

**Healthcare Cost Containment Committee Minutes**  
**December 10, 2014**  
**3:30 p.m. to 5:00 p.m.**

**Attendees:** Carolyn Belfiore, Karen Bonin, Bill Byron, Marge Chiafery, Debie Clayton, Shawn Croteau, Teresa Porter Cascadden, Sue Robinson, Carol Smith, Sandi Eherenman, Nick Coler, Kim DeMaso, Linda Hastings

**1. Approval of November 5, 2014 Minutes**

Sandi Eherenman moved (seconded by Nick Coler) to approve the November 5, 2014 minutes.

The motion passed 11-0-2 with Kim Demaso and Sandi Eherenman abstaining.

**2. Health Assessment Participation**

a) Rate for November

Bill Byron reported that Merrimack School District's Health Assessment participation rate for November increased to 56.2%.

Bill Byron presented a \$100 check from the HealthTrust to the Merrimack School District for having the largest volume of usage on the HealthTrust Portal from January 1, 2014 through November 2014.

Sue Robinson moved (seconded by Sandi Eherenman) to use the \$100 to offset postage and paper expenses incurred during the 2014-2015 school year for ongoing healthcare cost containment communication efforts with retirees. The traditional mailing method is a very effective way to communicate with retirees.

The motion passed 13-0-0.

b) Promotion Strategies for December

Efforts to reach out to all new hires is still ongoing. The yellow Post It notes from the HealthTrust are being distributed in creative ways.

**3. Testimony Regarding Bill Byron's Presentation at the High School Faculty Meeting**

Sandi Eherenman reported that Bill Byron gave a brief presentation about the Slice of Life program to the high school faculty. Many people were motivated by his presentation.

It was noted that the HealthTrust has workshops about retirement for people age 65. Debie Clayton offered to make a statement about the retirement options for those individuals who are age 65 and working. Kathy Hollings of the HealthTrust is available to address questions for retirees over 65.

Nick Coler reported that Bill Byron's presentation on the topic of stress was well received by the Reeds Ferry Elementary School staff.

#### 4. Strategies to Promote Biometric Screening on January 8, 2015

Bill Byron reported that 121 individuals have signed up for the biometric screening at Merrimack High School on January 8<sup>th</sup>. There are enough stations to accommodate 190 individuals.

Building representatives will remind individuals that the biometrics screening occurs four days after returning from the winter break.

There will be several representatives from HealthTrust at the biometric screening who will promote a variety of resources such as Smart Shopper, Health Assessment, Life Resources, Slice of Life, and Health Plans.

#### 5. Goals for 2015 (January to June)

Topics or Campaigns for 2015

- Smart Shopper participation promotion strategies
- HealthTrust portal use
  - Retirees had many questions about the portal
  - Market the portal with step by step directions (Bill)
- Calendar card distribution
- Promote the coaching program.
  - Consider personalizing the coaching process.
  - Find out what is appealing to people that will engage them in programs.
  - How should coaches provide content?
  - What are the access points that will engage people to participate?
- Share various modalities available and encourage people to participate in programs of their choice (Bill).
- The 2016 application will provide the tool for increased participation.
- Motivate individuals to participate in a variety of different programs.
- Provide people with visuals to help sorting out information that can be overwhelming.

#### Next Meeting:

The next meeting will be January 14, 2015. The first Tuesday of January was considered but not an option for several people.

#### 2014-2015 School Year Meeting Dates

Meeting Date	Refreshments
January 14, 2015	Rachel Schneider and Nick Coler
February 4, 2015	Sue Robinson and Christine Soucy
March 11, 2015	Linda Hastings and Davis Powell
April 1, 2015	Marsha McGill and Teresa Porter Cascadden
May 6, 2015	
June 3, 2015	Debie Clayton and Bill Byron