

**Healthcare Cost Containment Committee Minutes**  
**September 13, 2017**  
**3:30 p.m. to 5:00 p.m.**

**Attendees:** Peter Bergeron, Ashley Brigham, Marge Chiafery, Debie Clayton, Shawn Croteau, Kim DeMaso, Linda Dimakis, Kelly Grassini, Rick Greenier, Linda Hastings, Teresa Porter Cascadden, Christine Soucy, Rick Urda, Kathleen Walczak

**1. Welcome New Members and Guest**

Marge Chiafery introduced new members Peter Bergeron, Assistant Principal at Merrimack High School and representative for administration and Linda Dimakis, Special Education Teacher at Merrimack High School and representative for the Merrimack Teachers Association (MTA).

Ashley Brigham introduced guest Taylor O'Connor, HealthTrust Wellness Advisor.

**2. Approval of June 7, 2017 Minutes**

Kathleen Walczak moved (seconded by Kim DeMaso) to approve the June 7, 2017 minutes.

The motion passed 13-0-0. Not all members were present during the vote.

**3. Health Assessment Participation**

a) Rate for June, July, August

Ashley Brigham reported the Health Assessment Participation rates for June, July and August were 53%, 54% and 55% respectively.

One percent represents approximately 13 individuals. Making personal contact with new eligible individuals has been a good strategy in the past. Linda Hastings will provide one representative in each school with a list of employees eligible to receive incentives as of September and a supplemental list containing the names of eligible new hires after October 1<sup>st</sup>.

Linda Hastings questioned the drop in the June percentage rate. Ashley Brigham agreed to investigate the data given to her by Onlife relative to the number of eligible participants in June.

b) Promotion Strategies for September

Ashley Brigham reported September 30 is the last day of the third quarter for the point incentive program. The incentive for accruing 250 points per quarter is \$50.

Ashley Brigham reported a new challenge will be unveiled in October for individuals who complete the Health Assessment Survey.

**4. August Mentor/Mentee Meeting – Rick Greenier**

Rick Greenier and Ashley Brigham attended a segment of the Torchbearer orientation for mentors on August 15. Ashley spoke about the Slice of Life program and Rick highlighted the

relationship with HealthTrust. The fifteen minute overview was worth doing and should continue in the future.

## **5. June 2017 Staff Health Survey Results – Linda Hastings**

Linda Hastings reported there were 114 responses to the 2017 June Staff Health Survey. This number is down from previous surveys.

Question six should be removed from future surveys. The Genetic Information Nondiscrimination Act of 2008 (GINA) does not allow dependents between the ages of 18-26 to complete the Personal Health Assessment/Biometric Screening.

Answers to question eight revealed people were not familiar with the term Health Awareness Program. The term Slice of Life might be a better title to use.

The health and safety categories in order of interest are:

1. Weight Management and Nutrition
2. Physical Activity
3. Stress and Quality of Life
4. Preventative Care
5. Medical Self-Care and Consumerism
6. Injury Prevention
7. Tobacco Cessation and Prevention

The Live Health Online Program could use promotion. 91% of the people who responded have not used the LiveHealth Online Program.

Marge Chiafery inquired if other HealthTrust member groups initiate a similar survey. Ashley Brigham and Debie Clayton were not aware of any other group conducting formal surveys. Based on Debie Clayton's conversations with other member groups the survey content is consistent.

## **6. New Onlife Challenge – Ashley Brigham**

Ashley Brigham announced a new HealthTrust healthy weight challenge called Right This Weigh. Registration for the Right This Weigh challenge will begin on October 2, 2017. The challenge runs from October 16 through December 8, 2017. More information about the challenge will be available soon.

Ashley Brigham will demonstrate the registration process for the challenge at the October meeting.

Marge Chiafery noted the correlations between the survey outcome expressing interest in Weight Management and Nutrition content and the newest HealthTrust Challenge.

## **7. Review of 2017 Wellness Policy – Rick Greenier**

Rick Greenier, District Wellness Committee Chair highlighted changes and improvements to the 2017 Wellness Policy.

## **8. A Nutritional Promotion – Ashley Brigham**

Ashley Brigham provided a comparison of eight different yogurts. Greek yogurts have less whey, more protein, and are thicker and tangier than regular yogurts. Regular yogurts have higher calcium content. Siggi's is a product called Icelandic Skyr that has the consistency of strained yogurt and a much milder flavor.

Yogurts containing higher fat content sustain appetite. A good rule of thumb is to select a yogurt with more protein than sugar.

## **9. Meeting Dates and Hospitality Request**

Meeting dates for the 2017-2018 school year were reviewed. The hospitality sheet was distributed. Shawn Croteau and Rick Greenier will provide light refreshments for the October meeting.

### **Other:**

The biometric screening date at Merrimack High School is January 18. Time is yet to be determined. Kelly Grassini, Rick Greenier, Christine Soucy, Kim DeMaso and Linda Hastings offered to coordinate the Wellness Fair again this year. The committee will review minutes about the 2017 wellness Fair at the October meeting.

### Key Messages to highlight at faculty meetings:

1. Highlight employees' interest in weight management and nutrition, per the June survey and connect them to a new HealthTrust challenge, the Right Weigh, being rolled out in October.
2. Share the 2017 Wellness Policy. The mental wellness paragraph on page two is important to note. It aligns with the mental health committee's work.
3. Post the yogurt comparison chart.
4. Post HealthTrust Behavioral Health Substance Use Disorder Awareness workshops.

There is an optional wellness coordinator workshop on October 11 from 9:00 to 11:00 a.m. The January wellness coordinator workshop is mandatory. Current wellness coordinators are Teresa Porter Cascadden (MMS), Christine Soucy (TFS) and Rick Greenier (JMUES).

The wellness coordinators receive informative emails from HealthTrust on a regular basis. Teresa Porter Cascadden will send her wellness coordinator emails to Sandy Swanson to forward to all committee members.

Marge Chiafery supports sending one wellness coordinator from each school, realizing the incentive amount will be for only four people.

Kelly Grassini (RFS), Shawn Croteau (MES) and Kathleen Walczak (MHS) expressed interest in attending the October 11 wellness coordinator workshop.

Debie Clayton stated that she will have October agenda items.

Ashley Brigham announced, effective in 2018, eligible participants will be able to go to Convenient MD for a free biometric screening. This offering is in addition to attending a biometric screening site or submitting a form signed by a physician.

Convenient MD will be attending the Wellness Fair on January 18.

The meeting adjourned at 4:45 p.m.

### **2017-2018 School Year Meeting Dates**

<b>Meeting Date</b>	<b>Refreshments</b>
September 13, 2017	Sandy Swanson, Marge Chiafery
October 4, 2017	Shawn Croteau, Rick Greenier
November 1, 2017	Kim DeMaso
December 6, 2017	Kelly Grassini
January 10, 2018	Rick Urda, Kathleen Walczak
February 7, 2018	Christine Soucy
March 7, 2018	
April 4, 2018	Teresa Porter Cascadden, Linda Dimakis
May 2, 2018	Linda Hastings
June 6, 2018	Ashley Brigham, Debie Clayton