

Healthcare Cost Containment Committee Minutes

January 8, 2013

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

Attendees: Carolyn Belfiore, Debie Clayton, Karen Bonin, Marge Chiafery, Christine Soucy, Sandi Eherenman, Sharon Putney, Sue Robinson, Bob Gidari, Kim DeMaso, Linda Hastings, George Markwell, Linda Murgo, Tim Parsons, Linda Freeman

Guest: Carrie Cruess, Account Manager from Onlife Health, Inc.

1. Introduction of Carrie Cruess from Onlife Health

Tim Parsons introduced Carrie Cruess, Account manager from Onlife Health, Inc. Tim Parsons and Carrie Cruess met with Linda Hastings to collect the District's demographics in preparation for staff and administrator focus group meetings. Onlife Health will produce a report for the district that contains recommendations for future planning.

2. Review Dates/Plans for On the Mark Assessment

The dates for the On the Mark Assessment will be February 6 and 7, 2013.

Representatives will inform the faculty about the On the Mark Assessment by sharing and posting the pink handout between now and February.

The Merrimack School District is one of two Local Government Center member organizations in the state that was chosen to participate in the OntheMark Assessment.

Merrimack School District will be listed as a regional biometric site. Biometric screenings will be performed on April 9 between 8:00 a.m. and 4:00 p.m.

3. Health Assessment Participation Rate for December 2012 and Targeted Goal for 2013

Individuals covered under the District's health insurance who complete the online Health Assessment Survey will receive \$75 from the Local Government Center. Those same individuals can submit their biometric screening data at a later date and receive an additional \$50 from the Local Government Center.

Tim Parsons reported the personal health analysis completion rate for the Merrimack School District for the year 2012 was 64%. The committee's goal for 2012 was 79%. The committee hopes to achieve a 70% completion rate for calendar year 2013. Tim Parsons announced that there will be a \$500 incentive for the district with the highest personal health analysis completion rate in 2013.

Tim Parsons or Carrie Cruess will provide Linda Hastings with the list of usernames and keycodes in an effort to assist individuals who have misplaced their Slice of Life material.

Debie Clayton will be available to answer insurance-related questions the day of the biometric screening.

It was suggested that a link be added to the intranet web page directing individuals to biometric screening sign ups.

Carrie Cruess will investigate whether or not the retirees were instrumental helping the District achieve the additional 2% on the Personal Health Analysis Survey.

4. School District Medical Trends

Debie Clayton distributed the Merrimack School District Cost and Utilization Summary Executive Report for 2011-2012.

The top five major practice category classifications for the District are orthopedics and rheumatology, malignant neoplasm, cardiology, gastroenterology and preventive and administrative resulting in approximately 47.9% of employer cost.

Debie Clayton distributed the Merrimack School District Prescription Drug Claims Executive Summary for 2011-2012. The Healthcare Cost Containment Committee promoted mail order prescriptions before mail order prescriptions were required by the insurance company.

Life style and behavior changes can result in lower insurance and prescription costs. The OntheMark Assessment will support behavior and life style changes.

The committee determined it needed time to review and process information contained in both Executive Summaries.

5. 2013 Slice of Life Program Questions

Question: What is the Activation Kit?

Answer: The activation kit is the white envelope containing information from Onlife Health.

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

Answer: Yes.

Question: When will the activation kits be mailed?

Answer: The activation kits will be mailed by January 12, 2013.

Question: How do individuals earn Life Points?

Answer: Individuals earn Life Points by going to www.onlifehealth.com and by completing a health assessment, participating in biometric screening, contacting a health coach, completing health coaching program, completing a self-directed course and/or a self-directed lesson activity, fulfilling a coach-recommended activity and completing a preventative doctor visit. Each quarter the Life Points will be reset to zero. For each 200 Life Points earned individuals will be eligible for one entry into a sweepstake.

Question: How do I get to the Onlife portal?

Answer: Go to www.onlifehealth.com. The login information is the same as for the assessment survey.

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

Answer: Yes. The April biometric screening will allow individuals to either add or amend information to their completed Health Assessment Survey.

Question: What are examples of physical activity classes?

Answer: Examples of physical activities are aerobics, aqua aerobics, body sculpt, boot camp, forever fit seniors, karate, kickboxing, Pilates, self-reported physical activity and swimming.

Question: What are examples of non-physical activities?

Answer: Examples of non-physical activities are CPR/first aid, defensive driving, driver safety, healthy cooking, anxiety and stress management, one-on-one nutrition counseling, parenting/Lamaze classes and Weight Watchers.

Question: What are examples of eligible activities for dependents under 18?

Answer: Examples of activities for dependents under 18 are babysitting classes, dance classes, diabetes education classes, CPR/First Aid, fit and healthy kids, gymnastics classes (no teams), karate classes, sports clinics and swimming.

Question: What is the Future Moms' Program?

Answer: The Future Moms' Program is for expectant mothers. Participants can enroll at any time. Participants must complete six consultation calls to receive a Babies R Us gift card.

Question: Explain how to use the portal for Preventative MD visits.

Answer: The portal can be demonstrated at a future faculty meeting.

Question: How is portal time converted into Life Points?

Answer: Life Points are based on the number of opportunities utilized, not the amount of time spent pursuing the opportunities.

Question: Explain Life Point Incentives.

Answer: Individuals can earn one entry for each 200 Life Points earned. Onlife will notify sweepstakes winners.

6. Approval of December 5, 2012 Minutes

Sandi Eherenman moved (seconded by Carolyn Belfiore) to accept the December 5, 2012 minutes as amended.

The December 5, 2012 minutes were accepted 12-0-2 with Tim Parsons and Linda Hastings abstaining.

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

7. Other

The OntheMark Assessment is scheduled to take place on February 6 and 7, 2013. Tim Parsons will report some findings of the On the Mark Assessment at the next Heathcare Cost Containment Committee meeting.

Tim Parsons will demonstrate the process to access the portal at the February meeting.

Sandy Swanson will reserve the necessary equipment from the high school library.

Important information to share with staff:

1. End of quarter dates
2. Individuals have 60 days after the completion of a class/training to submit a Class/Training Reimbursement Request Form.
3. Individuals can not be reimbursed for gym memberships. Self-reported trips to the gym can be recorded on the Self-Reported Physical Activity Request Form.

2012-2013 School Year Meeting Dates

Meeting Date	Refreshments
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 and
June 5, 2013	Debie Clayton and Tim Parsons