

**Healthcare Cost Containment Committee Minutes**  
**February 1, 2017**  
**3:30 p.m. to 5:00 p.m.**

**Attendees:** Shannon Barnes, Karen Bonin, Marge Chiafery, Shawn Croteau, Kim DeMaso, Mary Ethier, Kelly Grassini, Rick Greenier, Linda Hastings, Marsha McGill, Teresa Porter Cascadden, Sue Robinson, Christine Soucy, Rick Urda, Kathleen Walczak

Guest: Cindy Palermo, Director of Human Resources for the Salem School District  
Melisa Briggs, HealthTrust Benefits Assistant Manager

### **1. Introductions**

Linda Hastings introduced Cindy Palermo, Director of Human Resources for the Salem School District. Cindy requested to observe the meeting for ideas to share with a similar committee in her district.

Linda Hastings introduced Melisa Briggs, HealthTrust Benefits Assistant Manager. She is attending in place of Debie Clayton and Ashley Brigham who are attending a conference.

### **2. Approval of January 4, 2017 Minutes**

Shannon Barnes moved (seconded by Rick Greenier) to approve the January 4, 2017 minutes

- The spelling of the word TABATA needs to be corrected.
- The second paragraph from the bottom will be rewritten for better clarity.
- Reference to “a stretch goal” on page 2 should be “incentive stretch goal”.
- Reference to Fleet Feet Receptive should be corrected on page 2.

The motion passed as amended 14-0-1 with Shawn Croteau abstaining.

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

#### a) Rate for January

Melisa Briggs reported a 29% Health Assessment participation rate for January. It was noted that college students are not allowed to participate this year due to GINA.

#### b) Promotion Strategies for February

Promote the discount prices for activity trackers through the HealthTrust web site.

Encourage individuals to consider the purchase of an activity tracker during the month of February in celebration of Health Awareness month. It was suggested that it would be helpful if someone offered to share a creative and eye catching flyer for posting.

It was noted that shopping at the Wellness code store is challenging. Representatives were encouraged to become familiar with how to access the Wellness code store so they can be prepared to train staff.

Melisa Briggs will ask Ashley Brigham to bring an easy step by step access to the Wellness code store. Melisa will investigate why the access is difficult.

Kathleen Walczak shared that she experienced a price difference with the cost of activity trackers. The access through “shop now” had a different price than going directly to the store. Melisa Briggs offered to investigate.

#### **4. Evaluation of the District’s First Wellness Fair including Vendor Acknowledgement**

Marge Chiafery thanked Rick Greenier, Linda Hastings, Kim DeMaso, Kelly Grassini and Christine Soucy for coordinating the Wellness Fair.

##### Elements of the Wellness Fair to Continue

- Placement of the biometrics screening in the back corner of the cafeteria annex; however, this does limit the number of stations.
- Schedule vendors who would be willing to attend the wellness fair at the last minute to fill any unanticipated vacancies.
- Provide a raffle.
- Schedule the event during high school exam week.
- Superintendent should visit each vendor’s table to thank the vendor for attending.
- Inflate balloons the day of the event to avoid deflation overnight.
- Decorate the cafeteria to make it festive.
- Schedule the biometric screening date with HealthTrust early.

##### Improvements to the Wellness Fair

- Increase the number of vendors.
- Ask vendors if their time at the fair was worth it.
- Highlight eligible HealthTrust reimbursements and/or points for appropriate vendors.
- Consider having a high school marketing class student monitor a table for a vendor.
- Add a table flag for easy identification of the vendor’s name.
- Provide a map of the wellness fair or a list of participating vendors.
- Increase the space between the biometric stations for more privacy.

##### Elements of the Wellness Fair to Eliminate

- Shorten the length of the Wellness Fair only, not the biometric screening. Not all vendors could attend for the six hours.

Linda Hastings reported 220 people received raffle tickets.

Linda Hastings reported that she had six unclaimed raffle prizes. The committee agreed to return the unclaimed adult education raffle prize to the Merrimack School District Adult Education Program. The remaining unclaimed raffle prizes were raffled off to the five Wellness Fair Coordinators.

Linda Hastings will send the vendors a thank you note with a survey asking for suggestions on how to improve the Wellness Fair. Vendors will also receive a certificate of appreciation signed by the School Board Chair, Shannon Barnes and will be thanked publicly at a School Board meeting.

#### **Promotion of Walk In and Urgent Care Centers**

Melisa Briggs reported that Anthem has a contract with Walk In and Urgent Care Centers for the same amount as an office visit copay.

Melisa Briggs will investigate if Anthem receives the results of the after visit patient surveys.

Marge Chiafery suggested inviting Convenient MD to a future meeting to inform the committee about its drug acquisition program.

## **5. Consideration of Utilization of the Incentive Check from HealthTrust**

The Merrimack School District received \$2,000 incentive funds from HealthTrust in return for sending four representatives (Christine Soucy, Rachel Schneider, Rick Greenier and Teresa Porter Cascadden) to HealthTrust's Wellness Coordinator Training.

Rick Greenier will provide the committee with recommendations on how the District Wellness Committee could utilize the \$2,000 before June 30, 2017.

Marge Chiafery reported that she made an executive decision to spend \$100 for Wellness Fair expenses from incentive funds.

Linda Hastings moved (seconded by Mary Ethier) to give the Science Olympiad Team \$100 to replace the helium that was used to fill the Wellness Fair balloons.

The motion passed 15-0-0.

Karen Bonin moved (seconded by Shannon Barnes) that the District Wellness Committee define how to expend \$1,900 with the expectation that Linda Hastings would be reimbursed for expenses related to the 2017 Wellness Fair and that \$100 would be allocated to purchase supplies for the 2018 Wellness Fair.

The motion passed 15-0-0.

## **6. Annual Utilization of Smart Shopper**

Melisa Briggs reported a Smart Shopper gross savings of \$160,857 for 2016. The Merrimack School District's use percentage is above the HealthTrust's book of business percentage. The potential gross savings could have been \$731,000.

## **7. Other**

Teresa Porter-Cascadden brought questions from staff about Anthem's Away from Home Option. Melissa Briggs clarified that the Anthem's Away from Home option is an option for individuals with the Access Blue insurance option.

## **2016-2017 School Year Meeting Dates**

<b>Meeting Date</b>	<b>Refreshments</b>
March 8, 2017	Teresa Porter Cascadden, Marsha McGill
April 5, 2017	Linda Hastings, Nick Coler
May 3, 2017	Rick Greenier, Shannon Barnes
June 7, 2017	Debie Clayton, Ashley Brigham