

Healthcare Cost Containment Committee Minutes

April 6, 2016

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

Attendees: Carolyn Belfiore, Karen Bonin, Marge Chiafery, Debie Clayton, Shawn Croteau, Kim DeMaso, Rick Greenier, Karen Hammes, Linda Hastings, Marsha McGill, Teresa Porter Cascadden, Davis Powell, Rachel Schneider, Carol Smith, Christine Soucy, Sandy Swanson

1. Approval of March 2, 2016 Minutes

Davis Powell moved (seconded by Karen Bonin) to approve the March 2, 2016 minutes as amended.

The motion passed 12-0-3 with Linda Hastings, Davis Powell and Karen Hammes abstaining. Not all members were present during the vote.

2. Health Assessment Participation

a) Rate for March

Bill Byron reported the Health Assessment participation rate for March was 51%. Another school district that had a 55% participation rate for the first quarter received the \$100 incentive from HealthTrust. The average participation rate within the HealthTrust membership is 33%.

b) Promotion Strategies for April

- Promote LiveHealth Online through Anthem
- Schedule a series of benefit presentations for staff
- Schedule Bill Byron to address staff at Merrimack High School and Thorntons Ferry Elementary School faculty meetings.

Karen Bonin reported that Bill Byron provided an OnLife Health demonstration in the computer lab where staff could ask questions while accessing the www.OnLifeHealth.com. Employees not covered by the district's insurance plan were able to participate in a stress management presentation by Life Resources Representative Jenn _____.

Bill Byron explained points issued by HealthTrust for dental cleanings, physical examinations and preventative screenings have a small time delay in being credited to a person's account.

The winner of the free iPad drawing was not from Merrimack.

The schedule for the biometric screening on April 21 from 2:00 p.m. to 6:00 p.m. at the John O'Leary Center is full. There will be one extra station to accommodate walk-ins.

3. 2016-2017 Health Insurance Rates

Debie Clayton reported the actual rate for health insurance is 4.5% compared to the 12.2% Guaranteed Maximum Rate (GMR) reported in October. The decrease in rates is due to more people utilizing SmartShopper, the older claims were most likely more expensive than the new claims.

4. Further Information Regarding Slice of Life Enhancements

Enhancements to the Slice of Life program include HealthTrust minute podcasts, webinars, forms, partners, tracking of points and tutorials for six different common diagnosis.

It was noted that many individuals who do not complete the Health Assessment have privacy concerns.

Bill Byron explained any future changes to the Slice of Life program will be introduced slowly. Many changes at one time are overwhelming.

Recommendations for future enhancements to the Slice of Life program were:

- Reinstate the sports practice credit for children.
- Consider disseminating the HealthTrust's Health Assessment survey every second or third year to avoid survey fatigue.
- Add another incentive in the place of survey.

5. Discuss Formation of a Subcommittee to Plan a District Fitness Fair

Rick Greenier (chair), Christine Soucy, Kim DeMaso and Linda Hastings volunteered to form a subcommittee to plan a district fitness fair. They will share fitness fair ideas and marketing incentive ideas at the June 1st meeting.

Linda Hastings can provide input on what worked and what did not work when the district hosted a benefits fair that had a low turnout.

It was suggested that the Town of Merrimack and the School District might combine efforts and have one fitness fair.

Debie Clayton advised against having a combined fitness fair with the town because of the variety of different benefits. She suggested community vendors be invited to participate in the fitness fair.

The next meeting is May 4th.

2015-2016 School Year Meeting Dates

Meeting Date	Refreshments
May 4, 2016	Linda Hastings/ Sandy Swanson
June 1, 2016	Debie Clayton/Bill Byron