

Healthcare Cost Containment Committee Minutes

June 5, 2019

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, Jennifer Lavigne, Mark McLaughlin, Christine Soucy, Kathleen Walczak

Marge Chiafery expressed her bitter-sweet feelings as she facilitated her last Healthcare Cost Containment Committee meeting. She noted it was one of favorite committee assignments and that she has become a more informed medical consumer since the committee's inception in 2006.

1. Approval of May 1, 2019 Minutes

Mary Ethier moved (seconded by Kathleen Walczak) to approve the May 1, 2019 minutes.

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

2. Biometric Screening and Health Assessment Participation

a) Rate for May

Ashley Brigham reported the May participated rates increased to 35% for the Health Assessment and the Biometric Screening rate remained at 18%.

b) Promotion Strategies for June, July and August

Ashley Brigham suggested promoting men's health during the month of June.

Ashley Brigham reported a new mobile application will be introduced in September and that it will include the single sign on feature.

Kathleen Walczak noted that she distributes a Convenient MD biometric screening form to individuals at the high school and suggests that they make time during the summer months for their biometric screening.

Christine Soucy continues to distribute information on how to receive free access to eight state parks (no beach access). Register for the Granite State 90 Day Challenge to exercise for 20 minutes or more every day in the months of Jun, July and August. Print the Challenge Passport for free access to eight New Hampshire State Parks June 1 to August 31.

Jenn Lavigne shared that the physical therapy facility she attended recently was very familiar with the smart shopper program and encouraged clients to check their health insurance coverage for more information.

Ashley Brigham noted that facilities do not necessarily know they are on a smart shopper list. She added the shopping results are good for a maximum of thirteen months.

3. A Response to a Question Regarding Medical Professional's Online Decision-Making Process

During the May meeting, Mark McLaughlin asked if a Live Health Online Behavior Health provider had the authorization to triage additional help such as an ambulance.

Stephanie Ceccherini from Anthem responded the provider can send the appropriate services (police or ambulance) to assist the patient.

4. Report on End-of-Year Celebration Event

Marge Chiafery thanked Rick Greenier and the subcommittee (Shawn Croteau, Linda Dimakis, Kim DeMaso, Christine Soucy, Kelly Grassini and Linda Hastings) for their effort organizing the Wellness at Wasserman celebration.

The site met the needs of the event. The public use of the grounds did not interfere with the event. Mr. Casparius of Parks and Recreation was helpful and pleasant. The weather cooperated on the rain date. Pizza and platters of cheese, crackers, fruit were just right for the event. There were more activities than were needed. Seventy people (10% of staff) attended. People enjoyed socializing with one another. The yoga instructor was not utilized. When it was learned that she would not take payment she was invited to participate in the raffle. He thanked Jen Saucier for purchasing exciting raffle prizes. Planet Fitness donated two one-year memberships. Planet Fitness will be thanked at a future school board meeting.

Comments:

- Do not use Friday as a rain date.
- Discuss having children attend or not.
- Pick a date way ahead of the event and put it on the district calendar.

Improvements for Next Time:

- Identify a Mascot
- Sign up teams for events ahead of time
- Promote competitive spirit
- Have the wellness event during August Academy
- Incorporate competition between schools
- Consider having the event in the fall

Rich Greenier reported the left-over food was delivered to the police and fire departments. He thanked Debie Clayton and Ashley Brigham for participating in the event. He thanked the HealthTrust for providing sunscreen. Left over sunscreen will be distributed to the schools.

5. Stewardship Report

Debie Clayton reviewed the non-lifestyle section of the Stewardship Report. Debie reported the total claims paid for the current period increased approximately \$2,000,000. She believes the Merrimack School District just had a bad year for claims.

Reasons for the higher than normal rate change are:

- Increase in medical bills
- Increase in the total paid by members

- Increase in claim amounts
- Increase of inpatient facility utilization
- Increase of outpatient facility utilization
- Increase of professional services utilization

The top 5 target episode treatment groups are:

1. Joint Degeneration
2. Autoimmune Diseases and Infections
3. Digestive Disorders
4. Allergic Rhinitis and Sinusitis
5. Breast Cancer

Pharmacy claims increased. The top drugs by total drug costs correlate to the top five diagnosis.

Ashley Brigham reviewed the lifestyle conditions.

The top 4 lifestyle conditions by paid amount are:

1. Peripheral Vascular Disorder
2. Osteoarthritis Except Low Back
3. Cancer – colorectal
4. Alcohol Abuse – chronic

Kathleen Walczak suggested next year the committee consider placing emphasis on the types of preventative care for the high claims.

Ashley Brigham noted the Merrimack School District utilizes the HealthTrust often. She complimented the district with how it communicates HealthTrust information to staff and new hires. It was noted that Debie Clayton and Ashley Brigham attend Merrimack’s new hire orientations and open enrollments.

The Stewardship Report will appear on the September agenda to address any questions.

The nutritional promotion focus on chips and the preparation for 2019-2020 Healthcare Cost Containment Committee meetings will be carried over to the September agenda.

2019-2020 School Year Meeting Dates

Meeting Date	Refreshments
September 11	Rick Greenier
October 2	
November 6	
December 11	
January 8	
February 5	
March 4	
April 1	
May 6	
June 3	