

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

**Attendees:** Shannon Barnes, Karen Bonin, Ashley Brigham, Marge Chiafery, Debie Clayton, Nick Coler, Shawn Croteau, Kim DeMaso, Mary Ethier, Kelly Grassini, Rick Greenier, Linda Hastings, Teresa Porter Cascadden, Rachel Schneider, Christine Soucy

**1. Approval of April 5, 2017 Minutes**

Kim DeMaso moved (seconded by Nick Coler) to approve the April 5, 2017 minutes as amended.

The percentages referenced in paragraph one on page two should be 3.7% and 9.0% respectively.

A correction was made to Wendy Parker's name in paragraph 4 on page two.

The motion passed 12-0-3 with Shannon Barnes, Rick Greenier and Ashley Brigham abstaining.

**2. Health Assessment Participation**

a) Rate for April

Ashley Brigham reported the Health Assessment participation rate for April reached 53%. Eighty one individuals are participating in the coaching program.

b) Promotion Strategies for May

Ashley reported the Salem School District increased its Health Assessment participation rate after promoting a Health Assessment Challenge.

It was determined that September through December would be a better time for a Health Assessment Challenge. Linda Hastings will contact the Human Resources Director of the Salem School District for details about their Health Assessment Challenge.

Nick Coler calculated that 63 additional Health Assessments would be needed to reach the 58% goal. If the 63 were proportioned by school it might be more attainable.

**3. HealthQuest Demonstration**

Ashley Brigham provided a demonstration of HealthQuest, a HealthTrust online scavenger hunt. HealthQuest will provide another way for individuals to become familiar with HealthTrust products and website. Participants who completed the Health Assessment will receive 25 points after completing the HealthQuest regardless of right or wrong answers. All HealthQuest participants will be entered into a raffle for an Amazon Echo.

During the month of May representatives will promote the HealthQuest as something new with a different incentive. HealthQuest participants are not required to complete the Health Assessment.

Debie Clayton announced HealthTrust's web site has a new tile for Anthem. After individuals create a one-time Anthem user name and password they will have accessibility through the HealthTrust single sign on process.

#### **4. Merrimack School District Slice of Life 2016 Incentive Review**

Ashley Brigham reviewed the 2016 Slice of Life Incentives. Representatives were asked to post her handout at each of the schools.

- Health Assessment participation was 57%.  
Claimed \$67,125      Unclaimed \$50,175
- Biometric Screening Incentives Rewarded (\$50/person)  
Claimed: \$14,900      Unclaimed \$64,900
- SmartShopper Savings  
Incentive Paid: \$18,400  
District's Claims Savings: \$142,457      Potential Claims Savings: \$731,023

Debie Clayton noted 90% of HealthTrust insurance premiums is based on claims.

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

Ashley Brigham provided a comparison of eight different types of salad dressings. Her comparison outcome was that home-made salad dressings made from olive oil, vinegar, water and spices are the best option.

Store bought salad dressings contained undesirable types of oils (soybean, vegetable, canola), high fructose corn syrup, starch and Maltodextrin. Homemade dressings and dips are better options.

#### **6. Other**

The June meeting will be a transition meeting for new representatives. Wendy Parker from HealthTrust will also be attending.

Debie Clayton noted that in 2018 individuals will be able to purchase a 90 day supply of a prescription at a local CVS pharmacy with the same discount as the mail order.

Shannon Barnes thanked Debie Clayton and Linda Hastings for their presentation to the Merrimack School Board on May 1<sup>st</sup>.

Meeting adjourned 4:40 p.m.