

**Healthcare Cost Containment Committee Minutes**  
**January 6, 2016**  
**3:30 p.m. to 5:00 p.m.**

**Attendees:** Karen Bonin, Bill Byron, Marge Chiafery, Debie Clayton, Nick Coler, Kim DeMaso, Rick Greenier, Karen Hammes, Linda Hastings, Marsha McGill, Teresa Porter Cascadden, Sue Robinson, Rachel Schneider, Carol Smith, Christine Soucy

**1. Approval of December 2, 2015 Minutes**

Carol Smith moved (seconded by Nick Coler) to approve the December 2, 2015 minutes.

The motion passed 12-0-1 with Sue Robinson abstaining. Not all members were present during the vote.

**2. Health Assessment Participation**

a) Rate for December was 56.5% (57%)

The participation rate for December was 56.5% rounded up to 57%.

b) Establish PHA Percentage for 2016

The committee set 60% as the goal for the personal health assessment participation rate for 2016.

c) Strategies for January

Continue to promote the Slice of Life program at faculty meetings. Bill Byron was asked if the dependent category could reflect the percentage rate for spouses and children.

Promote the new technology features to dependents. Directions for how to set up the HealthTrust application on devices and how to synchronize activity trackers is available.

Email staff the Slice of Life promotion material provided by HealthTrust during the month of January.

Continue to improve communication with retirees. It was noted that retirees receive a Slice of Life Newsletter specific for retirees. Many retirees do not have email or are reluctant to share an email address.

Bill Byron will provide an overview of the Slice of Life program to the custodians on February 22, 2016 at 1:00 p.m. The custodians will have access to computers and assistance if they want to complete the Personal Health Assessment.

Bill Byron will provide an overview of the Slice of Life program to office personnel at central office, special services, maintenance and food service on February 9, 2016 at 2:00 p.m.

d) Receipt of Check from HealthTrust

Bill Byron announced that the Merrimack School District received a \$100 check from the HealthTrust for having the highest portal use.

Sue Robinson moved (seconded by Carol Smith) to use the \$100 as an installment toward expenses for postage and stationery for the mailing(s) to retirees.

The motion passed 14-0-0.

**3. Final Preparation for Biometric Screening**

Bill Byron reported 93% of the time slots for the nine biometric screening stations have been scheduled. A tenth station will be used as a floater to accommodate any walk-ins and/or overflow from the other stations. Debie Clayton, HealthTrust Benefits Coordinator, Ashley Brigham, HealthTrust Registered Dietitian and a representative from SmartShopper will be in attendance.

**4. Empowering Employees to Engage in Their Own Healthcare**

In response to a request from the committee for more information on healthcare consumerism, Bill Byron presented a workshop entitled, Empowering Employees to Engage in Their Own Healthcare.

Marge Chiafery suggested that building representatives may want to find creative ways to highlight parts of his presentation to staff in their respective schools.

**5. Other**

Rick Greenier announced the availability of the district wellness calendar. It is a work in progress.

Linda Hastings explained she is not able to offer the Better Body System on school property or as an adult education class because she is not a nutritionist, there is potential liability to the district and there could be a conflict of interest. She asked committee representatives to inform staff that she will not be presenting this program at faculty meetings. It was noted that the Better Body System does not qualify for the Health Awareness Program reimbursement of \$100 from HealthTrust.

Debie Clayton announced a two-year delay in the Cadillac tax from Jan 1, 2018 to Jan 1, 2020. The thresholds will be adjusted in 2020.

Committee members expressed interest in learning more about the Site of Service insurance plan. This will be discussed in February.

The meeting adjourned at 4:55 p.m.

**2015-2016 School Year Meeting Dates**

<b>Meeting Date</b>	<b>Refreshments</b>
February 3, 2016	Kim DeMaso/Carolyn Belfiore
March 9, 2016	Shawn Croteau/Karen Bonin
April 6, 2016	Teresa Porter Cascadden/Marsha McGill
May 4, 2016	Linda Hastings/Davis Powell
June 1, 2016	Debie Clayton/Bill Byron

