

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

Attendees: Shannon Barnes, Peter Bergeron, Ashley Brigham, Marge Chiafery, Debie Clayton, Shawn Croteau, Linda Demakis, Mary Ethier, Kelly Grassini, Rick Greenier, Teresa Porter Cascadden, Christine Soucy, Rick Urda, Kathleen Walczak

1. Approval of November 1, 2017 Minutes

Rick Greenier asked the minutes to reflect Ashley Brigham provided a nutritional workshop last month at the upper elementary school.

Debie Clayton offered the following two sentences to improve clarification. “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.”

Rick Urda moved (seconded by Kathleen Walczak) to approve the November 1, 2017 minutes as amended.

The motion passed 13-0-1 with Kelly Grassini abstaining.

2. Health Assessment Participation

a) Rate for November

Ashley Brigham announced the Health Assessment participation rate for November reached the committee’s goal of 58%. Representatives were encouraged to continue efforts to avoid any backward slide in the percentage rate.

b) Promotion Strategies for December

- Inform individuals they can receive incentive money for completing the 2017 Health Assessment in December and more incentive money for completing the 2018 survey in January.
- Suggest incentive money can be used to purchase gifts.
- Highlight that individuals would be eligible to purchase a discounted activity tracker upon completing the 2017 Health Assessment Survey and another activity tracker after completing the 2018 Health Assessment in January.
- Remind individuals about discounted products available through the wellness store website.

3. 2018 Wellness Fair Preparation

- Participation hours for vendors were shortened.
- HealthTrust information will be projected on a screen in the cafeteria.
- There will be designated parking for vendors. Peter Bergeron will handle parking needs.
- Try to obtain a list of businesses going into the new construction site at the former Shaw’s.
- Convenient MD will be attending most biometric screenings with HealthTrust.

4. HealthTrust Response to Webinar Access

Ashley Brigham responded to a previous comment that the noon time webinars are not convenient for individuals working in a school environment. Both HealthTrust and OnLife webinars are archived and accessible anytime through the HealthTrust secure single sign on process.

Ashley Brigham asked what time would be most convenient for Merrimack School District employees. The response was between 6:00 p.m. and 7:00 p.m.

It was noted that the noon webinars are attended mostly by those individuals working in an SAU office, not a classroom setting.

5. Health Holiday Information

a) Anti-Inflammatory Bread Recipe

Sandy Swanson distributed an anti-inflammatory bread recipe and provided a sample for tasting.

b) December Newsletter

Ashley Brigham distributed a December newsletter containing information on inflammation. Acute inflammation results from injury. Chronic inflammation is disruptive to the body over time. Ginger has anti-inflammatory properties.

Marge Chiafery welcomed healthy treats and recipes from other committee members.

6. Formulate Key Messages to Share

- Share the anti-inflammatory bread recipe and the December newsletter containing information about anti-inflammatory foods.
- Healthy for the Holidays is a program available through the HealthTrust wellness coordinators' site. There are 26 people participating at the high school. High school participants will be eligible to win a whole foods gift card.
- The biometric and Wellness Fair will be held on January 18, 2018.
- Continue to encourage individuals to complete the 2017 Health Assessment.
- Biometric screening posters will be distributed to all schools and offices.

7. Other

Christine Soucy hopes to provide another salad luncheon at TFS with a presentation by Ashley Brigham. She offered to assist anyone else through a first time program.

Ashley Brigham will be making presentations about Life Resources and Slice of Life at the upper elementary school for paraeducators and faculty in separate sessions.

Rick Greenier complimented Ashley Brigham on her availability and cooperation.

Rich Greenier reported the Lyme Disease awareness event held at Merrimack High School on November 14, 2017 was successful. About thirty people attended. Some stayed until well after the event ended.

Next meeting will be January 10, 2018.

2017-2018 School Year Meeting Dates

Meeting Date	Refreshments
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