

Healthcare Cost Containment Committee Minutes
Merrimack High School - Conference Room
October 11, 2022
3:30 p.m.

Attendees: Taylor Bowse, Debie Clayton, Shawn Croteau, Kim DeMaso (via zoom), Mary Ethier, Melisa Fazlic, Kelly Grassini (via zoom), Ken Martin, Christine Soucy, Sandy Swanson Paula Williams

1. Introductions

2. Approval of June 7, 2022 Minutes

The June 7, 2022 minutes were accepted.

3. Membership Vacancies

Efforts are ongoing to fill membership vacancies.

Wellness Coordinators are needed for MHS, MMS, and JMUES.

4. HealthTrust Update

Wellness Coordinator Trainings will be held in October and December.

The HealthTrust Board of Directors set the Guaranteed Maximum Rate (GMR) for health insurance for the District at 8%. The rate will be revisited in March. The average GMR was 8.4%, the GMR range was -1.7% to 20%.

The dental insurance increase is 1.5%. This will not be revisited.

The following are future enhancements and updates to the HealthTrust plans:

- Open Access PPO Plans (effective July 1, 2023)
- Chiropractic and Acupuncture Benefit Enhancements (effective July 1, 2023)
- Blue Choice Plan will be Discontinued (effective June 30, 2025).
- Addition of a New Managed Formulary on the CVS Caremark Prescription Benefits (effective July 1, 2023)
- Slice of Life Wellness Platform Powered by Virgin Pulse (effective Jan 3, 2023)
- Life Resources EAP Powered by ComPsych (effective July 1, 2023)
- Claims Paid Administrative Model for Benefit Advantage FSA Programs (effective July 1, 2023)

Taylor Bowse will provide participation rates at the November meeting.

5. Spending the \$3,000 Wellness Incentive Money from HealthTrust

The District is expecting to receive a \$3,000 wellness incentive check from HealthTrust in February. The following is a list of how it could be used.

- Campaign Challenge
- Raffles
- Water Bottles
- In-Person Events (small and quick)
- Wellness Fair Combined with a Flu Clinic
- Wellness Fair on a Professional Development Day
- Provide Lunches for Staff in 2023
- A New and Different Event, Activity or Wellness Related Item

6. School Wellness Updates

Reeds Ferry promotes a wellness activity each month. The current activity is a Fall Festival.

7. Flu Clinic Update

Two out of the six flu clinics were canceled due to low registrations.

8. Future Meetings

November 21, 2022 (Monday)

February 14, 2023 (Tuesday)

April 11, 2023 (Tuesday)

June 13, 2023 (Tuesday)

The meetings will be held at the high school in the main office conference room with the option to participate via zoom from 3:30 to 4:30 p.m.

Feel free to bring your own snack and/or water.