

Healthcare Cost Containment Committee Minutes
December 5, 2012
3:30 p.m. to 5:00 p.m.

Attendees: Carolyn Belfiore, Debie Clayton, Karen Bonin, Marge Chiafery, Ray Blank, Christine Soucy, Sandi Eherenman, Sharon Putney, Sue Robinson, Bob Gidari, Kim DeMaso, Linda Hastings, Marsha McGill, George Markwell

1. Approval of November 7, 2012 Minutes

The November 7, 2012 minutes were accepted as amended 12-0-1 with Linda Hastings abstaining. Not all members were present at this time.

The November minutes will be placed on the district's web site by the end of the week.

2. HEAL Award Presentation

Sue Robinson reviewed the application process for the Healthy Eating and Active Living (HEAL) award. She explained the incentive behind the application was the \$500 prize. Thorntons Ferry Elementary staff created a colorful healthy foods brochure for students but didn't have money to reproduce enough color copies for all students. The \$500 prize would pay for that expense.

Christine Soucy shared display boards created for the HEAL Conference. She highlighted the variety of ways Thorntons Ferry Elementary School supports wellness efforts for staff, students, parents and the community.

Sharon Putney reported on behalf of Principal Bellemare wellness efforts have been widely accepted throughout the school. Children are eating healthy snacks and lunches.

3. Health Assessment Participation Rate for November and Marketing Thrust for December

Marge Chiafery reported on behalf of Tim Parsons that the Health Assessment participation rate for November was 62.46%.

The following recommendations were made to increase percentage rates for Health Assessment Survey participation.

1. Use December faculty meetings to announce that Friday, December 14 is the last day to complete the 2012 Health Assessment survey. Faculty meetings that occur after December 14 can be used to promote the completion of the 2013 Health Assessment survey.
2. Ask Mark Merrifield to put a reminder for staff to complete the 2012 Health Assessment survey on the District's web page before December 14.

Bob Gidari reported that he highlighted the Health Assessment deadline at the Reeds Ferry faculty meeting on December 3rd.

Representatives from Thorntons Ferry Elementary and James Mastricola Elementary Schools plan to promote the 2013 Health Assessment survey at their December faculty meetings.

Representatives from the upper elementary school will continue to approach individuals.

The high school is having a faculty social on December 12th rather than a formal faculty meeting.

4. School District Participation in the Local Government Center Health and Safety Coordinator Academy and Its Benefits

Marge Chiafery announced that the Local Government Center (LGC) has introduced a new Health and Safety Coordinator Academy opportunity which the school district will pursue. If the District participates in the Academy, it would be one of thirteen sites eligible to be a biometric screening site. Enrollees who submit screening results upon completing the 2013 Health Assessment Survey will receive a \$50 check. Committee members agreed that the District should participate in the Health and Safety Coordinator Academy.

The biometric screening will be held on April 9, 2013 (a teacher workshop day) at Merrimack High School in the cafeteria during the school day. The biometric screening will be open to all Local Government Center enrollees.

Marge Chiafery noted that the workshop day will be orchestrated in such a way that all school staff who register can participate in the biometric screening.

Participation in the Health and Safety Coordinator Academy will provide the district with a \$500 incentive. Christine Soucy, the district's representative will attend the Health and Safety Coordinator Academy conference in January and report back to the committee about her experience.

Kerry Horne of the Local Government Center is available to assist with publicity efforts.

5. Focus on Changes to Slice of Life Program for 2013 and Marketing Thrust for January

Committee members reviewed an overview of the 2013 Slice of Life Program.

- **Use the Online Health Live On web portal. Individuals will have an opportunity to win one of ten \$1,000 gift cards to be raffled off quarterly.**

Question: What is an activation kit? Post the envelope on bulletin boards for recognition.

Question: Can Tim Parsons bring ten activation kits to a meeting for representatives to display?

Comment: Send out an email to staff on January 2nd reminding them to watch their home U.S. mail for activation.

Question: When will the activation kit be mailed out?

Question: How do people earn life points?

- **Regional Biometric Health Screenings (\$50):**

Question: Can participants change their biometric information in April if they already completed the Health Assessment?

Comment: An April biometric assessment will allow individuals to either add or amend information to their completed Health Assessment Survey.

- **Health Awareness – Physical Activity Classes and Self-Reported Physical Activity (\$100):**

Comment: Provide specific examples of physical activity classes.

- **Health Awareness – Lifestyle Classes (Non-Physical Activity) (\$100):**

Comment: Provide specific examples of non-physical activities.

Individuals expressing negativity about the decrease in Health Awareness incentive amounts should be informed that the Merrimack School District does not control the program. The Local Government Center’s governing board decided to designate the funds for targeted programs. Inform staff that private businesses do not offer monetary incentive programs for their employees.

- **Dependents under 18 – Lifestyle (Non-Physical Activity) and Physical Activity Classes (\$200):**

Comment: Provide a list of physical activities and non-physical activities.

- **Future Moms’ Program:**

Comment: This is a group that can be targeted as each expectant enrollee prepares to take maternity leave from the district.

- **Preventative MD Visits:**

Question: Explain how to use the portal.

- **Live On Portal Usage:**

Question: How is portal time converted into Life Points?

Question: Can portal time be demonstrated at a faculty meeting?

- **Life Point Incentives:**

Question: Explain Life Point Incentives.

6. **Reconsideration of January Meeting Date**

The committee agreed to change the January meeting date from January 2nd to January 8th. Marsha McGill stated that she had a conflict and would not be in attendance. Sandy Swanson will reserve the conference room.

Marsha McGill and Linda Hastings volunteered to bring refreshments for the January 8th meeting.

Debie Clayton announced that CVS will administer free flu shots to individuals who are covered under the District's health insurance plan. Individuals should be prepared to show their medical insurance card.

2012-2013 School Year Meeting Dates

Meeting Date	Refreshments
January 8, 2013 (Tuesday)	Marsha McGill and Linda Hastings
February 6, 2013	Carolyn Belfiore and Kim DeMaso
March 6, 2013	George Markwell and Sandy Swanson
April 3, 2013	Sandi Ehrenman and Susan Robinson
May 1, 2013	Marge Chiafery
June 5, 2013	Debie Clayton and Tim Parsons