

Healthcare Cost Containment Committee Minutes
March 14, 2018
3:30 p.m. to 5:00 p.m.

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

1. Approval of January 10, 2018 Minutes

Shawn Croteau moved (seconded by Peter Bergeron) to approve the January 10, 2018 minutes.

The motion passed 10-0-2 with Rick Urda and Teresa Porter Cascadden abstaining. Not all members were present for the vote.

2. Biometric Screening and Health Assessment Participation

- a) Rate for January – Biometrics 14%, Health Assessment 22%
Rate of February – Biometrics 15%, Health Assessment 31%
- b) Promotion Strategies for March
- c) Receipt of Checks from HealthTrust and Disbursement
 - i. The district received \$3,000, HealthTrust allowed for 6 representatives to attend the training @ \$500 per representative. The district went up 1% above its goal and received an additional \$200. The school board is meeting on April 2, 2018 to accept this money; it must be approved by the school board and used by June 30th.
 - ii. Marge suggested that the District Wellness Committee decide what would be done with the HealthTrust funds. Teresa suggested some money go to the schools and some for the wellness fair. Rick will confer with the District Wellness Committee and come up with ideas. Kelly suggested that some of the money be used as an incentive for completing the biometric screening. Linda Dimakis moved (seconded by Mary Ethier) that the District Wellness Committee come up with a plan to expend the \$3,200 from HealthTrust.

The motion was unanimously approved 14-0-0.

3. Wellness Fair Cancellation/Reschedule

Rick Greenier reported the Wellness Fair was canceled. A snow day on the day before the Wellness Fair caused the high school to adjust its class schedule resulting in a conflict with the time of the Wellness Fair. He asked for suggestions on how future wellness fairs could be scheduled without having to rely on the high school final exam schedule. It was noted that if the wellness fair were held in May or June attendance would be low.

- Kelly Grassini suggested we make the Wellness Fair a family event.
- Peter Bergeron suggested that we look at hosting a speaker.
- Linda Dimakis suggested holding off until the fall.
- Rick Greenier suggested we move it to the middle school.
- Teresa Porter Cascadden mentioned the Washington, DC Trip for middle school students takes place in June.
- Linda Hastings suggested we look at what makes Oyster River's Wellness Fair so successful. Linda will reach out to Theresa Proia, Human Resources Manager.

4. Wellness Coordinators' Update

Shawn reported 15 to 20 MES staff members were involved in the step program.

Christine appreciated learning how other districts spend their HealthTrust funds.

Ashley reviewed the 2018 Slice of Life Program changes in four separate meetings for the employees at Thorntons Ferry Elementary School. Her presentations definitely created an awareness throughout the building. The Fitbit was talked about.

Teresa introduced the website www.365milechallenge.org. It is a group with a goal to get outdoors and move one mile a day during 2018.

Ashley attended a meeting at the middle school in February which was well received. She talked about Life Resources first, then the Slice of Life, SmartShopper and "Aware", the substance use program through Anthem.

Kelly enjoyed conversations about the 2018 Slice of Life Program and learning how other districts utilize funds from HealthTrust.

Rick spoke about new programs, such as "Hello Hydration" and "Balance Your Life" and possibly getting involved with local hospitals, St. Joseph's Hospital or Southern New Hampshire Regional Hospital. District socials might be a good wellness events. Rick also suggested disseminating personal value worksheets for persons to reflect on their own state of wellness.

Kathleen Walczak will be asked to share her report at the April meeting.

5. Response Regarding Life Resources Usage in 2017

Jen Fitzgerald will talk about Life Resources at a future meeting.

6. Biometric Screening Outcome on January 11, 2018

- Ashley distributed the January participation rates. See handout.
- Ashley thought the event went smoothly. There were 169 biometric screenings completed out of 180 available times. She noted that some people had to wait for their appointment. The Wi-Fi was slow due to students being in the café which put the nurses behind schedule.
- Teachers were very helpful in directing students, handling crowds and moving tables. The staff was exemplary. Students offered to assist in moving tables too.
- There is a need to consider the way biometric information is presented. When someone hears s/he is obese, the message is off putting. How else might the feedback be rendered?
- Christine likes the idea of getting flu shots on site.
- A town Biometric Screening will be held at the O'Leary Senior Center on April 19 from 1:15 to 5:15 p.m.
- Kelly asked if we could get information about where people go for biometric screenings: District, Convenient MD or their PCP.
- Employees need their health card when they go to Convenient MD.
- There is need to send out a district-wide reminder for March such as a pot of gold to go with a St. Patrick's Day theme.

7. Biometric Screening and/or Health Assessment - Tracking Percentage Goal for 2018

The committee agreed to track participation for biometrics and health assessments by establishing a goal and stretch goal for each category.

- Biometrics – Goal 35% & Stretch Goal 37%
- Health Assessment – Goal 56% Stretch Goal 58%

8. 2018 Slice of Life Overview Including Points to Dollars Conversation

Ashley reported the points to dollars conversion is new. The core components and coaching stayed the same. Convenient MD is an option for biometric screenings. There is a quarterly incentive, points to dollars, at the end of the quarter you will receive the amount that you have identified in your portal. The maximum amount is \$75. The dollars reset to \$0 on the first day of each quarter.

9. Nutritional Promotion (Focus on Nuts)

Ashley provided an informational sheet about different kinds of nuts. Almonds are lowest in saturated fats.

10. Formulate Key Messages to Share

Highlights to be shared: 169 people participated in the January biometric screening. We are going to track the biometric screening participation rate and the health assessment survey participation rate. A goal and stretch goal was established for each category. A minimum of \$40 is needed to receive an incentive.

The next meeting will be April 4, 2018.

The meeting adjourned at 5:10 p.m.

2017-2018 School Year Meeting Dates

Meeting Date	Refreshments
April 4, 2018	Teresa Porter Cascadden, Linda Dimakis
May 2, 2018	Linda Hastings, Peter Bergeron
June 6, 2018	Ashley Brigham, Debie Clayton