

Healthcare Cost Containment Committee Meeting
MHS – Main Office Conference Room
Wednesday, March 2, 2016
3:30 p.m. – 5:00 p.m.

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

1. Introductions

Sandy Swanson fell and broke her wrist.
Welcome to Mark Merrifield representing technology.

2. Approval of February 3, 2016 Minutes

Carol Smith moved to approve the minutes.
Sue Robinson - seconded the motion
Correction – Bill Byron recommended the Smart Shopper number be changed to 800-824-9127
The amended minutes were approved 14-0-0.

3. Health Assessment Participation – Bill Byron

a. Rate for February – 42%

He shared that Coaching statistics are discouraging. Only 19/1487 have participated, but he is pleased with 11% increase in Assessment participation. Marge Chiafery asked how many points you would receive for participating in the Coaching program. Bill responded about 5, but other points are available once you participate in Coaching. Marge Chiafery asked what inhibits people from participating. Carol Smith suggested some people may not be interested in having to go online. Debie Clayton shared that she uses an application on her phone and that it is always available. Carolyn Belfiore has had friends ask how to stop a health coach from emailing. Bill asked to have them contact him with their concern.

Sue Robinson asked about the point structure for Coaching. Should it be more? Carol Smith suggested a monetary compensation.

Bill Byron shared that all monetary compensation comes from member funds. This directly relates to premiums. Bill Byron shared that podcasts are available to learn about programs. Each is about a minute to 1.5 minutes. Nick Coler shared that the application is the easiest way to use the program. Bill Byron also shared that they have automated messaging through the Always-on App. We will revisit this at the April meeting, so talk with colleagues in the individual buildings for input.

b. Strategies for March – Mark Merrifield is here to help the committee with the technology component for ease of use. Teresa Porter Cascadden asked about using the district application so it will be easy for staff to access. Mark shared that the district application is geared to parents, not staff. Teresa asked about the Employee Portal. Mark shared that this is a possibility. Christine Soucy shared that the HealthTrust icon is already on the Portal. Rick Greenier shared that information could be linked to the Wellness site. Teresa asked if there could be a specific application for staff that is not linked to parents. Mark shared that he could explore this type of application. Sue Robinson shared that she represents retirees, and they do not have access to the teacher tool box. Is there a way to include these retirees? Kim DeMaso asked about custodians without email addresses. Is there a way to give them access? Mark shared that they do not have email addresses in the District. Kim asked if they could be assigned addresses. This will be

considered. Additionally, kitchen workers do not have email addresses. Mark will take all of the suggestions under consideration and return at a later date to respond. Mark asked about the podcasts. Bill Byron shared that these are quick minutes to share information with members. Many committee members have not seen these podcasts.

Strategies for March: Conversations with staff about coaching and podcasts. Kim shared that she has made a “mirror” for the custodial kitchen to remind them of important information about healthcare.

4. Safety and Health Academy Report – Christine Soucy, Teresa Porter Cascadden, Rachel Schneider

Money allotments for each school are listed on the back of the agenda. The Wellness Committee oversees these funds for each building. Christine Soucy passed out talking points from the Wellness Coordinator Academy. She reviewed the talking points. She shared the importance of Single Sign-on to access services, benefits from points, points for dental cleanings, iPod mini raffle, and the 200 life point incentive for completing the Health Assessment by the end of March. Christine also shared information about Fitness Fairs. Reeds Ferry Elementary School holds a yearly Fitness Fair. Committee members discussed how a Fitness Fair could be a one-stop-shopper opportunity for District staff to complete the Health Assessment, biometrics and learn about programs. Marge has asked committee members to walk away and come back to discuss the possibility of a subcommittee to organize a Fitness Fair. Christine also shared a new program called Livehealthonline. This is a doctor consult online that is available 24/7 for the cost of a co-pay. HealthTrust is also considering Kiosks available for members to use at the different member sites. Christine also shared her report about how Merrimack has spent the money they have received from HealthTrust at the Academy. Teresa and Rachel also shared their experiences at the Academy. Marge asked committee members to take the talking points back to the respective buildings and share. She also asked Rick Greenier to take the information back to the District Wellness Committee and to discuss how the new funds might be spent. An accounting of the way the district spent funds needs to be submitted to HealthTrust yearly for auditing purposes. Debie Clayton shared that Derry holds a fair yearly and it might be nice to have representatives from Merrimack attend their fair on May 12 at West Running Brook School from 2:00 p.m. to 5:00 p.m.

5. Slice of life Presentation for Office Personnel and Custodians – Kim DeMaso, Bill Byron

Presentations were held on February 9 and February 22. Bill Byron shared his experience. Thirty-one Merrimack custodians attended.

6. Utilization of Funds Received from HealthTrust

A check for \$1,500 was received from HealthTrust for Christine Soucy, Rachel Schneider and Teresa Porter Cascadden attending the Safety and Health Academy. Representatives on the District Wellness Team will determine how it should be expended. The following list represents the apportionment for each school.

MES	\$183.21	100-300-18-8611-11
RFS	\$232.44	100-300-18-8611-12
TFS	\$182.05	100-300-18-8611-13
JMUES	\$227.87	100-300-18-8611-18
MMS	\$237.03	100-300-18-8611-21
MHS	\$437.40	100-300-18-8611-31

7. Future Topics for Training

Bill Byron will provide information on how to access a podcast, HealthTrust applications and Livehealthonline.com with the committee.

The committee discussed possible sites for the district's next Biometrics screening for example the Merrimack Youth Association (MYA) building or the high school exercise room.

Debie Clayton asked to be on the April agenda to revisit the district's health insurance rate.

Rick Greenier shared the Color-A-Thon event scheduled for Friday, June 3, 2016 at Wasserman Park. The K-4 Merrimack Elementary Schools will participate.