

## **Healthcare Cost Containment Committee Minutes**

**May 1, 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, Marsha McGill, Christine Soucy, Mark McLaughlin

Guest: Steph Ceccherini, Anthem Health and Wellness Program Manager

Marge Chiafery introduced Steph Ceccherini from Anthem and Superintendent-Elect Mark McLaughlin.

### **1. Approval of April 3, 2019 Minutes**

Linda Hastings moved (seconded by Mary Ethier) to approve the April 3, 2019 minutes.

The motion passed 12-0-1 with Ashley Brigham abstaining. Not all members were present during the vote.

### **2. Biometric Screening and Health Assessment Participation**

#### **a) Rate for April**

Ashley Brigham reported the April participation rates increased to 33% for the Health Assessment and 18% for Biometric Screening.

It was determined that continued communication contributed to both increases.

#### **b) Promotion Strategies for May**

- Encourage individuals to sign up for the HealthTrust 100 miles in May Challenge and to participate in friendly competition among schools and sites.
- May is blood pressure awareness month.
- Continue to promote the Health Assessment and the Biometric Screening percentage goals.

### **3. Live Health Online – Focus on Mental Health**

Marge Chiafery reported that Wendy Parker came to Merrimack to meet with Linda Hastings and Marge to discuss the topic of mental health. Wendy Parker highlighted LiveHealth Behavioral Health Online as a resource and recommended Steph Ceccherini from Anthem to make a presentation about the resource.

The original plan was for Sharon Boose from LiveHealth Behavioral Health Online to participate in the meeting via a conference call. Technology did not work properly and prevented that from happening. Steph Ceccherini provided an overview of LiveHealth Behavioral Health Online. She explained that individuals can schedule appointments with a psychologist and/or a psychiatrist through the LiveHealth Behavioral Health Online. Scheduled appointments usually occur in less time than appointments at facilities and can be scheduled seven days a week outside the traditional 8:00 a.m. to 5:00 p.m. time frame. The doctors are board-certified, licensed psychologists, psychiatrists and therapists. The initial evaluation is 45 minutes in length; follow up sessions are 15 minutes. Participating individuals must be 18 years of age or older. Doctors can order a variety of prescriptions.

Mark McLaughlin asked how a LiveHealth Online mental health professional would handle a situation if s/he had concerns during a video chat that the person required immediate medical attention. Steph Ceccherini will ask Sharon Boose the question and share the answer with the committee.

Marge Chiafery noted that LiveHealth Behavioral Health Online can be a resource to help young adults as they transition from home to college.

Jennifer Lavigne asked if the LiveHealth Behavioral Health Online could be utilized on a regular basis.

Steph Ceccherini responded that the doctor and client have the option of establishing a future relationship if appropriate.

Marsha McGill highlighted the important benefit of getting a scheduled appointment with a behavioral health professional in less time than with those located in a facility.

Sandy Swanson noted the importance of installing the Live Health Online application on devices before you have a need to use it. More information can be found at [www.livehealthonline.com](http://www.livehealthonline.com)

After July 1, 2019 the copay for LiveHealth Online (medical) will be \$10 and the copay for LiveHealth Behavioral Health Online will be \$20. Flyers will be made available at the open enrollment sessions.

#### **4. District's End-of-Year Celebration Event Update and Marketing Strategies**

Rick Greenier reported the District Wellness Committee is creating a flyer to promote the end-of-the-year celebration. Linda Hastings will email the flyer to districtwide staff. Sandy Swanson will process the necessary purchase orders. The District Wellness Committee will have the authorization to determine if the event will be held on the rain date after conferring with Marge Chiafery.

Ashley Brigham and Debie Clayton informed the committee that HealthTrust will donate 200 bottles of sunscreen to be handed out at the event.

#### **5. Nutrition Promotion Focus – Crackers**

Ashley Brigham reviewed a comparison of crackers. It is important to compare serving sizes and the number of ingredients listed on the box.

Ashley Brigham will compare nutritional information for chips at the June meeting.

#### **6. Key Messages**

- Share the LiveHealth Behavioral Health Online information.
- Post the cracker comparison chart in faculty rooms.
- Promote the end-of-the-year district wellness event on a weekly basis.
- Continue to share the Health Assessment and Biometric Screening goals.

The meeting adjourned 4:55 p.m.

#### **2018-2019 School Year Meeting Dates**

| <b>Meeting Date</b> | <b>Refreshments</b>           |
|---------------------|-------------------------------|
| June 5              | Debie Clayton, Ashley Brigham |