

Healthcare Cost Containment Committee Minutes
October 4, 2017
3:30 p.m. to 5:00 p.m.

Attendees: Peter Bergeron, Ashley Brigham, Debie Clayton, Shawn Croteau, Kim DeMaso, Linda Dimakis, Mary Ethier, Kelly Grassini, Rich Greenier, Linda Hastings, Marsha McGill, Teresa Porter Cascadden, Christine Soucy, Kathleen Walczak

1. Approval of September 13, 2017 Minutes

Kim DeMaso moved (seconded by Debie Clayton) to approve the September 13, 2017 minutes.

The motion passed 12-0-2 with Marsha McGill and Mary Ethier abstaining.

2. Health Assessment Participation

a) Response to Query Regarding June Rate

Ashley Brigham confirmed the June Health Assessment participation rate was not accurate. She explained the report received from the OnLife representative incorrectly used the number of eligible members for the entire year rather than the number of eligible members for just the month of June.

Ashley reported the corrected Health Assessment participation rates for June, July and August were 54%, 55% and 57% respectively.

b) Rate for September

Ashley Brigham reported the Health Assessment participation rate for September was 56%.

c) Promotion Strategies for October

Ashley Brigham announced registration for the Right this Weigh Challenge will begin October 2. The challenge dates are October 16 through December 8, 2017. She recommended promoting the Right this Weigh Challenge to staff during the month of October.

Kathleen Walczak reported the price of activity trackers on the wellness discount site are discounted more than usual.

Christine Soucy expressed a desire to be able to deselect options on activity trackers. Ashley Brigham will investigate her request.

3. Right This Weigh Challenge Demonstration

Ashley Brigham demonstrated the Right this Weigh Challenge. Google Chrome is the preferred browser. The initial registration process for the challenge works best on a computer rather than a mobile device. An application can be downloaded to mobile devices for daily tracking. The

mobile application limits challenge features. The duration of the challenge is October 16 through December 8, 2017.

Directions to the Challenge

- Go to www.healthtrustnh.org
- **Login** using the secured single sign-on
- Click the **OnLife** tile
- Click the **Menu** in the upper left corner
- Scroll down to **My Challenges**
- **Disable pop-ups**
- Begin the Challenge

4. Benefit Advantage

Debie Clayton explained HealthTrust partnered with Benefit Strategies. The partnership will provide enrollees with a mobile application for flexible spending accounts. HealthTrust will continue to be the vendor for flexible spending accounts except for the mobile application feature which will be supported by Benefit Strategies.

The Benny card will be replaced by a Benefit Advantage card. Individuals may continue to use Benny cards or activate the new Benefit Advantage card through December 2017. Effective January 1, 2018 everyone will be required to use the Benefit Advantage card.

The partnership will also provide districts the option to offer Health Reimbursement Accounts (HRA) to employees effective July 1, 2018.

5. Maintenance Choice

Effective January 1, 2018 enrollees will be able to purchase a 90-day supply of maintenance medications at a local CVS pharmacy. Mail service will continue to be available.

6. Rate Setting

Debie Clayton informed the committee that the Guaranteed Maximum Rate (GMR) was expected to be 3.5% pending the approval of the HealthTrust Board on October 17, 2017.

7. Site of Service Enhancements

The following are enhancements to the Site of Service Plan:

- Allergy Injections – no office visit copayment (currently specialty visit)
- Chiropractic Visits – unlimited medically necessary visits (currently 12 visit limit per member per plan year)
- Physical Therapy, Speech Therapy & Occupational Therapy – 60 visit combined maximum per member per plan year (currently 20 visit limit per type of therapy per member per plan year)
- Outpatient Surgical Procedures at an Independent Ambulatory Surgical Center – no cost (currently \$75 per procedure)

8. A Nutritional Promotion

Ashley Brigham provided a comparison of eight different soups. Most of the prepared soups contained high amounts of sodium. Amy's Organic (Light in Sodium) contained the least amount of sodium. Homemade soups are the healthiest option. It was noted that the lining of a can could contain Bisphenol A (BPA). BPAs can seep into the contents of the can when exposed to heat.

9. Formulate Key Messages to Share

1. Promote HealthTrust's newest challenge, "Right this Weigh" from October 16 to December 8. Complete the challenge and receive 100 points.
2. Post the soup comparison chart.
3. The current prescription mail order is not changing a new option is being added.
4. Recruit two more people to complete the health assessment survey.

Rick Greenier reported that he sends out an email with a catchy subject line to staff at the upper elementary school following each Healthcare Cost Containment Committee meeting which contains key messages from the previous meeting.

The meeting adjourned at 4:50 p.m.

2017-2018 School Year Meeting Dates

Meeting Date	Refreshments
November 1, 2017	Kim DeMaso, Mary Either
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