University Newsletter
 - 10,000 steps a day incentive at Merrimack Middle School

3. Focus on Nutrition

Bill Byron reported the Health Assessment survey results revealed that participants chose a nutrition element in the top five topics of interest.

Ashley Brigham, a registered dietitian for the HealthTrust highlighted the Colorful Choices pilot program at the HealthTrust office last year.

Christine Soucy announced there is a Healthcare Cost Containment Committee folder on the district common drive. The Colorful Choices and Hearth Healthy campaigns are two of many other programs. She suggested representatives explore the folder for fun initiatives for staff.

Marge Chiafery asked all representatives to explore the Healthcare Cost Containment Committee folder on the common drive prior to the May meeting.

Bill Byron provided a description of the wellness room at HealthTrust. The private room contains a scale, BMI chart and resources. He explained that individuals prefer independent activities.

Rick Greenier is utilizing the area near a copy machine for posting health information.

Teresa Porter Cascadden asked if there were funds for buildings to use for health initiatives between April and the end of the school year.

Marge Chiafery responded that HealthTrust gave the district \$1,000 to use for health initiatives during the 2014-12015 school year. The Healthcare Cost Containment Committee requested the District Wellness Committee decide how to spend the money.

Rick Greenier explained that it was difficult for the District Wellness Committee to decide how to spend the HealthTrust rewards in such a short period of time. He asked committee members to provide him with suggestions. Each school has different needs.

Suggestions

- Purchase fruit, books, pedometers, blood pressure cuffs and/or scales.
- Conduct fast and inexpensive cooking demos by the Dig In Group or provide health coaches or webinars.

Rick Greenier asked Ashley Brigham if she had any resources for healthy food choices while on the run.

Ashley Brigham highlighted the Back to School Nutrition webinar which could also be offered as an on-site presentation.

4. Guaranteed Health Insurance Rate for 2015-2016

Debie Clayton explained during the month of October the HealthTrust Board of Directors set the Guaranteed Maximum Rate (GMR) for insurance increases. The Board of Directors revisited that rate in March. She reported the rate for the Merrimack School District is 4.4% for the 2015-2016 school year.

Marge Chiafery asked Debie Clayton for prescription utilization costs for consumerism purposes. and for program offerings.

Debie Clayton reviewed the Current Benefit Renewal options.

5. Future Topics:

- SmartShopper report (May)
- Creative publicity to help increase participation in wellness programs (May)
- Stewardship report (June)
- Overview of the 2016 Slice of Life Program

Sandi Eherenman asked if HealthTrust would consider implementing a monetary incentive for individuals who complete their Health Assessment Survey in January, February and March.

Bill Byron offered to share ideas to entice individuals to complete their Health Assessment survey during the first three months of the calendar year.

Ashley Brigham reported one district matched the \$75 per survey as an incentive.

Bill Byron offered to relay suggestions for refinements to programs already in place to HealthTrust for consideration in the 2017 program.

Bill Byron reported that OnLifeHealth is working on an application that will coordinate with existing applications and connect to points. He noted that many HealthTrust partnerships are considering applications as well.

Rick Greenier noted that stability balls for sitting are becoming popular. The balls increase stability and burning calories.

Sandi Eherenman suggested a loaner closet concept be considered for health resources and equipment.

Linda Hastings expressed interest in visiting the HealthTrust resource room.

Marge Chiafery asked representatives to bring ideas for how to spend reward funds acquired from HealthTrust at the May meeting. The money needs to be expended before the end of June. Rick Greenier and the Wellness Committee welcome help given the short notice.

Bill Byron suggested that a spending plan be known in October for the 2015-2016 money.

The meeting adjourned at 4:50 p.m.

2014-2015 School Year Meeting Dates

Meeting Date	Refreshments
May 6, 2015	Marge Chiafery and Sandy Swanson
June 3, 2015	Debie Clayton and Bill Byron