

Healthcare Cost Containment Committee Minutes

April 4, 2018

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

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

1. Approval of April 4, 2018 Minutes

Kathleen Walczak moved (seconded by Mary Ethier) to approve the March 14, 2018 minutes.

Corrections were made to Mary Ethier's and Rick Greenier's names. The month of the Washington, DC trip for middle school students was corrected to reflect June.

The motion passed as amended 10-0-1 with Kathleen Walczak abstaining. Not all members were present for the vote.

2. Biometric Screening and Health Assessment Participation

a) Biometric Screening Rate for March

Ashley Brigham reported the Biometric Screening participation rate for March increased to 17%.

b) Health Assessment Rate for March

Ashley Brigham reported the Health Assessment rate for March increased to 35%.

c) Promotion Strategies for April

Ashley Brigham announced that the Town of Merrimack's biometric screening will be held at the John O'Leary Adult Community Center on April 19 from 1:15 p.m. to 5:15 p.m. There are open slots for appointments.

Convenient MD is a convenient location for a biometric screening. A Google search for a specific Convenient MD location will indicate busiest and slowest times at that location.

April vacation might be a good time to for individuals to complete their biometric screening.

3. Reconsideration of Time to Host Wellness Fair

Committee members agreed not to reschedule the Wellness Fair for this school year. It was suggested that the Biometric Screening and the Wellness Fair be held in the fall to avoid snow day inconveniences.

Ashley Brigham explained biometric screening results that occur through October 2018 would apply to the current year, 2018. Biometric screening results that occur between November 2018 and May 2019 will apply to the year 2019.

Rick Greenier asked if the biometric screening could be held at multiple sites on the same day.

Ashley Brigham responded that two biometric screening sites occurring on the same day would be reasonable.

It was questioned if the biometric screening and the Wellness Fair occurred on separate dates, would Wellness Fair attendance be reduced.

Linda Hastings noted that Oyster River School District schedules its Wellness Fair on the teachers' first day back. Theresa Proia, Human Resources Director from Oyster River is available to speak to the committee about incentives it has put in place to increase Wellness Fair attendance.

It was decided that the committee would ask Theresa Proia to attend a future meeting to share Oyster River's Wellness Fair incentives before it made a decision to separate the biometric screening and the Wellness Fair.

Ashley Brigham will inquire if a biometric screening could be scheduled during the last week of August at the site of the August Academy. This could help increase participation in 2018.

4. Wellness Coordinator Update

Kathleen Walczak reported 26 people from the high school participated in a Healthy for the Holiday challenge. Challenge participants were able to enter a raffle for a gift card from Whole Foods.

Kathleen Walczak noted the Wellness Coordinator training was very informative. She is better prepared to answer questions from the staff about the HealthTrust wellness programs. She continues to distribute the Wellness Coordinator newsletter to high school staff.

Wellness Coordinator Challenges in the schools are:

- MES: Continue the successful step challenge into next year.
- RFS: Bowl with JMUES and possibly do Drums Alive in the spring.
- TFS: Plan an activity for the spring and the 365 mile challenge in the fall.
- JMUES: Continue weekly gym sports (about 10 participants) and bowling with RFS in the spring.
- MMS: Plan an April walking activity and promote the 365 mile challenge in the fall.
- MHS: Promote the eight week balance program in the spring.

5. Health Insurance Rate for 2018-2019

Debie Clayton reported the Board of Directors set the Guaranteed Maximum Rate (GMR) in the fall. The Board of Directors reviews newer claims and fresh data in March to come up with the revisit rate. The revisit rate cannot exceed the GMR. Debie compared data from 2018-19 and 2017-18 as examples.

Debie Clayton reported the size of the HealthTrust membership is 41,375.

Debie Clayton noted better rebates for specialty prescriptions. There are no trends to highlight other than frequency of services.

Linda Hastings added the savings from Smart Shopper has increased each year.

Debie Clayton reported Site of Service is the second most preferred plan within HealthTrust’s membership. There are more opportunities for people to go for services which helps them afford their deductible.

Debie Clayton will investigate when the Merrimack School District should request a Stewardship report from HealthTrust.

6. Nutritional Promotion

Ashley Brigham provided a cereal comparison. Kashi-Go Lean is a good cereal choice. Cheerios and Frosted Mini Wheats are also good choices. Rice Krispies have very little nutritional value.

June promotion will be ice creams.

7. Formulate Key Messages to Share

- Health insurance rate will increase 3.5%, effective July 1, 2018.
- Wellness Fair will not be rescheduled during this school year.

8. Other

Kathleen Walczak reported people have told her they are having trouble logging into the application “Always On”.

Ashley Brigham suggested individuals install the latest update or delete the application and reinstall or call OnLife Health at 1-800-564-5237.

Linda Dimakis asked if spouses receive email notifications from OnLife Health. Ashley Brigham will investigate.

Ashley Brigham clarified that one device per year can be purchased through the OnLife Health catalog.

A training topic for May or June could be on devices.

Rick Greenier announced two stress workshop offerings in May. One session is for middle and high school employees and the other session for employees from the four elementary schools.

Debie Clayton reported HealthTrust covers approximately 1,230 lives in the Merrimack School District.

Teresa Porter Cascadden announced she is retiring in June.

2017-2018 School Year Meeting Dates

Meeting Date	Refreshments
May 2, 2018	Linda Hastings, Peter Bergeron
June 6, 2018	Ashley Brigham, Debie Clayton