

Healthcare Cost Containment Committee Minutes

January 10, 2018

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

Attendees: Peter Bergeron, Mary Ethier, Shawn Croteau, Kim DeMaso, Linda Dimakis, Kelly Grassini, Debie Clayton, Ashley Brigham, Kathleen Walczak, Rick Greenier, Linda Hastings, Marge Chiafery, Shannon Barnes, Christine Soucy

1. Approval of December 13, 2017 Minutes

Kathleen Walczak moved (seconded by Shannon Barnes) to approve the December 13, 2017 minutes.

The motion passed 12-0-2 with Linda Dimakis and Linda Hastings abstaining.

2. Health Assessment Participation

a) Rate for December

Ashley Brigham announced the Health Assessment survey participation rate for December remained at 58%.

HealthTrust will shift its focus from survey participation to the biometric screening participation in 2018.

Marge Chiafery noted that Merrimack has tracked the Health Assessment survey participation rate since 2007. She asked committee members to think about the change of focus and setting a completion percentage goal.

b) Promotion Strategies for January

Promote the new 2018 Slice of Life Wellness Program. Posters were distributed to display in all buildings.

3. Final Preparations for Wellness Fair on January 18

Rick Greenier reviewed final preparations and a list of confirmed vendors for the Wellness Fair. Linda Hastings distributed Wellness Fair posters for display in all buildings. Thirty parking spaces will be reserved for vendor parking.

4. Life Resources

Jennifer Fitzgerald, Account Manager for the Employee Assistance Program known as Life Resources highlighted a wide range of available resources. Some examples are child and elder care, drug and alcohol counseling, financial and legal consultations. Life Resources is free, confidential and available to all employees, spouses, dependents, household members, retirees, school volunteers and school board members regardless of insurance coverage.

- Counseling (six free telephone conversations per issue or reason).
- Life Resources is familiar with referral specializations and can assist with the selection of a provider within two or three business days, except for crisis situations.

- Financial consultations (phone consultations only)
- Free onsite trainings for a minimum of 7-10 people per session
- Benefit orientations
- On-site critical incident debriefing, grief or loss support

www.AllOneHealthEAP.com

Username: healthtrust

Password: member

24 hour phone support: 1-800-759-8122

5. Drums Alive

Rick Greenier provided a video of a drums alive, an aerobic exercise class. The school district has one certified drums alive instructor and a class of 35 people.

Christine Soucy explained years ago an Artist in Residence introduced Drums Alive to the physical education classes at Thorntons Ferry Elementary School. After the Artist in Residence offered a Drums Alive activity the physical education teacher become a certified Drums Alive instructor. HealthTrust incentive money was used to purchase equipment for the class.

6. Nutritional Promotion

Ashley Brigham reported that a new study indicated saturated fats from dairy products do not raise cholesterol like red meats.

7. Formulate Key Message to Share

- The Wellness Fair is separate from the biometrics screening event.
- Every vendor will raffle off one item or service.
- Space is available for biometric screening appointments.
- Promote Life Resources. Schedule Jennifer Fitzgerald for a presentation during a building meeting.

Other:

Jennifer Fitzgerald will investigate Merrimack School District's usage of Life Resources in 2017.

Kelly Grassini asked if an employee who purchased an activity tracker in November was eligible for the \$100 reimbursement. Ashley Brigham responded there is a window of two calendar months to sync activity trackers to OnLife before qualifying for the \$100 reimbursement.

Rick Greenier brought forward a flex spending question from a colleague. Debie Clayton will provide an answer after she has a better understanding of the question.

Ashley Brigham reported the 2018 Slice of Life program changed from point values to dollar amounts. Effective January 1, 2018 the incentive amount for completing a biometric screening is \$75; the incentive for completing the Health Assessment Survey is \$25.

The Slice of Life conversion from points to dollars needs to be marketed. Ashley Brigham will provide an overview of each Slice of Life Wellness activity and provide copies of the Personal Wellness Journey Rewards Chart in February.

The meeting adjourned at 4:50 p.m.

2017-2018 School Year Meeting Dates

Meeting Date	Refreshments
February 7, 2018	Christine Soucy (meeting cancelled due to snow)
March 7, 2018	Marsha McGill, Christine Soucy
April 4, 2018	Teresa Porter Cascadden, Linda Dimakis
May 2, 2018	Linda Hastings, Peter Bergeron
June 6, 2018	Ashley Brigham, Debie Clayton