

## **Healthcare Cost Containment Committee Minutes**

**June 3, 2015**

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

**Attendees:** Carolyn Belfiore, Karen Bonin, Bill Byron, Marge Chiafery, Debie Clayton, Kim DeMaso, Sandi Eherenman, Linda Hastings, Teresa Porter Cascadden, Davis Powell, Sue Robinson, Rachel Schneider, Carol Smith, Christine Soucy, Rick Greenier

**Guests:** Max Puyanik, Co-founder and Co-CEO of Convenient MD Urgent Care and Ben Collins, Marketing and Communications for Convenient MD Urgent Care.

### **1. Welcome Convenient MD Urgent Care Representatives**

Marge Chiafery introduced Max Puyanik and Ben Collins.

### **2. Approval of May 6, 2015 Minutes**

Carol Smith moved (seconded by Carolyn Belfiore) to approve the May 6, 2015 minutes.

The motion passed 12-0-2 with Kim Demaso and Sandi Eherenman abstaining.

### **3. Health Assessment Participation**

#### **a) Rate for May**

Bill Byron reported a 52.7 % health assessment participation rate for May 2015 compared to the average HealthTrust membership rate of 36.7%. The Merrimack School District has the highest participation level within the HealthTrust membership. Dependents age 18-26 years should be encouraged to complete the survey. Approximately 182 individuals need to complete the survey in order to meet the committee's goal of 66%. The cut-off date to receive the biometrics incentive is November 30, 2015.

Carol Smith sent out a reminder to the high school staff highlighting the Slice of Life incentives.

Marge Chiafery informed the committee members that staff will receive the annual June survey via email. She emphasized that the June survey has been valuable in the past when determining what types of workshops to offer and grant applications.

#### **b) Promotion Strategies for June**

The promotion strategies for June will be addressed under the stewardship agenda item.

### **4. Stewardship Report**

Debie Clayton reviewed the Stewardship Executive Summary which was very similar to last year. She reported the rate for annual well visits to the doctor was 52.8%. She reviewed medical claims, prescription claims and prescription type and cost. The five most common reasons for

doctor visits are preventative care, cancer, osteoarthritis, joint disorders and spinal/back disorders.

Bill Byron reported that 52% of the life style claims were for osteoarthritis, cancer and cerebrovascular disease.

Recommendations for promoting preventative screening to staff include:

- Promote conversations about preventative screenings.
- Promote Health Assessment and biometric health screening opportunities.
- Encourage communication between the District Wellness Committee, Health and Safety Coordinators and the Health and Safety Advisor, Bill Byron.
- Provide staff with a Smart Shopper program demonstration.

Suggestions for future health management promotions:

- Promote the blood pressure awareness campaign.
- Contact the Life Resources Representative (Jen) to work with supervisors at the schools.
- Promote a tobacco cessation campaign to include dependents and retirees.
- Offer medical consumerism workshops throughout the year.

## **5. Overview of Slice of Life Program for 2016**

Bill Byron reported few modifications to the 2016 Slice of Life Program. He will review those changes in September.

## **6. Outreach by Convenient MD Urgent Care**

Marge Chiafery explained that Ben Collins and Max Puyanic from Convenient MD Urgent Care were interested in establishing an alignment with the School District. Ben and Max attended a leadership team meeting followed by a tour of the Convenient MD Urgent Care facility in Merrimack. Convenient MD Urgent Care is interested in providing healthcare representation at future Merrimack Safeguard Committee meetings.

Max Puyanic explained that Convenient MD Urgent Care processes invoices similar to a physician's office. The cost of a \$1,000 hospital emergency room visit would be equivalent to \$550 at a hospital urgent care facility compared to under \$200 at Convenient MD Urgent Care.

The cost of a co-payment for an office visit at Convenient MD Urgent Care is the same cost as at a physician's office. Convenient MD Urgent Care delivers quality care and is open 9:00 a.m. to 9:00 p.m. seven days a week. No appointment is needed.

Convenient MD Urgent Care would like to partner with school nurses to get a better understanding of the healthcare needs in the community and to provide professional development for the nurses.

Convenient MD Urgent Care can provide free services to patients who do not have health insurance and will provide free immunizations for students.

## 7. Future Meeting Dates/Hospitality

The September meeting will be held on Wednesday, September 16. The remaining meeting dates will be determined at the September meeting. Sandy Swanson and Marge Chiafery will provide refreshments for the initial meeting.

## 8. Other

Marge Chiafery thanked Sandi Eherenman for her many years of service on the committee and wished her well in retirement. Karen Hammes, nurse at Merrimack High School will be Sandi's replacement on the committee.

Carol Smith reported that she used the high school's portion of the wellness incentive award to purchase ingredients for smoothies and raffle prizes such as sunscreen and bug spray to be issued at the end-of-year barbeque.

Rick Greenier, District Wellness Chairman reported that most schools planned to use the wellness incentive award for a healthy lunch or equipment or for items for a relaxation room.

The meeting adjourned at 5:00 p.m.

## 2015-2016 School Year Meeting Dates

Meeting Date	Refreshments
September 23, 2015	Sandy Swanson and Marge Chiafery
October	
November	
December	
January	
February	
March	
April	
May	
June	