

## Healthcare Cost Containment Committee Minutes

April 5, 2017

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

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

### 1. Approval of March 8, 2017 Minutes

Sue Robinson moved (seconded by Kathleen Walczak) to approve the March 8, 2017 minutes.

The following corrections were made to the minutes.

- Change the spelling of Debbie to Debie
- Correct the HealthTrust's website address to read [www.HealthTrustnh.org](http://www.HealthTrustnh.org)
- Reword paragraph ten on page 2 for clarification. The spelling of CVS/caremark was corrected.
- Change the word "is" to "it" on page 3, third bullet.

The motion passed as amended 13-0-2 with Rick Urda and Linda Hastings abstaining. Not all members were present during the vote.

### 2. Health Assessment Participation

#### a) Rate for March

Debie Clayton reported for Ashley Brigham the Health Assessment participation rate for March increased to 52%.

#### b) Promotion Strategies for April

- April 1<sup>st</sup> is the beginning of the second quarter. Committee members asked Linda Hastings to send a districtwide email message announcing the start of the second quarter with a reminder that points are reset to zero. Eligible members can accrue another 250 points during the second quarter to be eligible for the second \$50 incentive.
- Celebrate the 121<sup>st</sup> Boston Marathon by purchasing an activity tracker from [wellnesscode.com](http://wellnesscode.com) to track exercise.
- Quarter one incentive checks of \$50 will be issued in approximately eight weeks.

Shawn Croteau requested the maximum amount of incentive money one person could receive in one year provided they participated in all the incentive programs. He felt that information might motivate some individuals.

#### c) Health Awareness Reimbursement and Purchase Date and Dilemma

Debie Clayton reported for Ashley Brigham that [wellnesscode.com](http://wellnesscode.com) is an online vendor. Individuals should print the order confirmation email they receive from [wellnesscode.com](http://wellnesscode.com). It will contain the purchase date, item ordered and cost. It takes four to six weeks to process reimbursement for activity trackers.

### **3. Guaranteed Maximum Rate for 2017-2018 Health Insurance and the Factors that Influence Rate Adjustment**

Debie Clayton distributed a letter from Wendy Parker dated March 28, 2017 that explained the reasons the Merrimack School District's 9% Guaranteed Maximum Rate set in the fall decreased to 3.7% the revisit rate in the spring.

The letter stated reasons for the decrease are due to updated claims data and the medical and prescription drug trend assumptions being more favorable than in the fall. The reduction in projected medical and prescription drug trend is due in part to savings realized from the SmartShopper program as well as more favorable drug pricing negotiated by HealthTrust with CVS/caremark.

It was noted that cost containment efforts of large group memberships can make a difference in the rates. The cost containment efforts of the Merrimack School District have been consistent for many years. The results of the effort are not immediate.

Marge Chiafery asked that the letter from Wendy Parker be posted in an accessible location in each school for staff to view.

### **4. District Wellness Committee Recommendations**

#### **a) Utilization of Earned HealthTrust Incentives**

Shawn Croteau reported for Rick Greenier that funds received from HealthTrust will be used for efforts specific to each school as in the past. Assistant Superintendent for Business Matthew Shevenell will be asked to produce a proportional amount for each school to spend before June.

#### **b) Weight Loss Challenge Proposal (DeFelice)**

Shawn Croteau reported for Rick Greenier that the District Wellness Committee is comfortable supporting Ms. DeFelice's 28-day Weight Loss Challenge proposal and recognizes her genuine interest in improving the general wellness of the Merrimack community. The District Wellness Committee's recommendation includes one important stipulation. The Weight Loss Challenge is in no way affiliated or connected with "Advocare", a private company specializing in nutritional supplements. The committee believes this would set the precedence of promoting a product and/or company.

### **5. A Nutritional Promotion**

Ashley Brigham will present her focus on salad dressings at a future meeting.

### **6. Other**

Marge Chiafery announced membership changes for next year. Sue Robinson's last meeting will be June 7<sup>th</sup>. Marge Chiafery will accept recommendations for a retired Merrimack School District educator who is also a resident of Merrimack.

Marge Chiafery announced that Nick Coler accepted a position as principal-elect in Peabody, Massachusetts effective July 1, 2017. Nick has served as one of two administrator representatives on the committee.

Wendy Parker plans to attend the June meeting.

The meeting adjourned at 4:15 p.m.

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

<b>Meeting Date</b>	<b>Refreshments</b>
May 3, 2017	Rick Greenier, Shannon Barnes
June 7, 2017	Debie Clayton, Ashley Brigham