

## **Healthcare Cost Containment Committee Minutes**

**June 1, 2016**

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

**Attendees:** Carolyn Belfiore, Karen Bonin, Bill Byron, Marge Chiafery, Debie Clayton, Nick Coler, Kim DeMaso, Rick Greenier, Karen Hammes, Linda Hastings, Marsha McGill, Teresa Porter Cascadden, Davis Powell, Sue Robinson, Rachel Schneider, Carol Smith, Christine Soucy

Guest: Mark Merrifield

### **1. Introduction of New Committee Members**

Marge Chiafery thanked Karen Hammes, Carolyn Belfiore and Carol Smith for their time spent as members of the Healthcare Cost Containment Committee.

Kelly Grassini, nurse from Reeds Ferry Elementary School will replace Karen Hammes. Mary Ethier, MESSA representative from Thorntons Ferry Elementary School will replace Carolyn Belfiore. A replacement for Carol Smith high school representative is needed.

### **2. Approval of May 4, 2016 Minutes**

Sue Robinson moved (seconded by Karen Hammes) to approve the May 4, 2016 minutes.

The motion passed 17-0-0.

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

a) Bill Byron reported the Health Assessment participation rate for May remained the same as April which was 53%. The average participation rate within the HealthTrust membership increased to 35%.

b) Promotion Strategies for June, July and August

Recommendations for June and over the summer months are to continue promoting the Slice Of Life, Single Sign On, SmartShopper and LiveHealth Online.

Bill Byron distributed information about Governor Hassan's 90 Day Challenge effective June 1<sup>st</sup> through August 31<sup>st</sup>. Challenge participants are encouraged to walk, run, hike, bike and/or move at least 20 minutes daily for 90 days. Participants who present their 90 Day Challenge passport are eligible for free access to six state parks where a fee is charged (no beach access). The program is sponsored by the State of New Hampshire, not HealthTrust.

### **4. LiveHealth Online Demonstration**

Bill Byron facilitated a demonstration with a LiveHealth Online doctor. Committee members received answers to many questions about the online service.

Committee members were encouraged to access the LiveHealth Online during the summer for testimony in September.

## **5. Internal System to Better Communicate HCCC Messages**

Mark Merrifield shared ways to increase communication messages from the Healthcare Cost Containment Committee to employees.

- Create a video of familiar faces describing different services which could be displayed on the intranet.
- Promote group competition around the collection of Slice of Life points similar to the Health Trails competition.
- Create a district email address or collect personal email addresses from eligible maintenance and food service employees. (Kim DeMaso will collect names of food service employees and Linda Hastings will work with Tom Touseau to collect names of maintenance employees.)

It was noted that the Slice of Life program was promoted at the annual open enrollment meetings. Bill Byron and Debie Clayton will attend new hire orientations again this summer.

## **6. May Derry Wellness Fair**

Rick Greenier reported Kim DeMaso, Christine Soucy and he attended the Derry Wellness Fair. A similar wellness fair would require the use of a gym, a portion of the gym designated for biometrics, funds for raffle items for participants and vendor booths.

Kim DeMaso explained the Derry Wellness Fair was held on a half day of school. There was one entrance that led individuals through the vendor section to the biometric screening area. Each person was given a card containing a list of vendors. The vendors verified visits by marking the cards. Individuals turned in their verified vendor cards in return for a chance to win a raffle. The hours of the annual benefits fair were 2:00 p.m. to 5:00 p.m. The 3<sup>rd</sup> annual biometrics screening was scheduled from 2:30 p.m. to 7:00 p.m. Hundreds of people attended between the hours of 2:00 p.m. and 5:00 p.m.

## **7. Consideration of a Merrimack District Wellness Fair**

Rick Greenier suggested a wellness fair would coordinate well with the biometric screening in the winter. Bill Byron suggested November or December would be a good time to promote the health survey.

The committee members felt that an event like the Derry Wellness Fair would benefit district employees provided there was space.

Marge Chiafery and Linda Hastings will gain insight about the wellness fair by speaking with their roll-a-likes in Derry. Christine Soucy, Rick Greener, Kelly Grassini, Kim DeMaso, Bill Byron, and Marsha McGill expressed interest in contacting vendors in September. Carolyn Belfiore offered to assist with vendor contacts even though she would no longer be a member of the committee.

Marge Chiafery suggested that it may be better to start out small by inviting a few vendors to attend the biometrics screening day.

## 8. Healthcare Cost Containment Survey

June surveys have been important to the development of district grant applications in the past. Linda Hastings and Bill Byron will review the wording of the questions. It was suggested that questions be added to ask people if they are using the activity tracking device, SmartShopper, Single Sign On and other new programs, as well as how are they earning points and/or receiving money.

Maintenance and food service employees will have the opportunity to complete a paper copy of the survey by contacting Kim DeMaso.

Debie Clayton asked to have an item on the September agenda to discuss the flexible spending account program. The 2<sup>nd</sup> Annual Health Summit will be held in September.

### 2016-2017 School Year Meeting Dates

<b>Meeting Date</b>	<b>Refreshments</b>
September 14, 2016	Marge and Sandy
October 5, 2016	
November 2, 2016	
December 7, 2016	
January 4, 2017	
February 1, 2017	
March 8, 2017	
April 5, 2017	
May 3, 2017	
June 7, 2017	