

Healthcare Cost Containment Committee Minutes
October 5, 2016
3:30 p.m. to 5:00 p.m.

Attendees: Shannon Barnes, Karen Bonin, Bill Byron, Marge Chiafery, Debie Clayton, Nick Coler, Shawn Croteau, Kim DeMaso, Mary Ethier, Kelly Grassini, Rick Greenier, Linda Hastings, Marsha McGill, Teresa Porter Cascadden, Sue Robinson, Rachel Schneider, Christine Soucy, Rick Urda, Kathleen Walczak

The order of agenda items was modified to accommodate a presenter.

1. Health Assessment Participation

a) Rate for September

Bill Byron reported the Health Assessment participation rate for September was 55%. He estimated an additional 80-90 surveys would need to be completed to reach the goal of 60%. The average participation rate for the HealthTrust book of business is 35%.

b) Promotion Strategies for October

Bill Byron noted Linda Hastings, Paula Williams and Sarah Ruffell attended the 2016 HealthTrust Summit.

Nick Coler, Shannon Barnes, Kim DeMaso and Shawn Croteau arrived.

Bill Byron emphasized the best way to promote the HealthTrust single-sign-on process is during his presentations. Marge Chiafery will ask the principals to make time during a faculty meeting for a presentation by Bill Byron.

Teresa Porter Cascadden utilized Mentor/Mentee meetings to invite new hires to the computer lab to complete the Health Assessment as a group.

Linda Hastings provided one representative from each building with a list of new hires who are eligible to complete the Health Assessment.

Sue Robinson and Linda Hastings continue to work together compiling retirees email addresses and verifying mailing addresses.

Marge Chiafery introduced School Board Chair Shannon Barnes who will be replacing Davis Powell.

2. Slice of Life Program Modifications

Marsha McGill arrived.

Bill Byron highlighted the following updates to the 2017 Slice of Life Program.

- \$75 incentive (from \$50) for completing the biometric screening
- \$50 incentive (from \$75) for completing the Health Assessment

- A new \$50 incentive for engaging a Health Coach. A one-time incentive per year regardless if goal was met.
- A secure online access at www.healthtrustnh.org.
- The website www.healthtrustnh.org contains a link to Biometric Regional Screening schedules
- Eligibility for dependents has changed as a result of new wellness program regulations under the Genetic Information Nondiscrimination Act (GINA).
- There are more opportunities to collect points.
- There are more opportunities to win prizes in quarterly drawings.
- There is access to the OnlifeHealth store to purchase health related items at lower prices.
- The points program changed to \$50 per quarter after earning 250 points per quarter. (\$200 maximum and 1,000 points)
- The AlwaysOn application has been improved.

Health Awareness Incentive Program

- Beginning January 1, 2017 dependent children ages 18-26 will no longer be permitted to complete the Health Assessment and/or Biometric Health Screening or receive financial incentives through the Slice of Life Points Program. Instead they will be eligible for up to \$200 per year reimbursement for eligible health and/or safety classes.
- Beginning January 1, 2017 fitness device tracking reimbursement up to \$100 and up to 325 points per quarter or 1300 points per year will be available.

HealthTrust enrollee service representatives are available Monday through Friday 8:30 a.m. to 4:30 p.m. to answer questions at 1-800-527-5001 or enrolleeservices@healthtrustnh.org.

The link to the OnlifeHealth wellness store is <http://shop.wellnesscodes.com>. This could be an option for district wellness purchases at the end of the year.

Bill Byron is willing to present this information to staff.

Sandy Swanson will provide laminated posters for display in the buildings. Sue Robinson and Linda Hastings will need a copy of the same information to send to retirees.

3. Approval of September 14, 2016 Minutes

Kim DeMaso moved (seconded by Nick Coler) to approve the September 14, 2016 minutes. Kim DeMaso provided the correct spelling of the restaurant Big Kahuna.

The motion passed 15-0-3 with Shannon Barnes, Marsha McGill and Nick Coler abstaining.

4. Smart Shopper Case Study

Debie Clayton announced that the Merrimack School District is going to be a Smart Shopper Case Study because of the district's level of involvement and participation in the program.

5. LiveHealth Online Testimonial

Sandy Swanson provided positive testimony about two separate experiences using the LiveHealth Online.

This service can be used by college students living away from home.

6. Additional Vendors to Participate in Merrimack Wellness Fair

Additional suggestions for vendors to participate in the Wellness Fair

- OnlifeHealth
- Smart Shopper
- Renu Salon
- A chair massage vendor or person
- Touch of Nobility (massage, nutrition)
- Family Chiropractic
- Stonyfield
- YMCA

Wellness Fair Subcommittee members are Rick Greenier, Linda Hastings, Kelly Grassini, Christine Soucy and Kim DeMaso.

Wellness Fair Subcommittee Assignment: Identify and prioritize vendors to invite to participate in the wellness fair and provide the committee with a draft floor plan for the event by the November 2nd. Central office staff will be responsible for coordinating the event details.

7. Goals for 2016-2017

Marge Chiafery asked committee members to review the 2016 June survey in preparation for creating three or four committee goals from November 2016 – November 2017.

Health and Safety Coordinators Rich Greenier and Christine Soucy are working on the district wellness fair.

Teresa Porter Cascadden, Rachel Schneider, Linda Hastings and Marge Chiafery will work together on creating goals for the committee.

Committee members can invite Bill Byron to speak to staff about any of the HealthTrust benefits.

The Online store will be covered at a future meeting.

2016-2017 School Year Meeting Dates

Meeting Date	Refreshments
September 14, 2016	Sandy Swanson and Marge Chiafery
October 5, 2016	Karen Bonin and Shawn Croteau
November 2, 2016	Kim DeMaso and Mary Ethier
December 7, 2016	Rick Urda and Kathleen Walczak
January 4, 2017	Kelly Grassini, Rachel Schneider
February 1, 2017	Sue Robinson and Christine Soucy
March 8, 2017	Teresa Porter Cascadden and Marsha McGill
April 5, 2017	Linda Hastings, Nick Coler
May 3, 2017	Rick Greenier
June 7, 2017	Debie Clayton

