

Healthcare Cost Containment Committee Minutes

March 6, 2013

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

Attendees: Sandi Eherenman, Debie Clayton, Marge Chiafery, Carolyn Belfiore, Ray Blank, Sue Robinson, Kim Demaso, Linda Murgo, Karen Bonin, Linda Hastings, Christine Soucy, Marsha McGill

1. Approval of February 6, 2013 Minutes

Carolyn Belfiore moved (seconded by Karen Bonin) to approve the February 6, 2013 minutes.

The motion passed 7-0-4 with Linda Hastings, Christine Soucy, Ray Blank and Carolyn Belfiore abstaining.

2. Health and Safety Coordinator Academy Experience

Christine Soucy attended a Health and Safety Coordinator Academy in January. She reported that Merrimack was further along with promoting the OnLife Health Assessment Survey, the biometric screening, the health coaching program, and the reimbursement for physical and non-physical activities than many of the districts represented at the event. There is a \$250 incentive from the Local Government Center to the district with the largest number of Health Assessments completed prior to April 1, 2013. Ten sweepstakes cards will be given out randomly to individuals on a quarterly basis.

The Merrimack School District will host a regional biometric screening on April 9th at Merrimack High School. April 9th is also a teacher workshop day.

Marge Chiafery reported that the \$500 check from the Local Government Center for Christine Soucy completing the Academy was formally received by the School Board on February 18, 2013. The money is to be used for wellness initiatives within the district.

It was suggested that the District maintain a wellness calendar for sharing district wellness activities with all employees.

Building representatives will remind individuals to complete the Health Assessment before the end of March.

Ways to Promote the Completion of the Health Assessment:

- Explain that the District is striving to win the \$250 incentive from LGC for the most Health Assessments completed by the end of March. A \$250 incentive added to the recent check in the amount of \$500 could result in \$750 for wellness initiatives district wide. An additional 141 individuals need to complete the Health Assessment to be on track with last year's goal.
- Place the acrylic stand-up frames containing Health Assessment information in a conspicuous place for staff to read.
- Kim Demaso will provide Health Assessment information to eligible food service employees.
- Distribute a district-wide email reminding individuals to complete the Health Assessment.
- Place Health Assessment posters in rooms where custodians eat their dinner.
- Provide custodians with computer access and help, if needed, during their work hours.

- An administrator/director should promote the Health Assessment to custodians and lunch workers.

Employees will be allowed to participate in the biometric screening during the workshop day and complete the Health Assessment during work hours.

Linda Hastings distributed an OnLife health flyer for posting on walls in buildings.

3. Health Analysis Survey Participation for February

The Personal Health Assessment completion rate for February is 45%, an increase of 15% from last month. 549 of 1216 Health Assessments have been completed.

9% (47 of 549) of eligible individuals are participating in the Health Coaching program.

56% (131 of 232) of retirees have completed the Health Assessment.

The On theMark Assessment report will be presented at the April or May meeting.

4. Focus for March to Increase Survey Participation

The focus for March will be to provide awareness about the committee's goals which are:

- a) to strive to win the \$250 incentive from LGC for the most Health Assessments completed by the end of March.
- b) to reach 70% completion rate for the Health Assessment by December 2013.

5. Formation of a Wellness Committee

Marge Chiafery distributed a list of the District-wide Wellness Committee members and a copy of the District's Wellness policy. She felt it would be beneficial for the District Wellness Committee and the Healthcare Cost Containment Committee to meet in the future. The two committees have overlapping goals.

Marge will present HEAL information to the District Wellness Committee and Healthcare Cost Containment Committee at a meeting of the two groups combined.

6. Other

The regional biometric screening will be held on Tuesday, April 9 from 8:00 to 4:00 p.m. in the cafeteria at Merrimack High School.

OnLife automatically collects a feed from Anthem to track OnLife points for procedures and physicals, etc.

2012-2013 School Year Meeting Dates

Meeting Date	Refreshments
May 1, 2013 at TFS	George Markwell and Marsha McGill
June 5, 2013	Tim Parsons and Debie Clayton