

**Healthcare Cost Containment Committee Minutes**  
**June 6, 2018**  
**3:30 p.m. to 5:00 p.m.**

**Attendees:** Kim DeMaso, Kelly Grassini, Mary Ethier, Jenn Lavigne, Marge Chiafery, Rick Greenier, Ashley Brigham, Debie Clayton, Linda Hastings, Marsha McGill, Peter Bergeron, Jennifer Lavigne

**1. Introduction of New Member**

Marge Chiafery acknowledged Teresa Porter Cascadden's years of service on the committee and invited Jennifer Lavigne, an 8<sup>th</sup> grade math teacher to replace Teresa as the middle school's representative.

**2. Approval of May 2, 2018 Minutes**

Mary Ethier moved (seconded by Linda Hastings) to approve the May 2, 2018 minutes.

The motion passed 11-0-0. Not all members were present for the vote.

**3. Biometric Screening and Health Assessment Participation**

a) Participation Rates for May

Ashley Brigham reported the Biometric Screening participation rate for May increased to 22% and the Health Assessment participation rate increased to 39%.

b) Promotion Strategies for June/July/August

Ashley Brigham suggested the following promotion strategies:

- Inform individuals that June 30 is the end of Quarter 2 and encourage them to obtain the maximum incentive of \$75.
- Encourage individuals to go to Convenient MD for their biometric screenings during the summer.
- Stay active during the summer. July is the beginning of the third quarter.
- Remind staff to encourage covered spouses to participate in the Slice of Life.

It was noted that the custodial staff works first shift during the summer months. This would be a good time to review the above information with them.

**4. District Wellness Team's Report Regarding the Expenditure of HealthTrust Funds**

Rick Greenier provided the following report regarding the use of HealthTrust funds.

District-wide: Twenty-nine Visa gift cards (each worth \$50) were raffled off as incentives for employees to participate in district wellness events. Fourteen were distributed to Life Resource's Stress presentation participants. Fifteen were distributed to 100 Mile Challenge participants.

MES: Seventeen \$10 gift cards from Walmart were purchased to be distributed in the 2018-2019 school year.

RFS: A luncheon was held for staff at the end of the year.

TFS: A salad luncheon was provided for staff in January and Ashley Brigham spoke to them about OnLife incentives and 2018 program changes.

JMUES: A sporting goods raffle and healthy snacks were provided for staff.

MMS: Purchases were made to support staff raffles of outdoor activity games and gift cards as incentives for next year challenges.

Marge Chiafery reported that the purchase of VISA gift cards with HealthTrust funds created some concern at central office given a future audit. She asked that individuals who receive VISA gift cards be encouraged to spend the money on wellness.

Marge Chiafery recommended using the District's Shaws credit card and/or the Walmart credit card when making purchases with HealthTrust funds.

## **5. Solera Information**

Ashley Brigham introduced a new benefit offered through Solera, an independent company to help reduce the risk of type 2 diabetes. Individuals can find out if they qualify for the program by taking a 1-minute quiz at [solera4me.com/healthtrust](http://solera4me.com/healthtrust). Options for qualified individuals include a personal health coach, weekly lessons, small group support and/or tools such as a wireless scale or an activity tracker.

Sandy Swanson provided testimony in support of the program. After completing the short quiz, she enrolled in Weight Watchers. She noted that Solera is paying for a one year Weight Watchers membership provided she attends two meetings a month. She was also eligible to receive a free activity tracker from Solera.

There will be more discussion and follow up in September.

## **6. Stewardship Report from HealthTrust**

Debie Clayton and Ashley Brigham reviewed the Stewardship Executive Report for the Merrimack School District.

- The top 4 inpatient service categories are surgical, medical, mental health/substance abuse and maternity.
- The top 4 outpatient facility utilization services are surgery, lab/pathology, emergency room and radiology.
- The top 4 professional service categories are office/home visits, OP surgery, preventative services and professional other.
- The top 5 target episode treatment groups are joint degeneration except low back, breast cancer, routine exams and preventative screenings, non-malignant neoplasm and depression.

Committee members will have an opportunity to ask questions or make comments about the Stewardship Report in September.

**7. Nutritional Promotion Focus: Ice Cream**

Ashley Brigham created, distributed and discussed a nutrition facts sheet comparing vanilla-flavored ice creams.

**8. Tentative Date(s) for Wellness Fair/Biometric Screening**

Marge Chiafery suggested the wellness fair and the biometric screening be scheduled at the same time as August Academy to increase participation. August Academy is expected to take place at a local hotel August 28, 29 and 30.

The wellness fair subcommittee members are Rick Greenier, Linda Hastings, Kelly Grassini, Christine Soucy and Kim DeMaso.

Linda Hastings noted that health and dental insurance for new hires does not become effective until September 1.

**9. Review 2018-2019 Meeting Dates**

The meeting dates for the 2018-2019 school year were reviewed. The first meeting of the new school year will be Wednesday, September 12.

**10. Formulate Key Messages to Share**

- Display Convenient MD biometric screening forms in a visible location.
- Encourage spouses to participate in the HealthTrust incentive program.
- Post the district wellness report (the blue page) for staff.
- Share information about Solara’s new program to reduce risk of developing type 2 diabetes.
- Post the nutritional comparison for ice cream.

**11. Other**

Teresa Poire and the Superintendent from Oyster River would like to attend the September or October meeting.

The meeting adjourned at 5:10 p.m.

**2018-2019 School Year Meeting Dates**

<b>Meeting Date</b>	<b>Refreshments</b>
September 19	
October 3	
November 7	
December 5	
January 9	
February 6	
March 6	
April 3	
May 1	
June 5	