

## **Healthcare Cost Containment Committee Minutes**

**November 1, 2017**

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

**Attendees:** Shannon Barnes, Peter Bergeron, Ashley Brigham, Debie Clayton, Marge Chiafery, Shawn Croteau, Kim DeMaso, Linda Dimakis, Mary Ethier, Kelly Grassini, Rich Greenier, Marsha McGill, Teresa Porter Cascadden, Christine Soucy, Rick Urda, Kathleen Walczak

### **1. Approval of October 4, 2017 Minutes**

Kathleen Walczak moved (seconded by Mary Ethier) to approve the October 4, 2017 minutes.

The motion passed 12-0-2 with Rick Urda and Shannon Barnes abstaining. Not all members were present for the vote.

### **2. Health Assessment Participation**

#### a) Rate for October

Ashley Brigham reported the Health Assessment participation rate for October was 57% (57.4% to be exact.) One more person completing the Health Assessment would achieve the participation goal of 58%.

Marge Chiafery asked building representatives to promote the Health Assessment survey at their next staff meeting. Representatives should inform individuals that one more survey could result in the reaching the committee's goal of 58%.

Marge Chiafery will ask Linda Hastings to send a districtwide attention getting email promoting the survey.

Kathleen Walczak reported a "Healthy for the Holiday" promotion at the high school and Ashley Brigham is scheduled to attend the next staff meeting.

Rick Greenier reported Ashley Brigham attended a nutritional workshop last month at the upper elementary school.

#### b) Promotion Strategies for November

Ashley Brigham reported that checks from HealthTrust for third quarter incentives (July, August and September) have been processed. She hoped people would be motivated by these checks to participate in the fourth quarter incentive (October, November and December).

### **3. Review 2017 Wellness Fair Comments**

#### **2018 Wellness Fair Considerations**

- Modify the January 18, 2018 biometric screening section in order to improve privacy between the screening stations.
- Increase the number of wellness fair vendors to 24-25.
- Survey vendors to ask if they received new business as a result of the 2017 wellness fair.

- Shorten the length of the wellness fair (vendor request); not the biometric screening.
- Offer vendors the choice of either half time or full time participation at the wellness fair. The idea of asking a marketing student to stand in for a vendor was discarded due to it being finals week at the high school.
- Provide a table flag with the name of the vendor.
- Provide a floor map of vendors for participants.

Marge Chiafery asked the wellness fair subcommittee (Rick Greenier, Linda Hastings, Kim DeMaso, Kelly Grassini and Christine Soucy) to sort out wellness fair and biometric screening details and report back to committee in December and January.

It was decided that vendors would be offered a three hour wellness fair slot rather than six hours. Contact will be made with vendors to determine the number of participants.

### **Potential new vendors**

- Planet Fitness will occupy a storefront in the Shaws Plaza currently under construction. Tim Thompson, Community Development Director could help with a contact person for Planet Fitness.
- Franklin Savings Bank and Bite Me Cupcakes (gluten free, vegan) have new offices located in Merrimack.

### **4. Response from HealthTrust Activity Tracker Options**

Ashley Brigham responded to a question raised at the October meeting regarding activity tracker options. She explained the requirement to share all options is specific to Fit Bit activity trackers. The activity box and profile box are the only two options required in order to sync with OnLife.

### **5. Live Health Online**

Linda Hastings attended a HealthTrust behavioral health training where she became initially aware of the behavioral health aspect of the Live Health Online program. As Director of Human Resources she felt it was important to notify employees of this option especially with forthcoming holidays.

Ashley Brigham reviewed the Live Health Online program and distributed information explaining how to access the program. The behavioral health calls require a scheduled appointment unlike medical calls. For covered enrollees the cost of using the program is the price of an office visit copay. The Live Health online program is open to non-enrollees at a maximum cost of \$49 for medical visits or \$95 for mental health visits.

### **6. November Nutrition Newsletter**

Ashley Brigham distributed the coordinator newsletter in place of a nutritional comparison. She highlighted a Meatless Monday article.

### **7. Possible December Date Change**

Marge Chiafery announced she has a conflict with the December 6 meeting date. She asked if committee members could attend on December 13<sup>th</sup> instead of the 6<sup>th</sup>. Mentors agreed to the change. Sandy Swanson will send out a meeting reminder notice after Thanksgiving.

**Other:**

Marge Chiafery expects to send a total of six wellness coordinators (one per school) to the training in January. She asked if HealthTrust might fund the district \$500 per coordinator. Ashley Brigham acknowledged HealthTrust’s desire to increase funding for larger districts but did not anticipate changes for 2018. She confirmed that six wellness coordinators can attend the training in January.

Wellness coordinators will include Kelly Grassini (RFS), Shawn Croteau (MES), Kathleen Walczak (MHS), Rich Greenier (JMUES), Christine Soucy (TFS) and Teresa Porter Cascadden (MMS).

Training for new wellness coordinators is January 8<sup>th</sup> from 9:00 a.m. to 3:00 p.m. at HealthTrust. Kathleen Walczak, Shawn Croteau and Kelly Grassini are expected to attend. Returning wellness coordinators should plan to attend one of the training dates on January 16, 17, or 18. Christine Soucy, Teresa Porter-Cascadden and Rick Greenier are expected to attend.

Marge Chiafery asked wellness coordinators to share what they learned at their training experience at the February 7<sup>th</sup> Healthcare Cost Containment Committee (HCCC) meeting.

Mary Ethier will privately share with Debie Clayton her husband’s situation relative to purchasing durable equipment.

Kathleen Walczak noted that HealthTrust webinars offered at noon are difficult to attend. Ashley will investigate how webinars can be viewed at a later date.

Rick Greenier announced that a program on Lyme Disease Awareness would be offered on November 14<sup>th</sup> at Merrimack High School in the Little Theatre at 6:30 p.m.

Place the item “Other” on future agendas.

**8. Formulate Key Messages to Share**

- Encourage two to four more people to complete the Health Assessment Survey. Inform staff that the goal is to reach 58%; we are at 57%. We are competing with Bedford and Salem to have the highest rate.
- Announce the Wellness Fair and Biometric Screening date is January 18.
- Highlight LiveHealth Online. Not many people are aware that Live Health Online offers behavioral health services.

The meeting adjourned at 4:40 p.m.

**2017-2018 School Year Meeting Dates**

<b>Meeting Date</b>	<b>Refreshments</b>
December 13, 2017	Kelly Grassini and Shannon Barnes
January 10, 2018	Rick Urda, Kathleen Walczak
February 7, 2018	Christine Soucy
March 7, 2018	Marsha McGill, Teresa Porter Cascadden
April 4, 2018	Teresa Porter Cascadden, Linda Dimakis
May 2, 2018	Linda Hastings, Peter Bergeron
June 6, 2018	Ashley Brigham, Debie Clayton