

Healthcare Cost Containment Committee Minutes
February 6, 2019
3:30 p.m. to 5:00 p.m.

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

Guest: Trainer Lisa Moloney

1. Approval of January 9, 2019 Minutes

Kathleen Walczak moved (seconded by Rick Urda) to approve the January 9, 2019 minutes as amended.

The eighth paragraph on page 2 should read "... insurance premium rate changes for the corresponding years."

The motion passed 12-0-3 with Rick Urda, Kathleen Walczak and Kim DeMaso abstaining.

2. Biometric Screening and Health Assessment Participation

a) Rate for January

Ashley Brigham reported the January participation rates were 20% for the Health Assessment and 11% for the biometric screening.

b) Promotion Strategies for February

There was no report.

c) Assessment of Activity Trackers

Ashley Brigham will report quarterly (March, June, September and December) on the participation rate for the number of individuals earning incentives.

3. Health Assessment Participation Rates compared to Insurance Premium Rate Changes for 2014 to 2018

At the January meeting Linda Hastings asked for a comparison of Health Assessment participation rates compared to the insurance premium rate changes for the corresponding years.

Debie Clayton provided information that reflected a five-year history of insurance premium rate changes for the Merrimack School District. She noted that rate increases were single digits and that she used the revisit rate. The Health Assessment participation rates are listed on the bottom of the meeting agenda.

4. Receipt of Check from HealthTrust and Consideration of HealthTrust Funds by District Wellness Team

The Merrimack School District received a \$3,000 check from HealthTrust for the district's support for sending six representatives (Rick Greenier, Kelly Grassini, Christine Soucy, Shawn Croteau, Kathleen Walczak and Jen Lavigne) to HealthTrust's Wellness Coordinator Training.

Rick Greenier will provide the committee with the District Wellness Committee's recommendations on how to utilize the \$3,000 at the meeting in March.

Linda Hastings suggested allocating a portion of the funds for incentives for individuals who participate in school or district health events throughout the year.

Marge Chiafery reported that the issuance of gift cards raised concern with the new auditor and asked that cards not be purchased for future incentives. She will provide a more detailed explanation in March.

Kathleen Walczak reported she has a few gift cards to distribute that were purchased last year. Marge Chiafery advised her to distribute them in school year 2018-2019; however, moving forward gift cards are not to be used.

Marge Chiafery anticipates the school board will accept the \$3,000 gift/grant from HealthTrust at its March 18 meeting.

5. Assessment of the January Biometric Screening and Wellness Fair

Marge Chiafery expressed her appreciation for another successful event and the efforts of the subcommittee who made vendor contacts and arranged the room.

Rick Greenier reported that the biometric screening and wellness fair was a success and recommended having it in 2019-2020. He highlighted that the past experience of the five subcommittee members contributed to the success of event. He thanked Peter Bergeron and the high school custodians and mechanics for assisting where needed.

Linda Hastings reported a difficulty securing vendors and suggested reaching out to new vendors for 2019-2020.

Christine Soucy reported shorter hours for the wellness fair were just right.

Kelly Grassini reported the vendor raffle bins were displayed on tables for the length of the biometric screening. She suggested there be a children's area with fun activities for 2019-2020.

Kim Demaso noted the placement of the HealthTrust table and the entrance to the biometric screening worked out very well.

Debie Clayton will share the suggestion of activities for children with other member groups.

Marge Chiafery reported that she tried to visit each vendor to express her appreciation for their participation in the wellness fair. She noted a difference in the engagement of participants at vendor tables offering a service compared to those highlighting merchandise.

She suggested service vendors might offer small group sessions promoting services they provide. Maybe service vendors should be located in a separate area. All vendors will be recognized at a future board meeting by the School Board Chair.

Marge Chiafery suggested the service vendors be asked how much traffic they received at their table and how we can make their engagement more fulfilling at the next wellness fair.

Linda Hastings noted that a short survey with a return envelope could be mailed to all service vendors with their certificate of appreciation signed by the School Board Chair.

Debie Clayton suggested breakout sessions with service vendors. A sign-up sheet might be helpful for advance planning.

6. Nutritional Promotion Focus

Ashley Brigham provided a comparison of bacon products. Fifteen grams of bacon is equivalent to approximately one and a half slices of bacon.

Her next nutritional promotion topic will be crackers which will be rendered at the March or May meeting.

7. Balancing Your Work and Home Life Training

Lisa Maloney condensed a 1.5 hour training session entitled “Balancing Your Work and Home Life” into a 30 minute presentation.

8. Key Message:

- Post the nutritional promotional focus on bacon at school/building sites.

2018-2019 School Year Meeting Dates

Meeting Date	Refreshments
March 6	Jen Lavigne, Shannon Barnes
April 3	Linda Hastings, Marge Chiafery
May 1	
June 5	Debie Clayton, Ashley Brigham