

**Healthcare Cost Containment Committee Minutes**  
**November 2, 2021**  
**3:30 p.m.**  
**Remote Meeting**

**Attendees:** Peter Bergeron, Debie Clayton, Kim DeMaso, Mary Ethier, Melissa Gagne, Kelly Grassini, Lori Peters, Christine Soucy, Sandy Swanson, Erin Tyrrell

**Distribution of June 8, 2021 Minutes:**

The June 8, 2021 meeting minutes were distributed for review.

**HealthTrust Update:**

Debie Clayton reported the 2022-2023 Guaranteed Maximum Rates for medical insurance premiums decreased by 1.4% and dental insurance premiums decreased by 1.5%.

Debie Clayton reported participation in the following areas:

1,275 Slice of Life participants as of October 3, 2021  
59 Biometric participants  
231 Completed the Health Assessment  
437 Participants engaged on the portal  
68 Participants working with a health coach  
371 Participants earning incentives

**Dissemination Plans for the Remaining 55 Shaw's Gift Cards (\$25 each):**

The committee members agreed to give each building representative one \$25 Shaw's gift card to use towards a building wellness event. The remaining Shaw's gift cards will be raffled off at a rate of three gift cards per day for the month of December.

**School Wellness Updates:**

- The staff at Thorntons Ferry Elementary School participated in weekly pickleball games
- The staff at Masticola Upper Elementary School participated in weekly activities every Thursday afternoon.

**Regional Biometric Screenings:**

Debie Clayton reported that Regional Biometric Screenings will not be scheduled in 2022. It is hopeful that they will resume in 2023.

**Future Meetings**

Future Healthcare Cost Containment meetings will be scheduled as needed. It is anticipated that there will be a need to meet in January, 2022 to discuss spending plans for the anticipated \$3,000 from HealthTrust for wellness initiatives.

The meeting adjourned at 4:00 p.m.