

**Healthcare Cost Containment Committee Minutes**  
**September 11, 2013**  
**3:30 p.m. to 5:00 p.m.**

**Attendees:** Sue Robinson, Carol Smith, Sandi Eherenman, Carolyn Belfiore, Nick Coler, Tim Parsons, Marge Chiafery, Marsha McGill, Christine Soucy, Linda Hastings, George Markwell    **Guest:** Scott DeRoche

**1. Introduction of New Members and Guest**

Marge Chiafery introduced Carol Smith, a math teacher at Merrimack High School, who replaced Ray Blank and Nick Coler, assistant principal at Thorntons Ferry Elementary School who replaced Sharon Putney.

Scott DeRoche from the HealthTrust was in attendance for Debie Clayton.

The Local Government Center is now known as the HealthTrust. The HealthTrust's web site is [healthtrustnh.org](http://healthtrustnh.org)

**2. Approval of June 5, 2013 Minutes**

Carolyn Belfiore moved (seconded by Tim Parsons) to approve the June 5, 2013 minutes.

The motion passed 9-0-1 with Nick Coler abstaining. Not all members were present during the vote.

**3. Health Assessment Participation Rate**

a) Rate for June - August

The personal health analysis completion rate has been at 66% for the last four months. Approximately 42 additional surveys need to be completed to reach the goal of 70%.

b) Strategies to Reach Goal

Current Strategies:

- Introduce health assessments during new hire orientations.
- Include assessments as part of the mentor/mentee training.
- Approach new hires in the fall.
- Allow use of school computers.
- Send a personal message to retirees from the retiree representative.
- Use faculty meetings for announcements and reminders.

Strategies to Implement:

- Post the completion rate chart found at the bottom of each agenda.
- Promote the Onlife Health portal by posting a statement that the district cares about the overall health of individuals and the Onlife Health portal is a tool that provides access to many resources.

- Remind individuals to watch for a post card and/or starter kit in the U.S. mail. The starter kit will contain forms and important information needed to access the health assessment survey and the Onlife Health portal.
- Promote the number of sweepstake winner(s) from Merrimack School District.
- Send a district-wide email containing a link to the Onlife Health web portal.

Tim Parsons will provide extra Onlife Health starter packets for representatives and email the Onlife Health logo for use when promoting the program.

Tim Parsons reported that Merrimack School District is less than 12 people away from receiving a \$100 incentive check for surpassing last year's health survey completion rate.

The breakdown by categories for employees, spouses and retirees should be available at the October meeting.

Tim Parsons is willing to attend a torchbearer mentor/mentee meeting to answer questions.

Carolyn Belfiore and Kim Demaso promote the health assessment survey at the Merrimack Educational Support Staff Association (MESSA) monthly meetings. They have been instrumental in promoting the health assessment survey to the maintenance and food service staff.

#### **4. Anticipated Changes to the Portal for 2014**

The Onlife Health web portal needs to be announced and promoted.

The topic of whether or not Onlife will have a phone application for the Onlife Health web portal will be discussed at the October meeting.

Tim Parsons reported that an employee of the Merrimack School District was a winner of the second quarter \$1,000 sweepstake.

Tim Parsons previewed the changes to the 2014 Slice of Life program. He will go into more detail after the 2014 Slice of Life program is announced.

#### **Compass Smart Shopper**

Marge Chiafery reported the District received an invitation last spring to participate in the Compass Smart Shopper pilot program through June 30, 2014. The vacancy in the pilot program was created when another district decided not to continue its participation.

Scott DeRoche explained that Compass Smart Shopper offers a list of medical services with cost variation. If individuals use one of the cost effective offerings, the individual will receive a cash reward. Participation in the Compass Smart Shopper could have a positive impact on the District's health insurance group rate.

The Compass Smart Shopper pilot program was introduced at the end of the 2012-13 school year. The program needs to be promoted so that individuals will utilize it prior to scheduling medical procedures.

Sandi Eherenman reported that one individual from the high school utilized the program during the summer and had a positive experience.

Scott DeRoche provided posters and flyers for distribution to promote Breast Cancer Awareness during the month of October.

#### Questions/Comments:

**Question:** How long will it take to receive an incentive check?

**Answer:** Incentive checks are issued approximately 30 days after Compass Smart Shopper receives documentation from the provider that the procedure was completed. Delays beyond 30 days are usually due to late notification from the provider.

**Question:** Will I get a reward even if I was already planning to go to the site?

**Answer:** Yes, provided you shop at least 24 hours ahead of the procedure via phone or on line.

**Question:** Can Compass Smart Shopper tell me the amount of the incentive check?

**Answer:** No, because of contract obligations.

**Question:** What is the District's Compass Smart Shopper participation rate?

**Answer:** The District's participation rate will be available at the November meeting.

### **5. Executive Summary of the "On the Mark" Worksite Wellness Assessment**

Marge Chiafery reported that the "On the Mark" incentive money will be used for wellness goals and objectives.

The "On the Mark" Wellness Strategy Report was distributed to committee members for review. Pages three through five contain the Executive Summary.

Tim Parsons and a subcommittee to be named will draft a vision and mission statement for the committee to review.

Marge Chiafery noted that the subcommittee would be eligible for compensation for committee work provided it met the guidelines.

Tim Parsons highlighted page four of the executive summary. The report revealed that the contents of vending machines for staff are less healthy than those available to students. Employees who seek to be more active in the work environment are supported by the administration.

Food Service Dave Dziki will be invited to the October meeting.

Marge Chiafery asked the committee to bring the Onlife Health Wellness Strategy Report to future meetings.

### **6. Review Meeting Dates and Hospitality**

The next meeting will be October 2, 2013. Nick Coler and Marsha McGill volunteered to bring refreshments.

### 2013-2014 School Year Meeting Dates

<b>Meeting Date</b>	<b>Refreshments</b>
October 2	Nick Coler, Marsha McGill
November 6	Christine Soucy, Sue Robinson
December 4	Carol Smith,
January 8	
February 5	
March 5	
April 2	
May 7	Marge Chiafery, Sandy Swanson
June 4	