

Healthcare Cost Containment Committee Minutes
James Mastricola Upper Elementary School
Office Conference Room
June 7, 2022
3:15 p.m.

Attendees: Debie Clayton, Kim DeMaso, Mary Ethier, Melissa Fazlic, Jennifer Lavigne, Sandy Swanson and Paula Williams

Distribution of November 2, 2021 Minutes:

The November 2, 2021 meeting minutes were distributed for review. Debie Clayton reported after the November 2021 Healthcare Cost Containment Committee meeting the Guaranteed Maximum Rate for medical insurance premium decreased from a -1.4% to -2.3%, effective July 1, 2022.

Introductions:

Introductions were not needed because everyone in attendance was familiar with each other. There were no new committee members in attendance.

Expenditure Report for 2021-2022 HealthTrust Wellness Funds (\$3,000):

Melissa Fazlic reported the \$3,000 HealthTrust Wellness Funds were used to purchase 120 Shaws' gift cards in the amount of \$25 each. Most of the gift cards will be raffled off to staff by June 30, 2022 using a random generator application. Several gift cards will be given to each building principal to distribute to staff. Committee members in attendance and a few unable to attend the meeting supported the Shaws' gift card purchase.

The committee expressed interest in finding different ways to utilize the wellness funds next year.

HealthTrust Update:

Debie Clayton reported she represented HealthTrust at recent open enrollment sessions. She expects to attend new hire orientations during the summer. LiveHealth Online is becoming very popular with staff. LiveHealth Online offers immediate doctor visits through live video twenty-four hours a day, seven days a week.

Debie Clayton will request a stewardship report from HealthTrust reflective of the time period during the -2.3% decrease in insurance premiums to use for future comparisons. Potential factors for the decrease could be increased consumerism, LiveHealth Online usage or an increase in engaged individuals.

A replacement for Wellness Advisor Candace Schaefer will be announced at a later date.

Debie Clayton summarized statistics available on the HealthTrust dashboard for the Merrimack School District (as of December 2021). A copy of the dashboard will be distributed with the June 7, 2022 minutes.

The HealthTrust Wellness Advisor will review the Smart Shopper program in the fall.

Flu shot clinics will replace the previous biometric clinics. This is something for the committee to keep in mind in the event it wants to host a wellness fair. Individuals can still receive \$75 for submitting their biometrics through their physician or at any Convenient MD facility.

Suggestions:

a) Future Topics

- Investigate usage or purchase of the mobile application “Calm” for use by staff.
- Kerry Horn from HealthTrust will be contacted in hopes she is aware of other therapy applications available to HealthTrust members.

b) In-Person Meetings or Zoom Meetings

The decision was made to have in-person meetings at Merrimack High School in the main office conference room with the option for individuals to attend via zoom.

c) Frequency of Meetings

The decision was made to schedule meetings on the 2nd Tuesday of every other month. The first meeting will be October 11, 2022. The meeting time will be 3:30 p.m.

Other:

Wellness fair vendors might include representatives from 403b accounts, a dietician, the Merrimack Public Library and WB Mason.

Sandy Swanson will distribute an updated membership list. The list will include the name of the member and the role or group they represent. There are approximately 7 vacancies mostly due to attrition between March 2020 and July 2022.

The meeting adjourned at 4:05 p.m.