

## **Healthcare Cost Containment Committee Minutes**

**September 10, 2014**

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

**Attendees:** Carolyn Belfiore, Karen Bonin, Bill Byron, Marge Chiafery, Debie Clayton, Shawn Croteau, Kim Demaso, Sandi Eherenman, Linda Hastings, Marsha McGill, Teresa Porter Cascadden, Rachel Schneider, Carol Smith, Christine Soucy

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

Marge Chiafery introduced new members Shawn Croteau, physical education teacher at James Mastricola Elementary School and Teresa Porter Cascadden, 8<sup>th</sup> grade social studies at Merrimack Middle School.

Rick Greenier, Chairman of the District Wellness Committee and physical education teacher at James Mastricola Upper Elementary School was also introduced.

### **2. Approval of June 4, 2014 Minutes**

Sandi Eherenman moved (seconded by Carolyn Belfiore) to approve the June 4, 2014 minutes.

The motion passed 12-0-2 with Teresa Porter and Christine Soucy abstaining.

### **3. Health Assessment Participation Rate**

#### a) Rate for June - August

Bill Byron reported the personal health analysis completion rate for June was 53.6%, July was 54.2%, and August was 55.1%. The summer percentage rates were skewed slightly due to the number of new employees. The average Health Assessment participation rate for the HealthTrust membership averages 38%. The Merrimack School District continues to have the highest percentage rate.

The four categories being tracked are employees, spouses, retirees and dependents.

#### b) Strategies to Reach Goal

Strategies used to increase the Health Assessment participation rate will vary depending on the targeted population.

Bill Byron reported that his office received many inquiry phone calls as a result of Linda Hastings's presentation at a recent NHSAA workshop. Merrimack School District's involvement in the program has created interest from other school districts.

The Health Assessment indicated people want more information about weight management, blood pressure, nutrition, and cholesterol.

Bill Byron announced that he is available to conduct 20 minute presentations (formerly an hour long) upon request. They are Fitness and Nutrition by the Book, Knowing Your Numbers, and Understanding Your Health.

Bill Byron suggested that a representative from Life Resources Employee Assistant Program be invited to a future meeting to provide an online demonstration.

Carolyn Belfiore thanked Bill Byron for his outstanding workshop on stress given to the paraeducators in August.

Marge Chiafery will request that the Leadership Team support a visit from Bill Byron to the schools for a 30 minute presentation entitled "Fact or Fiction About the Slice of Life Program". It was determined that Bill's visit would be most successful during a faculty meeting for five of the six schools. Thorntons Ferry Elementary School has a unique lunch schedule that should provide time for Bill to engage with staff. Consideration needs to be given on how to provide the same information to Central Office, Special Services and Maintenance staff.

Bill Byron's visit can occur anytime during the 2014-2015 school year. Representatives were asked contact Sandy Swanson after the presentation to request time on a future agenda to provide the committee with an update.

Carol Smith reported that an individual from Merrimack High School won a \$1,000 VISA card from the HealthTrust. The committee would like to invite that person to the October meeting to explain how she accrued the required points.

#### **4. District Wellness Report**

Marge Chiafery reported that Rick Greenier provided the School Board with a District Wellness Report recently.

Rick Greenier explained that he told the School Board that the District received money for its participation in the health and safety program. The Healthcare Cost Containment Committee asked the District Wellness Committee for its recommendation for distribution of the funds. Blenders were purchased for each building with the intent that they would be used to make smoothies.

It was reported that the upper elementary school will use the blender to make healthy smoothies for the next birthday celebration rather than serving cake.

Bill Byron reported that the Merrimack School District received a \$100 check for leading HealthTrust in the largest membership participation rate for completion of the Personal Health Analysis.

#### **5. Biometrics Screening at MHS**

The biometrics screening will occur on January 8<sup>th</sup> from 2:30 p.m. to 7:30 p.m. at Merrimack High School. Extra nurses' stations will be added as needed to accommodate the interest level. The sign up schedule will be available on the HealthTrust website on September 24<sup>th</sup>.

The date of the biometrics screening will be listed as TBD in the mailing. The January 8<sup>th</sup> date will be identified on the HealthTrust's web site.

HealthTrust will heavily market the biometrics screenings 6-8 weeks before each event.

#### **6. Online Stress Reduction Tips**

Bill Byron suggested that a representative from the Employee Assistance Program be invited to attend a future meeting to provide the committee with a demo of the online portal.

## 7. June Survey Results

Linda Hastings distributed the 2014 June survey results. She reported there were 181 participants. Individuals reported that time, perception of follow up phone calls, and a complicated login process as some of the reasons why they are not completing the Personal Health Analysis.

Linda Hastings reported that 84% of the individuals who completed the 2014 June survey knew that dependents were eligible to participate in the biometric screening.

Linda Hastings also reported that the survey results indicated that e-mail is the preferred method for receiving information.

Key messages to share with staff:

1. The 2014 June survey results
2. Biometric screening will be held at Merrimack High School on January 8, 2015 from 2:30 p.m. to 7:30 p.m. The HealthTrust web site will be open for registration on September 24.
3. Utilize Bill Byron for presentations.
4. Promote the Personal Health Analysis to help us get to the goal of 70%. 13-15 individuals represent approximately 1%.
5. Assist new hires with directions on how to complete the Personal Health Analysis.

Marge Chiafery thanked Linda Hastings for presenting at a recent workshop sponsored by the New Hampshire School Administrators Association (NHSAA).

Individuals are receiving the Smart Shopper Compass Program brochures in the mail.

Debie Clayton reported the Smart Shopper Compass Pilot Program was successful. The program will be available to the entire HealthTrust membership effective January 1, 2015. Updates to the program include Physical Therapy and Labs effective July 1, 2014 (for existing pilot members).

Linda Hastings will provide building representatives with a list of new eligible employees prior to the October 1<sup>st</sup> meeting.

## 8. Review Meeting Dates and Hospitality

The next meeting will be October 1, 2014.

### 2014-2015 School Year Meeting Dates

Meeting Date	Refreshments
September 10, 2014 (second Wednesday)	Sandy Swanson and Marge Chiafery
October 1, 2014	Carol Smith and Sandi Eherenman
November 5, 2014	Carolyn Belfiore and Kim Demaso
December 10, 2014 (second Wednesday)	Karen Bonin
January 14, 2015 (second Wednesday)	Rachel Schneider and Nick Coler (?)
February 4, 2015	
March 11, 2015 (second Wednesday)	
April 1, 2015	Marsha McGill and Teresa Porter Cascadden
May 6, 2015	
June 3, 2015	