

## **Healthcare Cost Containment Committee Minutes**

**April 2, 2014**

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

**Attendees:** Karen Bonin, Bill Byron, Marge Chiafery, Nick Coler, Kim Demaso, Sandi Eherenman, Linda Freeman, Marsha McGill, Linda Murgo, Sue Robinson, Rachel Schneider, Carol Smith, Christine Soucy

### **1. Introduction of New Member and Guests**

Marge Chiafery introduced Rachel Schneider, a special education teacher at Reeds Ferry Elementary School who will be the replacement representative for Bob Gidari.

Marge Chiafery introduced Rick Greenier, District Wellness Chair and Dave Dziki, Food Service Director.

### **2. Approval of March 5, 2014 Minutes**

Karen Bonin moved (seconded by Linda Freeman) to approve the March 5, 2014 minutes.

The motion passed 9-0-3 with Rachel Schneider, Carol Smith, and Sue Robinson abstaining. Not all members were present during the vote.

### **3. Outcome from Biometric Health Screening on March 12, 2014**

Bill Byron reported there were 172 biometric health screening participants compared to 195 participants last year. It was noted that in 2014 the screening began at 2:30 p.m. while school was in session compared to during a teacher workshop day in 2013. The biometrics health screening will be offered again in 2015.

It was questioned if the biometric health screening could be scheduled for more than one day in 2015. Bill Byron reported that the request would be taken under advisement.

The high school nurse received an increase in the number of staff asking for blood pressure checks as a result of the biometric screening.

### **4. District On the Mark Assessment as it Relates to Vending Machines**

Marge Chiafery explained that the goal pertaining to vending machines was removed from the list of goals until such time as the committee could receive input from the Director of Food Service David Dziki.

Bill Byron noted that the Merrimack School District participated in the pilot program On the Mark Assessment. One recommendation from the report was to place healthier snack and beverage choices in the vending machines for staff. He noted the vending machines for students contained a variety of healthier snacks and beverages.

Dave Dziki reported new regulations regarding healthier snacks would be available in July. A shift in the vending machine contents could be made in the future with input from the staff.

It was noted that all schools do not have food and beverage vending machines. Dave Dziki would be willing to have a conversation with the vending machine company about the possibility of adding combination food and beverage vending machines in each school.

It was suggested that the District Wellness Team and Healthcare Cost Containment Committee introduce and promote the district's goal to have healthier snack options in staff vending machines.

The healthy snack effort would begin in the 2014-15 school year. Dave Dziki will ask the members of the District Wellness Team to assist with the vending machine goal. Dave Dziki will provide the Healthcare Cost Containment Committee with an update on his progress with the vending machines in September.

Nick Coler suggested adding healthy snacks to the students snack carts in elementary schools to get a feel for what the adults like/don't like.

Improvements to the middle school snack cart are also being discussed.

## **5. Initial Report on Use of HCCC Funds by School Wellness Teams**

Rick Greenier reported the District Wellness Teams plan to use the money from the HealthTrust for the following:

- Guest speakers on health-related topics including stress relief
- A health-related monitor such as a FitBit to share.
- A smoothie day for staff
- 10 minute neck massages
- Exercise classes/breaks

Bill Byron added that most illnesses derive from stress. Bill offered to give his popular presentation, "Piece of Peace" and to introduce the new employee assistance program person at a future meeting.

Bill Byron, Rick Greenier and Dave Dziki will collaborate to facilitate the "Smoothie for Staff" idea before June.

Rick Greenier suggested purchasing blenders so the smoothie effort can continue into the future.

Marsha McGill, Nick Coler and Marge Chiafery will inform the leadership team about the "Smoothie for Staff" idea.

It was suggested that the maintenance department, special services employees and central office employees be included in the smoothie for staff event.

## **6. School District Insurance Rate for 2014-2015**

Marge Chiafery noted that 11.4% was the Guaranteed Maximum Rate for health insurance compared to the revisit rate of 3.1%. The reason for the difference was due to a dramatic reduction in HealthTrust member claims overall. More information about the rate difference will be provided by Debie Clayton at a future meeting.

## **7. Year End (2013) Compass Smart Shopper Report**

The Compass Smart Shopper pilot will continue through December 2014. The cost savings to the District for the year 2013 was \$10,580.

Bill Byron announced that the Compass Smart Shopper is expected to be part of the 2015 Slice of Life program and he will have a significant role with the program.

Committee members were asked to promote the Compass Smart Shopper Program and the cost savings to the District.

## **8. Health Assessment Participation**

### **a) Rate for March**

Bill Byron reported the Health Assessment participation rate for March was 47.9%. Seventy-one individuals are participating in the health coaching program and many people are using the on-line trackers.

Bill Byron demonstrated how to use the portal for a group of paraprofessionals at the middle school. All participants completed their Health Assessment surveys prior to the demonstration.

### **b) Promotion Strategies for April**

Bill Byron will get the percentage break down for employees, spouses, dependents and retirees. It was noted that technology is an obstacle for retirees.

Promotion Strategies for April:

- Portal demos should be utilized when appropriate (5 minutes).
- Remind people that central office has a list of key codes for the Health Assessment Survey.
- A HealthTrust reminder mailing will be sent out soon

### **Other:**

Two of the four Visa Card sweepstakes winners will attend the May meeting to share how they qualified for the sweepstakes.

Linda Murgo was thanked for providing refreshments.

Congratulations to Carolyn Belfiore on the birth of her first grandchild.

### **2013-2014 School Year Meeting Dates**

<b>Meeting Date</b>	<b>Refreshments</b>
May 7, 2014	Linda Hastings and Sandy Swanson
June 4, 2014	Debie Clayton and Bill Byron