

## **Healthcare Cost Containment Committee Minutes**

**October 1, 2014**

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

**Attendees:** Carolyn Belfiore, Karen Bonin, Bill Byron, Marge Chiafery, Debie Clayton, Nick Coler, Kim Demaso, Sandi Eherenman, Teresa Porter Cascadden, Sue Robinson, Rachel Schneider, Carol Smith, Christine Soucy

**Guest:** Dave Dziki

### **1. Approval of September 10, 2014 Minutes**

Karen Bonin moved (seconded by Sandi Eherenman) to approve the September 10, 2014 minutes as amended.

The motion passed 12-0-1 with Sue Robinson abstaining.

### **2. Testimony from HealthTrust Incentive Award Recipient**

Carol Smith reported that the individual from the high school who won a \$1,000 HealthTrust Incentive Award was not able to attend the meeting to provide testimony. Carol identified the person as a second year staff member. The individual accrued the required points by utilizing the "Favorites" button for fast easy access to the HealthTrust website and logging daily eating and exercise habits. A total of four Merrimack School District employees have been winners.

### **3. Vending Machine Update**

Food Service Director David Dziki reported that the current vending machine vendor, Pepsi, does not provide combination beverage and snack vending machines.

David Dziki explained that the independent vendor removed a healthy vending machine from the high school and the upper elementary school because of the restock demand. David will search for another vendor.

Marge Chiafery reminded the committee that the assessment report noted healthier snacks should be made available in staff vending machines.

Marge Chiafery would like staff in all schools to have equal access to healthy snack vending machines.

David Dziki stated that he would be willing to provide staff with healthy snack options at his cost if staff wanted to offer snacks similar to a store display.

### **4. Update on Smart Shopper Compass Program**

Debie Clayton reported that Physical Therapy and Lab Services were added to the Smart Shopper Compass Program. Smart Shopper will be available to the entire HealthTrust membership effective January 1, 2015.

Bill Byron offered to bring updated Smart Shopper Compass brochures when he visits faculty meetings.

Smart Shopper Compass participants have provided feedback to building representatives that it takes a long time to receive payment. Debie Clayton will investigate and report her findings to the HealthTrust.

Individuals 65 years and older, retired and enrolled in the Medicare supplemental plan are not eligible to participate in the Smart Shopper Compass program. Retirees are able to access the Smart Shopper Compass web site if they wish to be cost effective consumers without the incentive.

Debie Clayton reported a cost savings of \$19,000 to the district in June as a result of the Smart Shopper Compass program.

It was noted that the Smart Shopper Compass program is ideal for situations where there is no previous history with a facility or doctor.

Smart Shopper Compass will be introduced for optional use. On-line shopping is recorded and saved for one year from the shopping date; that is not the case for phone shopping.

## **5. Health Assessment Participation**

### **a. Rate for September**

Bill Byron reported that the Health Assessment participation rate for September decreased from 55.1% to 54.4%, which could be a result of 34 new employees.

A personal conversation is the most effective way to promote completing the Health Assessment Survey.

### **b. Promotion Strategies for October**

Bill Byron is available to provide a 20 minute presentation or attend faculty meetings and a lunch at Thorntons Ferry Elementary School in October. He provided the building representatives with his contact information.

Bill Byron reported 23 people have already signed up for Merrimack's Biometric Screening that will be held on January 8<sup>th</sup>. New this year will be the ability to accommodate an overflow of sign ups and the ability to self-manage appointments.

Bill Byron suggested one goal for 2015 might be to encourage individuals to engage in exercise, weight management strategies, stress management strategies and tobacco cessation.

It was noted that individuals may benefit from knowing how to add [www.HealthTrustNh.org](http://www.HealthTrustNh.org) to their "Favorites".

**Next Meeting:**

The next meeting will be November 5<sup>th</sup>. A representative from the Employee Assistance Program will attend.

**2014-2015 School Year Meeting Dates**

<b>Meeting Date</b>	<b>Refreshments</b>
September 10, 2014	Sandy Swanson and Marge Chiafery
October 1, 2014	Carol Smith and Sandi Eherenman
November 5, 2014	Carolyn Belfiore and Kim Demaso
December 10, 2014	Karen Bonin and Shawn Croteau
January 14, 2015	Rachel Schneider and Nick Coler
February 4, 2015	Sue Robinson and Christine Soucy
March 11, 2015	
April 1, 2015	Marsha McGill and Teresa Porter Cascadden
May 6, 2015	
June 3, 2015	Debie Clayton and Bill Byron