

Healthcare Cost Containment Committee Minutes

March 8, 2017

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

Attendees: Debie Clayton, Ashley Brigham, Kathleen Walczak, Rick Greenier, Marge Chiafery, Sue Robinson, Mary Ethier, Karen Bonin, Teresa Porter Cascadden, Shawn Croteau, Marsha McGill, Christine Soucy, Nick Coler, Rachel Schneider

Guest: Krista Bouchard

1. Introduction of Krista Bouchard, New HealthTrust Wellness Advisor

Ashley Brigham introduced Krista Bouchard, a new HealthTrust Wellness Advisor. Krista joined the HealthTrust eight days ago and is here to observe. Krista graduated from Plymouth State University in May with a degree in Health.

Marge Chiafery read a thank you letter from Cindy Palermo, Director of Human Resources for the Salem School District for allowing her to attend last month's meeting.

2. Approval of February 1, 2017 Minutes

Kathleen Walczak moved (seconded by Kim DeMaso) to approve the February 1, 2017 minutes. The motion passed 12-0-2 with Debie Clayton and Ashley Brigham abstaining.

3. Distribution of Wellness Fair Vendor Certificates

Wellness Fair Certificates need to be distributed to participating vendors. Marge asked committee members who initially contacted vendors to deliver the certificates prior to the next school board meeting. Shannon Barnes, Chair of the Board thanked each vendor at a recent School Board meeting.

4. Health Assessment Participation

Rate for February

Ashley Brigham reported the Health Assessment participation rate for February was 48% compared to 42% last February. The percentage rate for coaching is currently at 68% compared to 18% last year.

Committee members need to continue to try to motivate individuals to complete the Health Assessment before the end of the school year and promote the variety of incentives.

Promotion Strategies for March

The end of March marks the end of the first quarter. The completed Health Assessment and the accrual of 250 points are required in order to qualify for incentives.

Access to Wellness Code Store

- a. Go to HealthTrust single sign-on
- b. Click the On-Life tile
- c. Click the menu (top left)
- d. Click on Resources
- e. Wellness Discount link

In the future, one of the engagement tiles on the sign-on page will link directly to the store through a button entitled “Shop Now”.

Ashley Brigham offered to send screen shots of the step-by-step directions explaining how to get to the online Wellness Code store.

Teresa Porter-Cascadden shared that she did not realize the need to log on to www.HealthTrustnh.org prior to accessing the Wellness Code store.

Kathleen Walczak noted that an individual had their Health Awareness program Reimbursement request form and receipt returned because the receipt did not identify the purchase date of the activity tracker.

Marge Chiafery asked Ashley Brigham what could be done to solve the date issue. Ashley Brigham will investigate and provide the committee with clarification.

Some individuals reported that the clasp on the Fitbit ALTA was difficult to use. Teresa Porter Cascadden called Fitbit but they were not helpful. It was noted that a replacement band can be purchased through Amazon.

Ashley Brigham reported that she compared the prices at www.wellnesscodestore to the prices through the “shop now” link and that they were the same. She encouraged committee members to continue to report shopping experiences at the Wellness Code store.

Activity Tracker Challenge

Individuals who accrue 250 points through the portal by the end of the quarter will result in one entry into that quarter’s drawing for one of five \$1,000 gift cards and fifty \$100 gift certificates to Wellness Codes.

Each additional 250 points accrued per quarter results in an additional entry into that quarter’s drawing.

5. Revisit Rates

Debie Clayton explained that in October, the overall Guaranteed Maximum Rate (GMR) for the HealthTrust membership was 13.9%. In March the Board revisited the rates and the overall came down to 7.9%. Merrimack School District’s GMR was 9.0% and their Revisit is 3.7%. This is due to lower trends, better claims experience, and better prescription drug pricing through CVS/caremark.

6. Merrimack Weight Loss Challenge Proposal

Jennifer DeFelice of Broadway Bound submitted a proposal to offer a Weight Loss Challenge to District employees.

Comments

- Christine Soucy felt that 24 days was a short period of time.
- Rick Greenier believes there is more to losing weight than being thin; lifestyle changes are also important.
- Sue Robinson feels the proposal would be well received. She knows that it has been successful in the community. Jennifer gave Sue a confidential assessment form.
- The Challenge would require one representative from each building.
- Rachel Schneider noted that the program comes from AdvoCare.
- Ashley Brigham shared that this could be a possibility if it had the necessary oversight.

Jennifer DeFelice will be invited to attend the March 21st District Wellness Committee meeting for further clarification.

7. Nutritional Promotion

Ashley Brigham compared nutritional information about nuts. Peanut butter is the most common product. Unsweetened peanut butter is preferred. Peanut butter containing only nuts or nuts and salt can separate and should be kept in the refrigerator upside down.

PB2 is a powdered (dehydrated) form of peanut butter. It adds flavor when used in baking but does not have nutritional value.

Almond butter is similar to regular peanut butter; however it is very expensive. Sunflower seed butter is similar to peanut butter and almond butter. It too is expensive.

The committee requested nutritional information on salad dressing next month.

The meeting adjourned at 4:45 p.m.

2016-2017 School Year Meeting Dates

Meeting Date	Refreshments
April 5, 2017	Linda Hastings, Nick Coler
May 3, 2017	Rick Greenier, Shannon Barnes
June 7, 2017	Debie Clayton, Ashley Brigham