

Healthcare Cost Containment Committee Minutes
Merrimack High School - Conference Room
November 21, 2022
3:30 p.m.

Attendees: Taylor Bowse, Debie Clayton, Mary Ethier, Melisa Fazlic, Fern Seiden, Sandy Swanson, Paula Williams, Kim DeMaso (zoom)

1. Approval of October 11, 2022 Minutes

The October 11, 2022 minutes were reviewed and accepted with the corrections below.

“The dental insurance ~~GMR~~ increase is 1.5%.”

“Slice of Life Wellness Platform Powered by Virgin Pulse (effective ~~July 1~~ Jan 3, 2023)”

2. Membership Vacancies

Jill Hanlon, Assistant Principal at Merrimack High School will fill the vacancy created when Peter Bergeron retired. Efforts to fill the remaining vacancies are underway.

3. HealthTrust Update

There are three open wellness coordinator positions. One at the high school, middle school and upper elementary school. Current wellness coordinators are Shawn Croteau (MES), Kelly Grassini (RFS), and Christine Soucy (TFS).

Traditionally the District received \$500 in incentive funds for each wellness coordinator’s attendance at the Wellness Coordinator Training. The District will not benefit from new wellness coordinator training until 2023.

A virtual Wellness Coordinator Training will be held on December 6. An in-person Wellness Coordinator Training will be held on December 8. Wellness Coordinators will need to register for the training of their choice. The training will be recorded for viewing at a later date.

There will be a separate and different Wellness Coordinator Training in January for new wellness coordinators.

Wellness coordinators can now earn extra incentive funds for reaching stretch goals. The wellness coordinator training checks will be issued in February. Checks for stretch goals will be issued after February.

Taylor Bowse, HealthTrust Wellness Advisor reviewed the District’s SmartShopper Executive Summary in detail. Taylor offered to bring SmartShopper historical data to the next meeting for the committee to review. The committee would like to explore different ways to promote the SmartShopper program to increase the shopping rate.

Taylor reviewed the Slice of Life Program including many new features. The most notable change is HealthTrust will not be issuing quarterly checks. Individuals will earn points that convert to cash (maximum \$100 per quarter). The points reset each quarter. The cash remains in place until used.

The following are some of the changes to the Slice of Life Program:

- Daily cards with tips
- More tracking options
- Ability to sync a variety of applications to Slice of Life
- Continued engagement
- Challenges for groups/individuals
- Ability to invite up to 10 friends/family to participate in a personalized challenge
- Nutrition and sleep guided programs
- Employee Assistance Program (EAP) offerings. Available to individuals even if they do not receive insurance coverage through the district.

Campaign summary explaining how the district used the wellness coordinator funds need to be submitted by mid-December.

4. School Wellness Updates

There were no school wellness updates.

5. Other

Does it make sense to merge the District Wellness Committee and the Healthcare Cost Containment Committee into one committee?

6. Future Meetings

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.